



TODAY'S  
**SQUARE  
 DANCING**  
 YOU'LL BE SURPRISED!

HAVE FUN – LAUGH! ENJOY THE MUSIC!  
 MAKE FRIENDS! EXERCISE!  
 REDUCE STRESS!  
 IMPROVE MEMORY SKILLS!

**TRY SQUARE DANCING!**

**Mavericks and Country Cousins  
 Square Dance Clubs**

**First Two Classes Free!**  
 Sunday, September 18 and 25, 2022 at 7pm  
 Regular Classes Start: Sunday, October 2 at 7pm

*Wear Comfortable Clothing and Shoes*

Info: 250-888-6232 <https://TheMavericks.org/2022>

Royal Oak Women's Institute Hall  
 4516 West Saanich Rd, Victoria, BC



DISCOVER  
 THE MANY  
 BENEFITS OF  
 SQUARE  
 DANCING

**GOOD FOR THE BODY**

- Increases lung capacity.
- Improves muscle tone, bone density and joint flexibility.
- Improves balance and coordination.
- Develops new motor skills.

**GOOD FOR THE MIND**

- Square dancing is a group activity that is a great way to meet and make new friends.
- Enjoy a sense of accomplishment while learning something new.
- Learning and remembering calls and cues improves memory.
- Dancing is so much fun that you will leave all your worries and stress at the door!

**GOOD FOR THE SOUL**

- Make new friends and expand social contacts.
- Meet people from all over British Columbia and beyond at special dance events.
- Get involved and volunteer.
- Have fun!

Dancers  
 often describe  
 square dancing  
 as friendship set  
 to music



The British Columbia  
 Square and Round  
 Dance Federation  
[www.squaredance.bc.ca](http://www.squaredance.bc.ca)