

# Swinging Squares

Square Dance Club



## Did you know..

Square dancing combines mental concentration with many aspects of good physical exercise including sustained activity, flexibility, balance and coordination.

Square dancers walk between 2.5 & 5 miles per evening of dancing.

A half hour of dancing burns between 200 & 300 calories.

Dancing contains a social component that solitary fitness endeavors don't. It gives you an opportunity to develop strong social ties which contribute to self-esteem and a positive outlook.

The energy put into dancing influences heart rate, blood pressure, rate of calorie burn, and cholesterol profile. All this beneficial activity is further enhanced by a variety of popular music in a positive setting, often with your favorite partner. It has been suggested that regular sessions of square dancing can add several years- enjoyable years- to your life.

Looking for a NEW WORKOUT?

Do you enjoy physical AND mental exercise?

SQUARE DANCING might be just what you're looking for!



# FREE

## 1st Class

### MONDAY

### SEPTEMBER 12, 2022

### 7:00PM - 9:00PM

## Join Us!

### EVERYONE IS WELCOME!!!

SINGLES

FAMILIES

COUPLES

KIDS



FOR INFORMATION PLEASE

CALL LISA

(401)524-7610



LOCATION

OAKLAWN GRANGE  
24 SEARLE AVE  
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[WWW.SWINGINGSQUARES.COM](http://WWW.SWINGINGSQUARES.COM)