



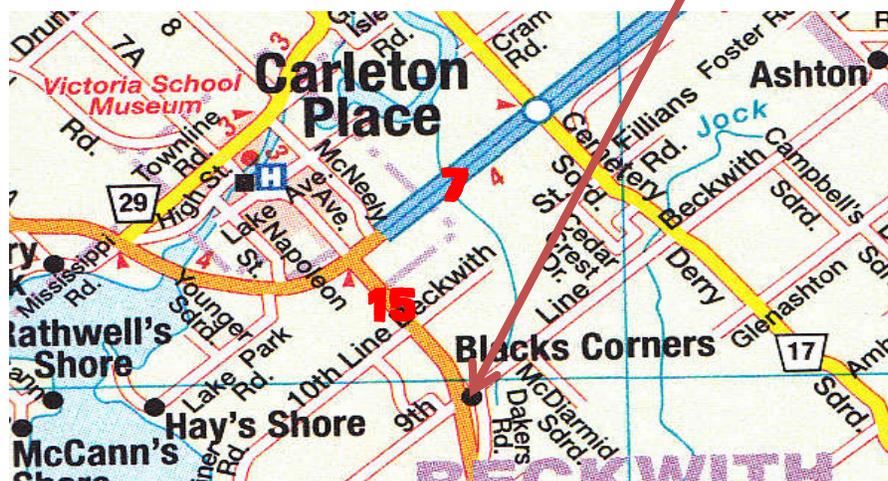
**FREE Modern Square Dance Lesson
Tuesday March 28
7:30pm**

No dancing experience necessary

[More information at
www.mississippisquares.ca](http://www.mississippisquares.ca)

WHERE??

Dance at Brunton Hall 1702 9th Line Black's Corners
2kms South of Carleton Place



Why Square Dance

- Modern square dancing keeps the social tradition of old-time square dancing alive. It provides people of all ages an opportunity to have fun, forget their troubles, make new friends, get exercise and feel good about mastering something new in the company of helpful, friendly people who just want to dance.
- Square dancing is set to modern music and the Caller weaves directions for the dancers into the music. These easy-to-follow calls are repeated in each dance, so a dancer soon learns to respond in a synchronized way with the other dancers in a square. According to a Mayo Clinic study, dancing can burn as many calories as walking, swimming or riding a bicycle. Square dancing, in particular, is a low-impact activity requiring constant movement and quick directional changes, which help keep the body in shape — heart rate increases, muscles strengthen, balance improves and mind-body coordination sharpens.
- No previous dance experience is necessary. Both couples and single people easily join in. Angels (experienced dancers) are always available to get singles up on the dance floor. The dance season is in two sessions: September to December and then January to April. It takes a full season for new dancers to complete the basic program. Dancers can continue dancing at the basic level after completing the program or move on to the mainstream level followed by almost limitless higher levels. Dancers can seek out square dance clubs around the world while travelling and fit right in because the same English calls are used everywhere. Snowbirds, in particular, find clubs to join in their winter locations.