

SQUARE DANCE LESSONS

Square Dance Lessons run
September through January.
Call 541-401-9780 for more
information or to be put on
the Lesson List.

You do not have to have a
partner and you don't have
to wear frilly clothes (unless
you want to!).

The first lesson is FREE!

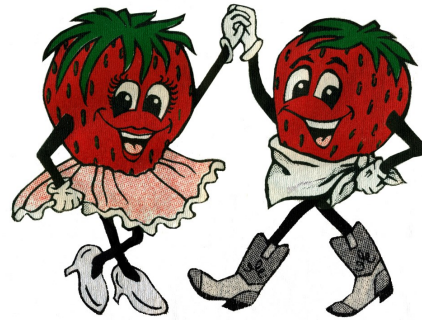
*Square Dancing: The
FUN mental & physical
fitness club for all ages*

Lebanon Square Circlers

P.O. Box 671
Lebanon, OR 97355
541-401-9780

www.lebanonsquarecirclers.com

LEBANON SQUARE CIRCLERS



For more information visit us at our
webpage:

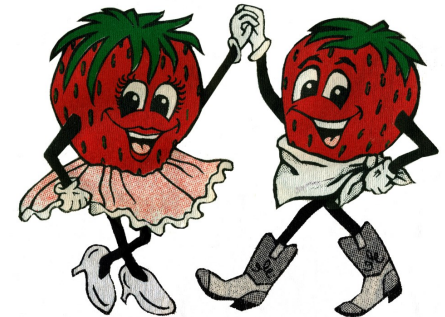
www.lebanonsquarecirclers.com

or call **541-401-9780**

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LEBANON SQUARE CIRCLERS

SQUARE DANCE CLUB



**Dancing the
1st and 3rd Saturdays
September through
May at the
Lebanon Senior Center
80 Tangent Street
Lebanon, OR 97355**

LEBANON SQUARE CIRCLERS

Lebanon Square Circlers have been dancing since 1949 and is the second oldest square dance club in Oregon. Located in Lebanon, Oregon, heart of the Willamette Valley, the club insignia is the strawberry. Celebrating the Strawberry Festival every year, the club joins in the festivities by participating in the parade and sponsoring dances and activities during the first full weekend in June. Regular dances are held every first and third Saturday night (September through May) at the Lebanon Senior Center, 80 Tangent Street, from 7:30pm to 10:30pm. The club welcomes couples, singles and family groups. Lessons begin every September.

HEALTH BENEFITS OF SQUARE DANCING

Square dancing can burn from 400-800 calories per hour. The side-to-side movements strengthen weight bearing bones. Square dancing also challenges the brain and strengthens memory. Studies have shown that activities that involve both physical and mental activity at the same time help to slow the onset of Alzheimer's disease. It's a great way for families to have a good time together, and for singles or couples to meet new people. And finally, social activities like square dancing are good for self-esteem and general all-around health. Especially when it's so much fun!

LEBANON SQUARE CIRCLERS

Square Dances	1st and 3rd Saturdays (September through May)
Square Dance Lessons	September through January
Strawberry Festival	First full weekend of June
Demonstration Dances	With prior arrangement

FREQUENTLY ASKED QUESTIONS

What is Modern Square Dancing?

Square dancers learn a number of moves that the caller puts together to form the dance. The caller "calls" out these moves to the dancers and the dancers follow the "calls," not being able to anticipate what will come next. There are no "steps," as such - the feet simply shuffle to the rhythm of the music and the hands and arms make the directional changes. The music in modern square dancing certainly includes country western tunes but there is also lots of

pop, show tunes and adaptations of golden oldies.

Do I have to have a partner?

No! Plenty of people dance "solo" - there is no partner required to square dance. It just takes eight people to make a "square."

What kind of people square dance?

People of all ages and walks of life who are interested in good, clean fun and fellowship. Young or old, single or married, it's a great way to get out, meet people, and have fun. It's also a great way to get that exercise you've been promising yourself.

Do I have to wear fancy clothes?

Square dance clothes are not necessary for lessons but later on, when you go to dances, it is suggested that women wear a skirt and men a long-sleeved shirt. You don't have to do anything fancy, but dressing up for the dance can be a lot of fun!

What is Round Dancing?

Most clubs have "rounds" in between "tips" of square dances. Rounds are dances like the waltz, two-step, etc. where the steps are called out by the cuer, so that you don't have to memorize the dances. Dancing is done in couples.

What is a square dance club and what does it do?

A square dance club is usually set up as a Non-Profit organization, and has officers such as President, Treasurer, and so on. Most clubs have a live caller (for square dancing) and cuer (for round dancing), although some may use recorded music. Most clubs sponsor regular dances and hold lessons for beginners interested in square and round dancing. Different clubs host special events like festivals, campouts, demonstration dances, etc. Square dancing is popular worldwide, and dancers can dance everywhere since dances are always called in English.