

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

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



## 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.

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 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

## You could be dancing at a club near you:

Alvin Country Squares, Alvin  
[www.alvincountrysquares.com](http://www.alvincountrysquares.com)

Bluebonnet Squares, Houston  
[www.bluebonnets.irisar.com](http://www.bluebonnets.irisar.com)

Houston Area Camping Squares  
[www.houstonareacampingsquares.com](http://www.houstonareacampingsquares.com)

Bob's Best, Bellaire [www.bobbaier.com](http://www.bobbaier.com)

Brazos Bottom Belles & Beaus, Sugarland  
[www.bbbbhome.com](http://www.bbbbhome.com)

Crosby Swinging Squares, Crosby  
[mysite.verizon.net/reswr5gx/](http://mysite.verizon.net/reswr5gx/)

Cypress Swingers, Houston  
[www.sqdrd.com/clubs/cypressswingers](http://www.sqdrd.com/clubs/cypressswingers)

El Campo Cotton Squares, El Campo  
979-532-2966

Fairbees, Houston [www.fairbees.com](http://www.fairbees.com)

Frontier Squares, Webster & Clear Lake  
[www.frontiersquares.com](http://www.frontiersquares.com)

Ganado Mustang Squares, Ganado  
[www.ccsquaredance.com/mustangs.htm](http://www.ccsquaredance.com/mustangs.htm)

Hanger Squares, Friendswood  
[www.hangersquares.org](http://www.hangersquares.org)

Heiss Foots, Texas City  
[www.squarethru.com/heiss\\_foos](http://www.squarethru.com/heiss_foos)

Hey Lollies, Houston [www.heyloilies.org](http://www.heyloilies.org)

Katy Prairie Promenaders, Katy  
[www.prairiepromenaders.com](http://www.prairiepromenaders.com)

Lake Jackson Promenaders, Lake Jackson 979-  
297-5649

Strawberry Squares, Pasadena  
[www.strawberrysqs.com](http://www.strawberrysqs.com)

Syncopation Cloggers, Houston  
[www.sqdrd.com/clubs/syncopationcloggers.html](http://www.sqdrd.com/clubs/syncopationcloggers.html)

Texas Lovin' Cloggers, Bellaire  
[www.geocities.com/txlovincloggers](http://www.geocities.com/txlovincloggers)

The Woodlands Stars, The Woodlands  
[www.thewoodlandsstars.com](http://www.thewoodlandsstars.com)

Tomball Promenaders, Tomball [www.tomprom.net](http://www.tomprom.net)

Wildcatter Squares, Humble  
[www.sqdrd.com/clubs/wildcattersquares](http://www.sqdrd.com/clubs/wildcattersquares)



[www.squarethru.com](http://www.squarethru.com)

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



## Square Dancing Round Dancing & Clogging

[www.squarethru.com](http://www.squarethru.com)