

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

FEBRUARY 14, 2022

7:00PM - 9:00PM

Join Us!

EVERYONE IS WELCOME!!!

SINGLES

FAMILIES

COUPLES

KIDS



LOCATION



FOR INFORMATION PLEASE

CALL LISA

(401)524-7610

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WWW.SWINGINGSQUARES.COM