



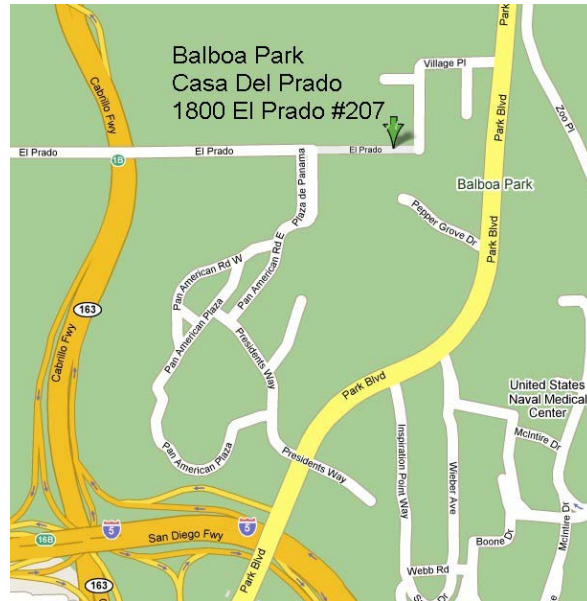
Caller Pat Carnathan

Square Dance Class



Sundays 5:30 to 7:00 PM
Balboa Park

- Starts *September 9, 2007* (Open to all for 3 weeks)
- *Casa Del Prado #207*
- \$4 (first class free)
- *No partner required*
- Wear comfortable clothes and shoes
- Angels always welcome



It's fun!

Square Dancing is an **easy form of dance** to learn that starts with walking and turning to the beat of the music. The music now includes **contemporary hits** and the **flexible dress code** does not require the traditional petticoats and western outfits. In the dance, the caller and dancers join in a **puzzle-solving venture** where the caller makes up patterns for the dancers to follow. Modern Square Dancing is a **family event** that welcomes dancers **with or without partners**.

It's healthy!

Square dancing is **aerobic exercise**, the starting and stopping helps **build bone density**, and it's often just what the doctor ordered for physical therapy. Reacting to the caller's calls keeps you **mentally on your toes**, and the **human touch** and **social interaction** are good for the soul.

Ruffles & Beaus

<http://rufflesnbeaus.sdsda.org/>

Ruffles & Beaus Dance in Courtyard

<http://tinyurl.com/yue7tl>

Other Square Dance Classes

<http://www.sdsda.org/SanDiegoClasses.html>

Please email any questions/comments to

RufflesWebMaster@hotmail.com