

A New Song and Dance Routine and a Great New Involvement for All Ages!

- It's fun
- No prior dancing ability needed
- It's friendship set to music
- It's an aerobic, weight-bearing, calorie-burning activity
- It forms lifelong friendships
- It develops teamwork
- It increases listening skills (recommended by doctors to help maintain mental acuity)
- It's economical – We daresay it offers the most fun for the least dollar anywhere
- It broadens your social life completely
- It's performed in healthy non-smoking/non-drinking environment
- It can be done throughout the world ---- in English
- It's a dance for all ages
- It gets your mind off your woes because it requires your full attention

IF YOU ARE LOOKING FOR A WAY TO EXERCISE AND HAVE FUN TOO...

Modern Square Dancing, Round Dancing and clogging are dancing and thinking. Moving in rhythm to the music keeps you physically fit. All of the experts agree, your doctor will tell you that aerobic exercises are the best. Studies using pedometers have shown most dancers can walk up to five miles in a single night. According to Mayo's Cardiovascular Health Clinic, dancing burns 200-400 calories in 30 minutes. It's a weight-bearing form of exercise that helps coordination and balance, improves endurance and cardiac function and helps keep muscles toned and healthy. Learning the basic steps is as easy as walking. Each arm turn brings a surprise.



It's the New Generation of Dancing

It's time to erase the old image you might have of square dancing from your school days or TV. Today's dancing is done to great music from the best of Country and Western like Jimmy Buffet's 'Cheeseburger in Paradise' to the infectious beat of Michael McDonald!

There are new dance steps – exciting new patterns to learn. Just ask the folks at MIT. They have one of the largest square dance clubs around.

No matter where in the world you might travel, chances are you will find a place to meet new folks through dancing. Best yet – the calls are always done in English throughout 18 different countries including the Far East and Europe!

Square dancing, Round dancing, and clogging have been the best kept secrets in town. It's time you opened the door and let the great benefits they offer enhance your life.

You could be dancing at a club near you:

Alvin Country Squares, Alvin, TX
www.cowboycaller.com/alvincs.htm

Bluebonnet Squares, Houston
www.bluebonnets.irisar.com

Houston Area Camping Squares
www.houstonareacampingsquares.com

Bob's Best, Bellaire www.bobbaier.com

Brazos Bottom Belles & Beaus, Sugarland
www.bbbhome.com

Crosby Swinging Squares, Crosby
<http://mysite.verizon.net/reswr5gx>

Sunday Stylers, Houston, Round Dancing
www.pamprow.com

Carousel Club #228, Houston, Round Dancing
www.pamprow.com

El Campo Cotton Squares, El Campo, TX
<https://sites.google.com/site/eccottonsquares>

Fairbees, Houston www.fairbees.com

Frontier Squares, Webster
www.frontiersquares.com

Ganado Mustang Squares, Ganado
www.ccsquaredance.com/mustangs.htm

Hanger Squares, Friendswood
www.hangersquares.org

Heiss Footh, Texas City
www.squarethru.com/heiss_footh

Rhythm Squares, Spring, 281-253-1447

Hey Lollies, Houston www.heyloilies.org

Katy Prairie Promenaders, Katy
www.prairiepromenaders.com

Lake Jackson Promenaders, Lake Jackson
979-297-5649

Strawberry Squares, Pasadena
www.strawberrysqs.com

Syncopation Cloggers, Houston
www.sqdrd.com/clubs/syncopationcloggers.html

Texas Lovin' Cloggers, Bellaire
www.geocities.com/txlovincloggers

The Woodlands Stars, The Woodlands
www.thewoodlandsstars.com

Tomball Promenaders, Tomball
www.tomprom.net

Wildcatter Squares, Humble
www.sqdrd.com/clubs/wildcattersquares



It's Square Dancing Like You've Never Done Before



Square Dancing, Round Dancing & Clogging

www.squarethru.com