

Square Dancing, A Hobby like No Other...

By Kathy & Steve Linder
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You will not find another hobby like square dancing. Where can you find a hobby that is a great social equalizer; is inexpensive; combines the best of both art and science; is relaxing and stimulating at the same time; is challenging and lets you meet new friends?

PHYSICAL BENEFITS

Increases Lung Capacity & Muscle Tone
Low Impact Aerobic Exercise
Sharpens Your Senses
Creates Body Rhythm
Increases Heart Rate
Burns Calories/Fat
Relaxes Your Body
Loosens Your Joints
Increases Blood Flow
Non-Smoking Atmosphere+

*Inexpensive
activity*

MENTAL BENEFITS

Sharpens Listening Skills
Develops New Motor Skills
Stimulates Brain
Increases Retention
Reduces Daily Stress
Pride in Accomplishment

*Instruction by
professional
teachers*

SOCIAL BENEFITS

Meet New Friends/Creates Social Ties
Activity Done With Spouse/Family
Generations Can dance Together
Reduces Inhibitions
Business Contacts
Clean Entertainment
Non Alcoholic

*Costume
not required*

TEEN SCHOLARSHIPS



There are scholarships available through the Texas State Square and Round Dance Federation.

Requirements are simple:

- Must have been an active dancer for a minimum of 2 years including lesson time.
- Must graduate high school (GPA not relevant)
- Must be going on to an institution of higher learning... college, trade school, etc.

**Lessons held each fall in the
Cedar Park &
Round Rock areas**

Contact us for more
information:
Arnold or Marie Gladson
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Or visit our website at
www.glad2call.com

Want to learn to do something FUN?

Square Dance!

Adults ...

Inexpensive!

Teens ...

Scholarships!



Square dancing is uniquely American. It is no longer the barn dance of yesteryear. Square dancing has moved UP to churches, ball rooms, and even the White House. There are groups to fit a variety of interests, including teen groups that offer scholarships. Some areas offer competition dancing for the fun of it. The fun and energy level is great for all people.

It's a FAMILY AFFAIR!

Frequently Asked Questions

"Can I afford it?" YES! It is EXTREMELY INEXPENSIVE. Compared to all other forms of entertainment, you can get a lot more bang for your buck. This activity is not run by the businessman striving for a big profit. Most evenings of dance range from \$3-\$5/person! Many times this also includes snacks/food. Square dancing in Cedar Park & Round Rock is \$4 per session and even less when paid quarterly – AND teens are ½ price. You can go Square dancing for a month for the amount you would spend at the movies for 1 night!

"Do I need a partner?" No. Among the many clubs in the Austin Area, there are opportunities for singles to meet and dance. In some clubs dancers are offered the opportunity to learn the boy and girl part thus increasing opportunity to dance when partners are few. Throughout the nation there are single's clubs and even a national singles group.



"How long do the lessons last?" Lessons vary depending on the frequency of the sessions. There are opportunities for FAST TRACKING and in 4-5 weeks (4-hr/day sessions) you can be dancing with everyone else. Other lessons are held on club nights for 1-2 hours/night for 12 - 20 sessions. Regardless of the beginner lessons, true dancers never quit learning. There is always something new to keep the mind active.



"What types of people join square dancing?"

Doctors, nurses, teachers, school principals, managers, entrepreneurs, engineers, clerks, military, computer specialists, families, singles, children, etc. This is one activity that bridges the status gap and allows everyone to enjoy a night of entertainment together...square dancing is a game.

"How can I dance? I have 2 left feet."

No excuse...This type of dancing is not dependent on being on the correct foot at the right time. As much as having rhythm and being able to dance to the beat is a benefit, it surely is not a requirement.



"What ages enjoy square dancing?" As young as 8 and as old as ?? This activity is typically enjoyed by the "empty nest" crowd, but all ages can find fun and excitement in this dance.



Dance your way to a HEALTHIER YOU!

Good for Body and Mind

Square dancing contributes to a healthier and independent lifestyle, says Lewis Maharam, MD, a sports medicine specialist in NY & president of the Greater NY Regional Chapter of the American College of Sports Medicine. "Any weight-bearing exercise, including square dancing, is a major benefit," he says. "Weight-bearing exercise improves bone health. Square dancing also helps you with the feeling of where you are in space and with coordination," says Dr. Maharam.

Larry McKinley, a 30-year veteran of square dancing says, "The listening -- and executing the commands -- takes concentration. The twisting and turning are not too hard on you, but gives your body the exercise that it needs," he says. "It's very easy once you learn. Years ago, I was getting a divorce and didn't want to be a bump on a barstool." That's when Larry went to his first dance and got hooked. "It's just so much fun. Square dancing is setting friendship to music," he says. "It's having a place to get up and go in the evening where you can work up a good tired and a good sweat."



A Social Form of Exercise

You can never have enough friends and acquaintances. Square dancing instantly gives you something in common with every single square dancer you meet... and that's square dancing! The social interaction is a PLUS to health. They touch, swing, and hug...even those who come in with a hesitation, quickly learn how good a hug is. Touching, in itself, can be beneficial to health, according to studies conducted at the Touch Research Institute in Miami, which showed that regular touching can reduce stress and depression and enhance immune system function. It has been proven that a hug increases a person's hemoglobin!