DISCOVER THE JOY OF SQUARE DANCING!



FREE INTRO NIGHTS

September 24 & October 1

7:30 PM - 9:00 PM

Pacheco Community Center

5800 Pacheco Blvd

Pacheco, CA 94553

CLASSES BEGIN:

October 8

Classes held Wednesdays 7:30 PM - 9:00 PM

\$40 for adults for first 7-week session

\$20 for youth under 18

WHY TRY SQUARE DANCING?



- ✓ Fun Exercise Get moving in a joyful and social setting
- ✓ Meet New People Make friends and build community
- ✓ Boost Your Mood Dancing is a great stress reliever
- ✓ Sharpen Your Mind Great for memory, focus, and coordination
- ✓ Lifelong Hobby Enjoy a timeless, multi-generational activity www.martinezswingers.org