

WEB SITES THAT DISCUSS THE HEALTH BENEFITS OF SQUARE DANCING

Don't Be a Square -- Dance!

Regardless of your age, square dancing is good for the body and the mind. ... <http://www.webmd.com/fitness-exercise/features/dont-be-square-dance>

Square Dance for Physical & Mental Exercise, Plus Sociability- Discusses the mental and physical benefits of Modern Western Square Dancing
www.wvsquaredance.org/health.html

Health Benefits Of Square Dancing - Video Results Square Dancing, A Hobby Like No Other By Kathy & Steve Linder. Reprinted from Club Leadership Journal
www.squaredance.on.ca/health.html

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits
http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Dance_health_benefits

If you secretly sashay across your living room when you're home alone or long to cha-cha with your significant other, you're in luck. Not only is dancing an exceptional way to let loose and have fun, but it also provides some terrific benefits for your health.
<http://www.sixwise.com/newsletters/05/11/02/the-health-benefits-of-dancing---including-specific-benefits-of-different-dances.htm>

Health Benefits of dance... Waltz or doing do-si-dos to the commands of a square-dance caller ... to socializing with friends, dancing offers these health benefits: Calories - Dancing can ...
<http://www.learntodance.com/health-benefits-of-dance/>

Square Dance Health Benefits
This presentation covers the history, the benefits of square dancing and more.
www.squaredanceomaha.org/health

Square dancing and its benefits - by Eva Smart - Square dancing is good, old-fashioned fun and a lively way to spend time, and there are many benefits to this activity..
http://www.mortonwhirlaways.com/Square_dancing_and_its_benefits.pdf

Free Fun Night

With the
Sun City Sundancers

MONDAY, September 14, 2015

5:30 - 7:00 PM

In The Ball Room

Refreshments



Learn To
Square Dance
For Fun,
Fellowship, &
Fitness!!



LESSONS Begin on

MONDAY, September 21st

4:30 - 6:30 PM In The Ballroom

Get more information at:

www.sctxca.org > Clubs & Groups > Chartered Clubs > Square & Round Dance Club

Sun City Sundancers Square and Round Dance Club



Square Dance for
Fun, Friends, & Fitness



Sundancers Class of 2014

There are shortcuts to happiness, and dancing is one of them!

Sun City Sundancers Square and Round Dance Club

The Sun City Sundancers Square and Round Dance Club was organized in 1997 to promote square and round dancing for residents. Our weekly square dance is held every Monday night at 7:00 PM in either the Social Center Ballroom or Cowan Creek Amenities Center Georgetown & Florence Rooms. It is usually preceded by a 30 minute workshop geared to helping dancers improve their skills. Round dances are usually held twice a month on Sunday in the Atrium, with beginning, intermediate, and advanced level sessions.

The Club hosts a special event almost every month. This includes the Red, White & Blue Barbecue & Dance, Halloween Dance, Christmas Dance, Anniversary Dance, and Class Graduation.

The Sundancers also offer an extra square dance workshop on Thursdays using prerecorded material and led by experienced, knowledgeable club members. These sessions are for newer dancers and those wishing to dance to more challenging material. See the Sun City website for the Club's current schedule and special events.



Our club square dance caller is Brad Caldwell, an active member of Callerlab, the international organization of square dance callers and instructors. He is a talented entertainer and great teacher, with a wonderful singing voice.

Our club round dance cuers and teachers are Jerry and Lucy Pate, the foremost round dance leaders in central Texas. The Pates also cue for two other Austin area clubs.



Square Dancing -- Not What It Used To Be!

Took square dancing in 8th grade? Probably you'll enjoy square dancing much more today than you did during gym class. Don't want to wear those frilly outfits? Don't worry, the Sundancers dress code is



"dancer's choice!" That means you'll see dancers in everything from cargo shorts and T-shirts to prairie skirts, and some even wear the traditional petticoats and ruffles. Don't have a dance partner? Many of our members are solo dancers. Don't think you'd like the music? You'll hear every kind of music from modern country to big band to gospel to rock at a square dance. In fact, square dancing has evolved over the years in response to changing attitudes and the need of dancers and clubs.

The Official State Folk Dance!

Did you know that the square dance is the official state folk dance of Texas? It surely is, and what better way is there to feel like a Texan than to learn the state folk dance?

But Texas is not the only place you can square dance. Square dancing adds another dimension to your travels. There are square dance clubs in every state, and many foreign countries. The annual National Square Dance Convention attracts 1000's of dancers to a city in a different part of the country each year. Visitors are always welcome at a square dance, no matter where you are, and square dances are always called in English no matter what country you might visit.

Would You Like to Join the Fun? It's Easy -- & Good For You!

Can you walk briskly and simultaneously follow directions? That's all it takes. Former marching band, drill team, and military unit members often excel. Unlike most forms of dancing, having a sense of rhythm is not a necessity. Having two left feet is also not a hindrance. Actually, square dancing is easier for many people than other types of dancing.

In addition, square dancing is good exercise for both the mind and the body. Learning and remembering the calls keeps the brain sharp, and a night of square dancing is the equivalent of walking three miles. Square dancing is a fun way to get mental and physical exercise. Individuals who enjoy a greater mental challenge can progress from being beginners to higher levels of skill, but there are many who are happy to learn just the mainstream calls.

The Sundancers offer beginning Modern Western Square Dance lessons annually, designed for those with no prior experience or have been away from the activity. Come to our FREE "Fun Night" in the Ballroom on Monday, September 14, 2015 at 5:30 PM, and get a taste of what it is like to square dance. The series of lessons continues on September 21st at 4:30 PM, with the first lesson being free.

Please feel free to contact any of our officers, listed in the Sun Rays, for further information, or visit our website which can be accessed through the Sun City web portal at www.sctxca.org.

Sundancers
Christmas Party.

