

YOU'RE INVITED TO A

Modern Western Square Dance Party!

Modern western square dancing gets its roots from the folk dance of the pioneers, but its not the square dance that you learned in grade school! The dress code has changed. So has the music.

At our dance party, dress as comfortable as you like. Jeans are just fine! Hard soled shoes are best, but tennis shoes will do.

At our dance party, you'll likely hear as much classic rock as you will classic country. Sing along while you dance to a remix of songs from the Doobie Brothers, the Eagles or Santana; to "Oldies" from artists like the Beach Boys and Elvis; and to a mix of new and classic country. In fact, nearly every genre of music is used in today's square dance activity!

Do you have two left feet? No problem! Modern western square dancing is like choreographed walking. So if you can put one foot in front of the other, you can square dance!

Today's square dancing is healthy social entertainment at it's best. For more information on Modern Western Square Dancing:

- see the back of this page
- go to our website:
www.SquareDanceOmaha.org
- Phone
Lanny Weaklend at 894-0791
Mike Hogan at 592-1460

*"Live Lively
- Square Dance"*

January 14 & 21, 2010

**Rockbrook United Methodist Church
99th & West Center Road
Omaha, Nebraska
7:00 pm - 8:30 pm**

Admission is Free - No RSVP Required

Dear Friends,

Many of you have known a little bit about square dancing for years, but few of you have ever experienced today's MODERN square dance activity. This January, Mike Hogan and I will be hosting two Modern Western Square Dance parties to introduce today's square dance to you and your friends.

I hope you will accept my invitation to attend. I can assure that you will have a good time and that you'll be a bit surprised by the modernization of square dancing. Mike and I will teach you everything you need to know. Come experience "Healthy Social Entertainment at it's Best".

- *Lanny Weaklend*



**MODERN SQUARE DANCING
HEALTHY SOCIAL ENTERTAINMENT AT IT'S BEST**

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DANCE YOUR WAY TO A BETTER LIFE

All forms of physical activity are good for the mind, body and soul; Square Dancing is no exception. Dancing on a regular basis contributes to the following:

Cardiovascular Fitness—Dancing is a safe way to exercise. The moves are interesting, but the level of exertion is up to each participant. Rev up for a high intensity workout or take it slow and easy for a relaxing yet beneficial workout. Dancing regularly can lead to a slower heart rate, lower blood pressure and an improved cholesterol profile.

Healthy Environment—Square Dancing clubs are smoke and alcohol free. This allows the participants to concentrate on the calls and socialize in a safe environment.

Body and Brain Boost—Square dancers react to the calls as they are given. This forces the body and brain to be tightly coordinated. A number of calls are memorize, which helps keep the mind sharp.

Calorie Burn—Dancing burns between 200 and 400 calories in thirty minutes of dancing—that's the equivalent to walking, swimming or riding a bike.

Distance—The President's Council on Physical Fitness and Sports recommends 10,000 steps per day to maintain physical fitness. It is estimated that a typical dancer can expect to clock 9,000 to 10,000 steps per dance.

Sturdy Bones—The side-to-side movements of dancing strengthen weight-bearing bones (tibia, fibula and femur) and help prevent and slow the loss of bone mass.

Rehabilitation—Square Dancing is a great way to get back in the swing of things if you are recovering from an injury. Dancing keeps your joints moving and is a nice alternative to jogging or other high-intensity activities.

Social Aspects—You never know who you're going to meet on the dance floor. Dancing in a group of 8 people requires you to switch partners during the dance, so it's very easy to make friends. Lifetime friendships are formed and some even meet the love of their life. There are dancing groups for everybody — youth, singles and married couples.

SQUARE DANCING IS FOR EVERYONE

If you can walk, you can dance! The activity of Square Dancing welcomes all ages and ethnicities.