

Dancing is mentally stimulating, stress relieving recreation at it's best

Active Dancers realize health benefits including cardio exercise, improved balance, and 4-6,000 steps during a typical 2-hour dance session

Square Dance is an engaging choreographed team dance activity, set to contemporary up-beat music, with great social interaction

Regular Dancers build strong social networks and lifelong friendships

Studies show regular Dancing can add 10 years to your Life

Come Enjoy the Fun, Laughter, and Exercise that Square Dance Provides!



## FREE Introduction to Square Dance

Wednesdays

August 14, September 4 & 11

Live Lively -



Square Dance !

### Information Contacts:

Coordinator: Carole Wright, 925-222-5159,  
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Club President: Greg Gendron, 925-269-7373,  
[president@martinezswingers.org](mailto:president@martinezswingers.org)

### Try It

## Introduction to Square Dance Open House No Experience Required!

Martinez Swingers Square Dance Club invites you to any or all of our free Introduction to Modern Square Dance Open Houses on three Wednesdays this summer:

**August 14 @ Pacheco Community Center  
5800 Pacheco Blvd., Pacheco CA**

**September 4 &/or 11  
@ John Swett Elementary  
4955 Alhambra Valley Road, Martinez**

**All sessions 7:00 to 8:30PM**  
No experience or partner required.

### Learn It

Join our **Beginner Square Dancer Class on Wednesday evenings beginning September 18, 2019 at 7:00 PM sharp**, hosted by the Martinez Swingers Square Dance Club. This first semester class meets for about 1.5 hours each week for ten (mostly) successive Wednesday evenings through December 18<sup>th</sup>. Class Fees for the first Semester are \$40 per person. Students who attend regularly should be ready to participate in Newer Dancer Hoedowns beginning in January.

Casual clothes and shoes in which you'd be comfortable walking 2-3 miles are most appropriate. Our facility **at the Martinez Adult School; SE corner of Alhambra and F Street, Martinez CA** is air-conditioned.

Martinez Swingers New Dancer Class Page:  
<http://martinezswingers.org/ABC%20Class%20main.htm>