



PLEASE TAKE ONE

MORE REASONS TO
START LESSONS NOW:

- FUN FOR ALL AGES!
- MAKE NEW FRIENDS!
- FAMILY FRIENDLY!
- CHEAP DATE NIGHT!
- EASY TO LEARN!
- HELP KEEP AN AMERICAN TRADI-
TION
ALIVE

*KIDS (10-18) DANCE FREE!**

GET TWO LESSONS FREE!! **

**FREE LESSONS ON JAN.6TH AND JAN 9TH,
2019

** KIDS DANCE FREE WITH A PAYING ADULT

Our Caller/Instructor



Contact Us Today
Redmond Grange
707 SW Kalama Street

centraloregoncouncil
.org

Live Lively -



Square Dance

RedRock Squares
Dance Club



LEARN TO SQUARE DANCE!

JOIN US FOR SQUARE DANCE LESSONS

LESSONS BEGIN JAN. 6TH, 2019, SUNDAYS
& WEDNESDAYS

FREE LESSONS JAN. 6TH AND JAN 9TH.
SUNDAYS FROM 3PM TO 5:30PM
WEDNESDAYS FROM 6PM TO 8:30PM

LOCATION: REDMOND GRANGE #812
707 SW KALAMA STREET
REDMOND, OR, 97756

*NO SQUARE DANCE EXPERIENCE NEC-
CESSARY
*A PARTNER IS NOT REQUIRED BUT
HELPFUL
*DRESS IS CASUAL
*REFRESHMENTS WILL BE SERVED

SQUARE DANCE YOUR WAY TO A HEALTHIER LIFE

- ♦ Makes for a Happy Heart
- ♦ Builds Strong Bones
- ♦ Sharpen Your Memory
- ♦ Easy Exercise (get in as many as
10,000 Steps per dance)
- * Burn Calories (burns as many as
200-400/half hour)
- ♦ Stress Relief
- ♦ Healthy Environment-No Smoking
No Drinking allowed
- ♦ Improves Balance and
Coordination

WHO IS SQUARE DANCING FOR?

- ♦ If you can walk, you can dance.
- ♦ Anyone with the desire to dance
- ♦ Square Dance calls are
universal so anyone/anywhere
can understand them.

“We do not grow too old to dance.
We grow old because we do NOT
dance.” Herb Greggerson,
Square dance caller, 1953