

Come Learn to Square Dance! Sponsored by the Grand Squares Square Dance Club

New Class begins Monday, October 29th Monday Evenings at Carpenters Union Hall

1910 NW 53rd Ave. (across from the new Home Depot) 7:00 - 9:00 PM **Gainesville, Florida**

Lon Ligon - Caller / Instructor

EVERYONE WELCOME! All Ages - Families, Singles, and Couples; Square Dance attire is not required.

No experience is necessary.

If you are looking for a fun, low-impact aerobic activity and want to make some friends while getting in shape, try square dancing, the non-competitive team sport. Today's dancers are a lively, fun-loving group. The dancing itself is excellent exercise and is touted by doctors everywhere as a great way to help maintain your fitness. There is an element of mental challenge and a wide variety of music styles as well. ***This class covers*** the "basic" ***Square Dance calls*** as well as ***Contra Dancing, Reels, and Line Dancing***. All ages are welcome. Square dancing is a perfect activity for singles, couples, or families. Attire is casual. Western wear is not required. \$4 per person per class. **Come join us.**

FOR INFORMATION - Contact Lon or Peggy Ligon at (352) 377-1828 or e-mail:

grandsquares@bellsouth.net <<mailto:grandsquares@bellsouth.net>> or check out our web site:
<<http://www.lonligon.com/grandsquares.html>>

Modern Square Dancing is great fun and great exercise! It's also a great way to have fun and meet new people!

