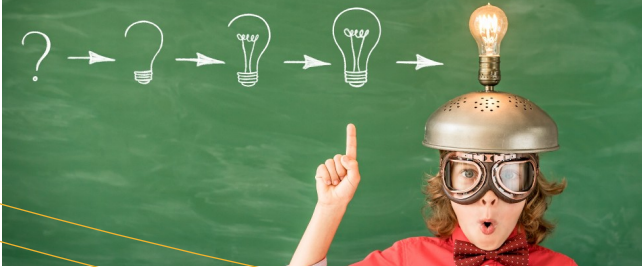


SQUARE DANCE!



IT'S SUCH A BRIGHT IDEA!

Have fun! Make new friends! Get a little light aerobic exercise! Move to music!

This is modern square dance:
Fitness, friendship, & fun.
What a bright idea!

"It shore is a ton o' fun!" – Sheldon Button, 93.1FM The One, Leduc

"It's fun and was a great way to meet people when we were new to the area. It's great exercise, too." – Sally & Max Nickerson, Leduc

"It's a stress reliever. When you're there, you can only focus on dancing. It's uplifting and fun!" – Anonymous, Strathmore

"Off to square dancing tonight — Yahoo!" Sylvia Baker in a Facebook post

Join the fun

Register for one or both:
Session 1 - Sep 21, 2022, 6:45 pm
13 Dances - \$90*
Session 2 - Jan 4, 2023, 6:45 pm
13 Dances - \$90*

* Plus a one-time fee of \$20 for club membership, provincial & nat'l registration, and insurance

CONTACT

Phone: 780-991-9827

Website: leducsquaredance.ca

Email: info@leducsquaredance.ca

TAKE A STEP..

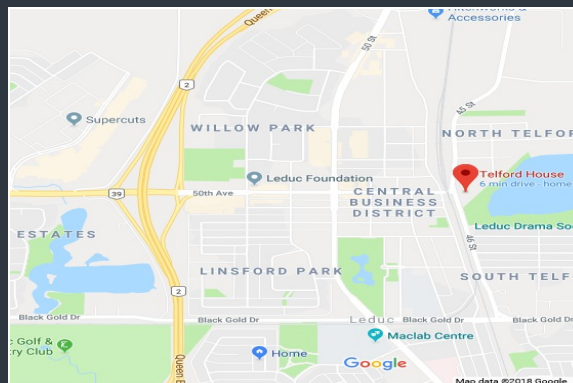


INTO
FITNESS,
FRIENDSHIP,
& FUN

We dance Wednesday evenings

from 6:45 to 9:00 pm

Telford House, 4907 46 St, Leduc



Giving Back to the Community

WE OFFER MORE THAN JUST TERRIFIC RECREATIONAL OPPORTUNITIES.

- Annual benefit dance for Shock Trauma Air Rescue (STARS)
- Christmas entertainment at seniors residences
- Contributor to Leduc Food Bank



Follow us on Facebook
HappyHomesteadersSquareDanceClub

A square dance has four couples (eight dancers in total) arranged in a square, with one couple on each side, facing the center of the square. Modern square dances are not memorized as complete routines; the dancers learn easy basic movements, each with its own distinctive call, but do not know in what order they will be called. Each dance is an intriguing puzzle. Modern square dancing uses a variety of music, everything from pop to traditional country to Broadway musical to contemporary country music — even rock, Motown, techno and hip-hop. Something for every toe to tap to.



No Partner? No problem!

We are not a couples club. People generally dance the first and last tip with their spouse or partner, but in between we make sure everyone gets on the floor..



Costumes Optional

The colorful traditional square dance costumes (crinolines and flared skirts for ladies, western wear for the men) are optional. Dressy casual is fine.



What if I have 2 left feet?

Square dance has no fancy footwork to memorize -- simply take one "shuffle step" to each beat of the music .



Economical Night Out

A night of square dancing is much less expensive than a gym pass, going to the movies, or a dinner out.



No lead/follow

Because we dance in a group, each person does his or her part. If you get lost, you'll have lots of help.

PERFECT EXERCISE

"...Square dancing is the perfect exercise. It combines all positive aspects of intense physical exercise with none of the negative elements."

—Dr. Arron Blackburn,
Mayo Clinic



FORTY YEARS OF SQUARE DANCE FUN. PLEASE JOIN US ON THE FLOOR
The Happy Homesteaders Square Dance Club was founded in October, 1981 but lost a year to Covid

Contact Info: <https://leducsqdance.ca>