

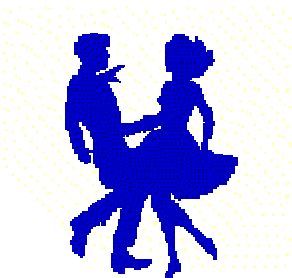
Learn more about Square Dancing at  
our  
**FREE**  
**Fun Night**

Thursday, September 9, 7:15 p.m.

Parkside Gardens,

2150 W. Randolph, St. Charles, MO

New dancers are welcome for the first 4  
weekly lessons



Wheelers and Dealers  
Square Dance Club

[www.SquareDanceStCharles.com](http://www.SquareDanceStCharles.com)

**SQUARE**   
**DANCE** 



**Directions:**

*Coming from the east on I-70: Exit on 5th Street to L on Randolph. Parkside Gardens on the right after Blanchette Park.*

*Coming from the west on I-70: Exit on First Capital. Turn left on Kingshighway. Turn left on Randolph.*

*Coming from North County via Hwy 370: Exit at the Hwy 94 Exit. Follow 94 West. It will turn right then left. Turn right on Randolph. At the Y, turn right on Randolph.*

*Turn left (don't go under "bridge") and continue to Building 3. Signs or club members will be there to help you find the room.*

*Bring this brochure to your first lesson to get the lesson for free. Good only for the first 4 weeks.*

**FUN**  
**FITNESS**  
**FRIENDSHIP**

# If you can walk, you can square dance!

## Square Dancing:

### An American Tradition

Square dancing has been a part of the United States culture for over 200 years. It is recognized as a true representation of the country's folk traditions and remains a popular pastime today due to its health and social benefits.

## The History of Square Dancing

Square dancing has a colorful history. It began in New England when various immigrant groups brought their national folk dances with them. At the end of the 18th century, when settlers came into the Ohio Valley and founded Kentucky they realized they could not dance their dances in a big circle on the Green for fear of hostile Indians. They were restricted to their log cabins, so they danced inside with four couples in a square formation.

Today, 31 states, including Missouri, have designated square dancing as their State Folk Dance. Americans have even introduced square dancing overseas where it has been received enthusiastically in 50 countries. This wholesome recreation is now enjoyed by millions of dancers throughout the world and square dance calling is always in English. Wheelers and Dealers have a German couple (living in Germany) who are members of the club!

## The Benefits of Square Dancing

Square dancing is a healthy pastime. The American Heart Association supports square dancing as a lifelong activity. According to the Mayo Clinic Health Letter, researchers attached pedometers to square dancers and found that each person covered up to five miles in a single evening.

A doctor in Tulsa, Oklahoma put "cardio packs" on 16 dancers for an evening and found that each 20 minute square dance tip had the same beneficial effects on the heart as running a mile!

But the major benefit is that it is just plain fun and give you the opportunity to develop strong social ties that contribute to self-esteem and positive outlook.

## What is Square Dancing?

**Easy to Learn:** If you can walk, you can learn to square dance. It is based upon walking in defined directions for defined distances.

**Entertaining:** The caller is there to entertain and to challenge mentally, thereby making the dancers forget about the day-to-day worries of the world.

**Music:** Square dancing uses many different types of music, including country and western, rock, jazz, gospel and even light classical.

**Interactive:** The dance pattern is directed by a caller. Dancers must listen to the caller to find out what to do next. Callers also have to get a feel for the mood and ability of the dancers. This two-way interaction truly makes square dancing unique.

**Fun:** Ask any square dancer how much fun they have. May *reluctant* husbands turn into avid square dancers!

**Friendship:** Square dancers consist of a wide variety of backgrounds and professions, but they all have one thing in common: FRIENDLINESS! One gets a whole different feeling about people when they are in the same square.

**Challenging or Easy:** Square dancing has a selection of programs available to match your interest and ability. Fancy or simple. Easy or challenging. You chose!

**Mentally Stimulating:** Square dancing exercises not only the body, but also the mind.

**Team-based:** You are working together in perfect harmony with seven other people.

**Breaks Down Barriers:** There are no age, race, or faith limitations. A wide variety of people are found at square dances.

**Special clothes:** Traditional square dance attire is not necessary.

## Come Join Us!

The Wheelers and Dealers Square Dance Club always welcomes those who want to learn more about square dancing. Our club is made up of people of all ages, both couples and singles.