

Today's Square Dancing Is...

Exercise That's Actually Fun

Even if you've got a great exercise program going for you, the more time you can spend on your feet and moving, the healthier you'll be. You can walk for miles at a dance and end up with more energy than when you started. It's an outstanding stress-free workout that you'll be able to do the rest of your life. The more movement you can fit into your life, the better. This is movement, plus teamwork, plus puzzle-solving, plus fun.

Friendly People

You'll meet people from all walks of life. You'll be creating a community. Square dancers are some of the nicest people around. Tired of sitting around the house? Join us and make some new friends.

Intellectually Challenging

Seriously. There are various dance levels and this can be tricky, challenging stuff if you're so inclined. But no matter what level you're dancing at, you'll be problem solving. And solving puzzles while doing aerobics has been shown to increase neural connections and grey matter like nothing else can. Square dance is a stimulating workout for the brain.

The Most Valuable Thing You Can Do For Yourself

We all need to get out and play more. Grab a friend, your entire family or come alone. You won't find anything better for your mind, your health and your heart. Come out and have some fun.

"My wife and I wanted something we could do together for a date night. We found square dancing. Now we're out several times a week."

"I met my husband square dancing. Enough said."

"I was trying to exercise, but I wasn't enjoying it. This I enjoy. I go out three or four times a week. I'm probably averaging ten miles a week out on the dance floor. That's a real exercise program."

"We had to drag the kids, moaning and groaning. But they loved it, and I was amazed how quickly they picked it up. It's nice having something we can all do together"

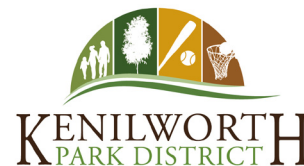
To participate you must be able to sustain a fast walking pace for ten minutes at a time.

Since the calls are verbal and come with music mixed in, it helps if your hearing isn't giving you problems.

No dress code.

No experience needed.

No partner required.



NorthShoreSquares.com

Questions? Call 847-563-8286

To Join Mail List: Bruce@BruceTHolmes.com

Today's Square Dance

It's not what you think it is



Photos by Brian Elmer

"It's teamwork. You're working a real-time puzzle with seven other people. And when you nail the outcome, it's really quite exhilarating."

Free Intro Party

Kenilworth Party

Thursday, August 31, 7:30 - 9:30 pm

410 Kenilworth Ave, Kenilworth

Classes begin Thursday, September 7

7:30 - 9:30 pm, 600 Ivy Court

<http://ezregister.com/events/20608/>

Wilmette Party

Monday, August 28, 7:30 - 9:30 pm

3000 Glenview Road, Wilmette

Classes begin Monday, September 11

7:30 - 9:30 pm, same location

<http://www.wilmettepark.org> 123238-02

What Is Today's Square Dance?

Square dance is a social experience, with you and your friends operating as a team. You follow the directions provided by a caller. The calls you learned at lessons come fast and they keep on coming. Once in a while you'll lack clarity on what to do next and then your friends will get you through it. At other times it will be your hands that hint to a fellow dancer what to do next when they feel lost. If you can keep the square moving and get back to your home spot, it's the experience of a shared triumph.

Made For Guys, Kinda

Square Dancing is a little like football, except without the concussions. You've got formations. You've got a team around you. You've got plays sent in by the caller. The challenge is, can you run your route successfully? Now, granted, the team is coed. But that's a feature. If you enjoyed geometry in high school, you'll get a kick out of this stuff.

Class Structure

Every week during the 9-week session you'll learn new calls and review older ones. Once we've got some calls under our belts we'll have some party time at the end of the class.

The History

Square dancing began in New England and then spread west with the settlers. It was the American way to get together and socialize. Fancy dance steps weren't required. Ranch hands and lumberjacks could do it. It is now danced all over the world. Interestingly, the calls are always done in English.



FAQ:

Why lessons? Can't I just go to a dance?

You need to learn a collection of calls and be able to respond to them. To function as a member of the team you have to learn the language. Luckily the lessons are fun. Mastering something is fun. And the last half hour of each lesson is a dance party geared to what you've learned so far.

What about the kids?

What could be better than an activity the whole family could learn together. If they're old enough, say 10 and above, bring them along. We'd love to have them. (The youngest, like 10 to 14, need to register with a parent.)

What about those puffy dresses?

Ah, the crinolines. That did used to be the standard look at square dances. But these days people wear whatever they like. You'll see Hawaiian shirts, polo shirts, t-shirts, jeans, short skirts, prairie skirts—whatever works for you. Good walking shoes come highly recommended.

What if I can't dance?

No dancing ability is required. Square dancing is basically walking to music. If you can walk on the beat it's a shade more fun, but no one will ever notice if you don't. Square dancing is perfect for guys who hate dancing. You're told exactly what to do. *This is not interpretive dance.* Guys, if you're wife wants you to give it a try, for gosh sakes, give it a try. Do it for her sake. But don't be shocked if you find that you're good at it and are having a blast. This is a social activity designed for guys who can think on their feet. If you're a guy looking for a girlfriend, go where the girls are: dancing.

What if I don't love Country Music?

Well, yes, you will hear the occasional country song. But it will be good country. Mostly you'll hear all sorts of music. We're always looking for new catchy music for the dancers. Last season's "Call Me Maybe" by Carly Rae Jepsen has the perfect beat for square dancing. You'll have some great music to move to.

Can I come without a partner?

Absolutely. We welcome couples, singles, parents, kids 10 and up, anyone who thinks it might be fun.

more questions? call Bruce 847-563-8286