

Take the fast track and BLAST into

# Square Dancing

Lots of fun and laughs!

Learn the mainstream calls quickly!

*It's an accelerated learning program with lots of review and fun.*

## Saturday--October 5, 2024

## Saturday--October 12, 2024



Casual attire and comfortable shoes

Lots of fun & fellowship & fitness!

Pre-registration required.



### Schedule

Saturday

Sessions begin @ 9:30 a.m.

and

end by 1:30 p.m.

with lots of short breaks

### Fee :

\$10 per day

Age 18 & under: free

Angels: free

### Treat table

What do you bring for the  
treat table?

Bring whatever treat

you like to snack on!

Bring your own beverage.

### Pre-registration

call

John or Rose @ 651-225-9709

## Capital City Church

550 7th St. West

St. Paul, MN 55102

formerly

St. Mark Lutheran Evangelical Church

**Instructor/Caller: Ben Stokes**

*hosted by Dakota Squares and SDM*

More information about square dancing @

[SquareDanceMN.com](http://SquareDanceMN.com)

For new dancers,  
you will need to have attended  
at least two "intro" dances.

*If you are brushing up, you can do one or both days.*

### Why square dance?

- It's fun!
- It's sociable!
- Mentally stimulating!
- It's an escape from all the worries of the day.
- It's good, moderate exercise!
- It's non-competitive!
- It's inexpensive!
- It's an activity for all ages!

### Angels

To keep the instruction moving quickly, angels are needed and appreciated!

### Returnees

Great review for returning dancers. Come have fun!