

# Mainstream Square Dancing **BLAST**

Learn 19 mainstream calls! High-intensity, fast-paced, lots of fun

*It's an accelerated-learning class with lots of review. Intense but lots of fun!*

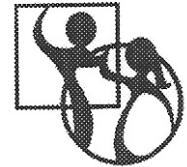
## Sunday-- February 23, 2020

Casual attire and comfortable shoes



**Lots of fun & fellowship & fitness!**

Pre-registration requested  
Details below



### Schedule

*Sunday*

Class begins: **1 p.m.**  
Potluck treat table  
Ends about **5 p.m.**

### Fee

New students: \$20 per person

### Angels

To keep the instruction moving quickly, angels (who have a year or more of dancing experience) are needed. *No fee for angels.*

### Pre-registration

Sally or Tom: 320-252-4230

e-mail: allentca@mac.com

**Whitney Center**  
**1527 Northway Drive**  
**St. Cloud, MN**

**Instructor/Caller: Tom Allen**

*hosted by Beaux & Belles*

*more information about square dancing @*

*[SquareDanceMN.com](http://SquareDanceMN.com)  
[ComeSquareDance.com](http://ComeSquareDance.com)*

*From Highway 15, head east on 12th Street North. It will merge into Northway Drive. Whitney Center is on the left just past the YMCA. Use the east door.*

### **Why square dance?**

- It's fun!
- Lots of fellowship!
- Easy fitness workout!
- It's sociable!
- Mentally stimulating!
- It's an escape from all the worries of the day.
- It's good, moderate exercise!
- It's non-competitive!
- It's inexpensive!
- It's an activity for all ages!

### ***Follow-up Workshops***

**Free 7-9 p.m.**  
**Whitney Center**  
Starting Thursday,  
February 27, 2020