

Learn to Square Dance with the Swingin' Beavers!



Dress causally or formally – it's your choice.

Reasons to Dance

1. Dancing is very social. Great friendships are developed.
2. It is in a healthy environment.
3. Dancing relieves stress.
4. Dancing provides cardiovascular fitness while having great fun.
5. It provides a boost to both the body and the mind.
6. It is a very fun way to burn calories.
7. Dancing adds many steps to your daily activity.
8. It helps to slow the loss of bone mass.
9. Balance is improved by dancing.
10. It is fun.

Dances begin September 9
Wilson Elementary School
405 W. 3rd, Beaver Dam
6:30 - 8:30 - park in back

Try the first lesson free / \$6 per lesson

920-386-2951 www.swinginbeavers.com

