

BURN CALORIES, HAVE FUN

WITH MISSISSIPPI SQUARES

TWO FREE LESSONS

SEPT. 12 & 19 @ 7:30 PM



Burns calories. Dancing can burn as many calories as walking, swimming or riding a bicycle, according to a Mayo Clinic study.

It keeps you moving. Square dancing offers low-impact, weight-bearing movement that can help keep you in shape and sharpen your mind-body coordination.

No previous dance experience is necessary. Both couples and single people easily join in. If you know how to walk, you can square dance. Experienced dancers are always available to get you up on the dance floor.

Square dancing is set to modern music. 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.

Our Caller is one of the best teachers around. He is an excellent teacher with a great singing voice, and he keeps you laughing while you learn.

We come from a wide area. We have 100+ members who come from Carleton Place, Almonte, Arnprior, Stittsville, Kanata, Perth, Lanark, Smiths Falls, Richmond and all communities in between.

Our dance season consists of two sessions. We dance from September to December and then January to April.

It doesn't cost much. New dancers pay \$50 per session.

Where? Brunton Hall, 1702 9th Line,
Black's Corners, 2 km south of
Carleton Place on Hwy 15

www.mississippisquares.ca

