

Are you new to square dancing? Maybe you are not sure what it is?

Check the website you2candance.com and watch the fun; that website will help find a club near you if you do not live in Upstate New York or Northern Pennsylvania.

Now you are tempted?

Here are a few more reasons to try square dancing:

- It is **healthy exercise**:

you have so much fun that you don't notice the work-out.

- It is **social**:

you meet other people, learn to dance with them, and the process provides plenty of laughter for everyone.

- It is **good for your brain**:

you will be proud to try new things and to learn new skills.

(1) If you live in Upstate New York or Northern Pennsylvania, check the Homepage of this website to find the club nearest you.

There are eight square dance clubs in the Finger Lakes area and in the Northern Tier of Pennsylvania. These clubs are grouped together to form the Finger Lakes Area Clubs of Western Square and Round Dancers, or **FLAC** for short. Most square dance clubs have **FREE open houses**, usually in the early fall, to introduce new people to square dancing.

(2) Click on "Dance Clubs" to find how to contact that club. Ask for the time+location of their next open house, and go try the fun!

Square dance clubs are very welcoming, because they always want more square dancers!

If you plan to go to an open house, you should know that...

...Dress is casual

...Come with or without a partner

...No experience is needed

...All ages are welcome.

If you can walk briskly and listen, you can easily square dance!

(3) After attending one or more open houses, you will have the option of continuing with **weekly classes until you know all the square dance calls.**

Since those calls are standardized, **you will then be able square dance anywhere**: in the Finger Lakes area, in the USA, or in the world!