

Take the fast track and **BLAST** into the best American pastime:

Modern American Square Dancing

Learn 50 calls in 12 hours! High-intensity, fast-paced, lots of fun

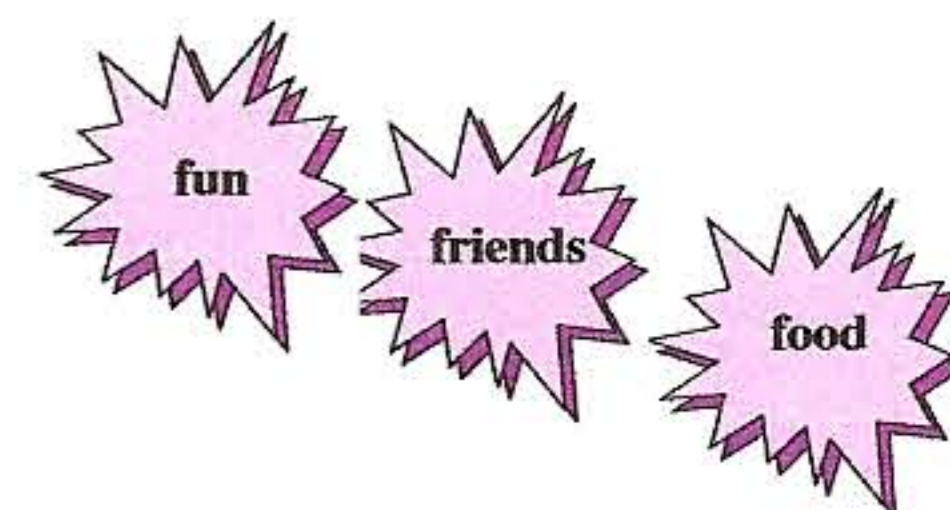
It's an accelerated learning program! Intense but lots of fun!

Square dancing is a movement by groups of four couples with each group arranged in a square. Their movements are set to music and directed by a caller! You do what the caller calls.

Friday & Saturday--Oct. 28-29, 2011



Casual attire and comfortable shoes
Lots of fun & fellowship & fitness!



Everyone's welcome:

families, couples, solos, teens

at

St. John Vianney Catholic Church

789 17th Ave. North

South St. Paul, MN

Instructor is professional caller

Dan Sahlstrom

sponsored by

Dakota Grand Squares square-dance club

More information about square dancing at

www.squaredanceminnesota.com

www.grandsquares.com

Benefits

- No experience needed
- All fun & fitness
- Easy to learn
- Good for the brain
- All kinds of music
- Great family activity
- Walking to music
- Great American pastime
- No competition
- Fun exercise program
- Keeps mind sharp
- Fast paced
- Inexpensive fun
- Inexpensive fitness
- Great exercise to music
- Chemical-free activity
- Ages 8-98
- Make new friends
- Walk 3-5 miles smiling
- Go dancing next week!

Schedule

Friday evening

Registration: 6:30

Dancing: 6:45 - 9:45 PM

Saturday

Dancing: 10 - 1 PM

Potluck lunch

Dancing: 2 - 5:30 PM

Potluck dinner

Dancing: 6:30 - 9 PM

Weekend Fees

Solos: \$49 Couples: \$89

Brushup: \$29

Family rate available

Pre-registration at

<http://www.celearn4ever.org>

Questions: 651-454-2942

Square Dance Parties

7 - 9 PM \$5 each

November 1, 8, 15, 22, 29

*"Life isn't always the party we
hoped for; so while we are here,
we might as well dance."*