

ARE YOU LOOKING FOR

FUN?

FITNESS?

FRIENDSHIP?

“TRY SQUARE DANCING”

Classes begin

September 20, 2022

Delaware Eagles Lodge

Contact: 419-302-2031

Other Central Ohio locations:

Gahanna:	740-964-0667
Grove City:	320-212-9795
Mansfield:	419-632-0488
Mount Gilead:	419-560-4257
Pickerington:	614-316-5838
Westerville:	859-962-0581

What’s your excuse?

I can’t dance.

This is not the 4th grade version nor what Fred Astaire teaches. You do need to know your right from your left. We’ll help with that.

I don’t have a partner.

You don’t need one. Square dancing is a group activity – all are welcome. You might even meet a partner.

I don’t have time.

Think about how much time you spend on the computer or watching TV. It’s easy to find 2 hours a week for *real social networking*.

I can’t afford it.

Considering a dance costs less than a takeout pizza, this is one of the most affordable forms of recreation around.

I don’t have the right clothes.

You do if you have something casual and comfortable, especially while you’re learning. Some people like the “traditional look” at dances, but there is no special uniform required.

I’m not a country music fan.

Square dance callers use all kinds of music. Some of their choices may surprise you.

It’s too much exercise.

Square dancing can accommodate different levels of stamina. How vigorously you move is up to you, and you can take as many breaks as you want.

Try it. You might surprise yourself.

And the first 2 lessons are free!

**First 2 Classes
Free**

**LEARN TO
SQUARE
DANCE**

**DELAWARE EAGLES LODGE #376
127 E. WILLIAM STREET
DELAWARE, OHIO 43015**

Lbjsquares.com

GOOD

LOCATIONS?

Western Square Dancing can be found in every state in the union as well as in all the Canadian provinces and in more than 50 countries abroad. You can literally square dance around the world.

WHERE ARE DANCES HELD?

Square Dance clubs meet in smoke-free, alcohol-free environments such as parks, churches, schools, recreation centers and community halls. There are clubs all over Central Ohio!

IS DANCING VERY EXPENSIVE?

Square dancing is definitely an economical hobby. Most square dancers spend around \$6.00 each for an evening of fun, food and relaxation.

THIS ACTIVITY IS SUITED FOR FAMILIES, COUPLES AND SINGLES OF ALL AGES

HEALTHY

PHYSICAL BENEFITS

Cardiovascular: can improve heart rate, blood pressure and cholesterol.

Burns Calories: 200 – 400 calories per 30 minutes of dancing.

Bone Strength: from weight-bearing, side to side movement.

Balance and Flexibility: muscle control and increased blood flow to joints.

Rehabilitation: If you're recovering from heart or knee surgery, movement may be a part of your rehabilitation. Dancing is a positive alternative to aerobic dance or jogging. Ask your doctor or chiropractor.

MENTAL BENEFITS

Social Connection: can lead to lifelong friendships.

Stress Relief: takes your mind off everything but the next call.

Sense of Accomplishment: individual and as a team member.

Brain Stimulation: improves listening skills, focus, pattern awareness, problem solving, and memory while having fun.

FUN

WHAT TO DO?

JOIN A BEGINNERS CLASS!

"NO EXPERIENCE NEEDED"

Little Brown Jug Square Dancers of Delaware

will hold classes on:

**TUESDAY EVENINGS
7:00 – 9:00**

**Delaware Eagles Lodge
127 E. William St.
Starting**

SEPTEMBER 20, 2022

**Contact:
Nancy Johnson
419-302-2031**

Lbjsquares.com

See reverse side for other classes and days of the week.