



Area Square Dance Lessons

<u>Location</u>	<u>Start Date</u>	<u>Day of Week</u>	<u>Contact Info</u>
Lexington	October 2, 2014	Thursday Nights	Wanda Wagner 859-272-4769 wlw3_blw@windstream.net
Lexington	January 6, 2015	Tuesday nights and Saturday mornings	Terry Bay 859-509-1429 terrybay@insightbb.com
Nicholasville	September 17, 2014	Wednesday nights	Denis McGinity 859-858-4424 charles775112@hotmail.com
Danville	September 8, 2014	Monday nights	George & Margaret Scott 859-236-4050 gandm40422@hotmail.com
Stanford	September 9, 2014	Tuesday nights	Wayne Greer 859-936-9398 jwaynegreer@yahoo.com
Somerset	September 9, 2014	Tuesday nights	Jill Blair 859-509-1429 SJBlair@woodmen.org

What is Square Dancing?

Square dancing is a healthy release for pent-up emotions—problems, frustrations, apprehensions, and stress. It is a wonderful form of recreation as well as both physical and mental exercise! It is the perfect exercise. It combines all positive aspects of intense physical exercise with none of the negative elements. Square Dancing is a low impact activity requiring constant movement and directional changes that help keep the body in shape.

Square dancers are all kinds of folks sharing a love of action and teamwork. Square Dancing is movement set to music. It is done in couples, with teams of four couples to a square. It is not a spectator sport. It is for the active in heart and mind. There is no better way for fun loving, contemporary people to meet each other and build a circle of friends.

Square dancing is a great equalizer, as there are no culture barriers. PhDs dance along with Clerks, Mechanics, Engineers, Teachers, Small Town Folk, City Dwellers—all looking for the same thing: fun, entertainment, fellowship and relaxation—in a friendly atmosphere. It is an inexpensive evening out on the town, with fine people, all learning something new while exercising and socializing with other active people.

What do you wear?

For Lessons, dress for comfort. T-shirts and pants are acceptable. Wear comfortable shoes. Low-heeled shoes are recommended for women. Tennis or walking shoes are fine.

At Dances traditional square dance attire, women in full skirts with crinolines and men in long sleeved western shirts, is still acceptable. However, it has changed in recent years. Many women wear “prairie” skirts and some men wear nice short sleeved shirts. Jeans and T-shirts are also an option. Just come and enjoy the dance.

ONE HARD AND FAST RULE

No drinking of alcoholic beverages permitted prior to or during a square dance or lessons.

Kentucky Federation Website: www.squaredanceky.com