

18 REASONS TO SQUARE DANCE

1. It's good clean wholesome fun - foul & obscene talk is forbidden, no alcoholic beverages is a national association rule.
2. Mayo Clinic encourages Square Dancing - burns about 500 calories per hour, strengthens bones, and helps cardiovascular system.
3. Economical - fees are to pay the caller and rent the hall - that's all!
4. Good exercise - dancing for 2 hours is equal to a 4-mile hike.
5. Helps to relieve stress - while dancing, you are listening to a caller and following instructions leaving little time to worry, also relaxes the mind and loosens tense muscles.
6. An alcohol free environment - drinking and dancing do not mix, your reaction to calls must be sharp.
7. Drinking before or during a dance is strictly prohibited.
8. Chases away the blues - You'll never be lonely at a square dance.
9. Square Dances are held in modern facilities - It's a myth that dances are held in barns or haylofts.
10. Everybody welcome - Children, single people, couples, families, we all have good clean fun together.
11. Classes include line and round dancing - a pleasant diversion from dancing in squares of eight.
12. It is an American Heritage - The National Dance for over 200 years.
13. Also an international activity - Square dancing is in foreign countries.
14. All age groups welcome - Children 8 to adult (younger kids may try)
15. It's easy - If you can walk, you can square dance!
16. Square Dancing is rewarding - you graduate with a degree and can dance anywhere, even while on vacation.
17. It is available here in your community & surrounding towns.
18. Square Dancing is fun for all ages - 8 people work as a team in a square. Wear comfortable clothing - long sleeved shirts for the men, comfortable flat heeled shoes or cowboy boots for men and women.