

Live Lively... Square Dance!

Today's Square Dancing is...

exercise because of all the walking you do to the beat of the music!

social because of all the friendly people you meet!

mentally stimulating because of the calls you learn and respond to while dancing!

stress reducing as you focus on the calls and having fun!

☆ Everyone is welcome ☆ Wear casual clothes and shoes ☆ Two left feet...No problem

FREE Introduction ☆ Two different nights to try it

Tuesday 2/4/2020 7:00 to 9:00 pm

Congregational United
Church of Christ
1001 W Kirchoff Road
Arlington Heights, IL

Thursday 2/6/2020 7:00 to 9:00 pm

Prospect Heights Park District
Gary Morava Recreation Center
110 W Camp McDonald Road
Prospect Heights, IL

Arlington Squares Dance Club

Phone: 847-306-9008

Web: arlingtonsquares.com

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facebook.com/arlingtonsquares