

Take the fast track and BLAST into

# Square Dancing

Lots of fun and laughs!

Learn the calls quickly!

*It's an accelerated learning program with lots of review and fun.*

## Saturday--January 14 & 21, 2023

## Saturday--February 4 & 11, 2023

Casual attire and comfortable shoes

Lots of fun & fellowship & fitness!

Pre-registration required.

**Maple Grove MS  
cafeteria**

**7000 Hemlock Lane N  
Maple Grove, MN**

**Instructor/Caller: Ben Stokes**

*hosted by Square Dance MN*

*More information about square dancing @  
[SquareDanceMN.com](http://SquareDanceMN.com)*

For new dancers,

**January 14** is a pre-requisite for **January 21**.  
**Jan. 14 & 21** are pre-requisites for **Feb. 4 & 11**.  
**February 11** will be review of all the calls.

*If you are brushing up, you can do any or all days.*



### Schedule

Saturday

Sessions begin @ 1 PM  
and end by 4 PM  
with lots of short breaks

Fee : free

Sponsored by and  
fees paid by SDM

Treat table

*What do you bring  
for the treat table?*

Bring whatever pre-packaged  
treat you like to snack on!

Pre-registration

text or call  
Dec: 612-759-9235  
or e-mail:  
[sqdance@iphouse.com](mailto:sqdance@iphouse.com)

### Why square dance?

- It's fun!
- It's sociable!
- Mentally stimulating!
- It's an escape from all the worries of the day.
- It's good, moderate exercise!
- It's non-competitive!
- It's inexpensive!
- It's an activity for all ages!

### Angels

To keep the instruction moving quickly, angels are needed and appreciated!

### Returnees

Great review for returning dancers. Come have fun!