



Ozone Squares

Covington, Louisiana

Thank you for your interest in square dancing. Here is information you need if you decide to learn to square dance. You are welcome to bring a friend to any future OPEN HOUSE or to the first class.

- **Classes begin on March 17th 2020 Tuesday**
- **Classes are held every Tuesday at 7:30 PM at Lyon Elementary School gym – 1615 N. Florida St. Covington, LA (near the St. Tammany Parish Fair Grounds)**
- **The cost of the class is \$20.00 per month (roughly \$5/class)**
- **Family discounts are available.**
- **Casual dress during lessons**
- **Contact for lessons is Wes or Connie Koon – 985-867-4970 or 985-691-1438 or 985-502-4154**
[**pinekoon@bellsouth.net**](mailto:pinekoon@bellsouth.net)

**Welcome to the World of Square Dancing
where friendship is set to music!**

Benefits of Square Dancing

- There are many benefits to square dancing. Here are the top 10:
- 1. **It's easy**. This is a great benefit to beginners. Square dancing is MUCH easier than line-dancing or prescribed dance routines, because a caller and other dancers help you through the steps. The steps are simple, and you will quickly catch on. Lessons are fun and "angels" help you learn all the calls.
- 2. **Movement is great for your body**. While it's not strenuous it provides some cardio strength building. Dancers can get the equivalent of a 5 mile walk in a 2 hour dance! The music and the fun can make you forget you are getting a workout, but your blood is pumping, your limbs are moving and your lungs are getting fresh air pushed throughout your body.
- 3. **It's addicting**, which means you'll be back again and again to reap it's benefits. Exercise is not much of a benefit if you don't do it! Square dancing, however, has great appeal and a social connection, so it is common for dancers to make it a weekly, bi-weekly or even daily activity.
- 4. **It's different** than dancing on your own. People who are embarrassed by free-style dancing often find the steps much more comfortable. The men do not need to be concerned about what 'steps' they are going to lead their partner thru. This provides a lot of benefits. It reduces the stress people sometimes feel socially or at activities, and it encourages full movement participation. Many times a woman nags her man to take lessons only to have the man become so addicted that he wants to dance daily!
- 5. **Square Dancing is social!** It crosses all age groups. It is a blast to hang out with friends and families in this way. Also, it's an easy way to meet new people without the pressure of thinking of things to talk about to break the ice. There are clubs that cater to singles as well as couples.
- 6. **It's mental!** The steps require you to use both sides of your brain, and what is called "cross-lateral" movements, which are movements that cross from one side of your body to the other. These are great exercises for your brain, memory and coordination, which are all important as we develop as children and as we age as adults.
- 7. **It reduces stress**. Stress is the number one health issue, and it is related to disease and disorders of all kinds. The combination of all of the above-listed benefits make square dancing an excellent solution to the need for stress-reduction.
- 8. **No age limits** or ability requirements are a great benefit. There are no barriers from making square dancing a lifelong hobby.
- 9. **Take it with you!** Square dancing is the same all over the world! Many dancers travel to dances out-of-town, out-of-state and out-of-country. There are cruises and traveling events geared to square dancers!
- 10. **It's here!** Local clubs in your area are waiting for you to join them! What are you waiting for? Come join in the fun!



It's More Affordable Than Other Outings! Just Compare!

<u>Activity</u>	<u>Price/Couple (Estimates)</u>	<u>Price/Family of 4</u>	<u>Number of nights per month</u>
Movies with refreshments only	\$40	\$55-\$75	1 (2 Hours)
Dinner only	\$30-\$40	\$48-\$70	1 (2 Hours)
Chuck E. Cheese		\$40-\$60	1 (2 Hours)
Escape Room/VR	\$60	\$120	1 (1 hour)
SQUARE DANCING (Members average)	\$6	\$24	1 (2 Hours)
SQUARE DANCING (Non-members average)	\$16	\$32	1 (2 Hours)

You Can Walk, You Can Square Dance

McKinley knows what he's talking about. Square dancing contributes to a more healthy and independent lifestyle, says **Lewis Maharam, MD**, a sports medicine specialist in New York City and President of the Greater New York Regional Chapter American College of Sports Medicine.

"Anything that keeps you active will keep you healthier and feeling younger. In most cases if you can walk, you can square dance, but it's good advice to talk to your doctor before beginning any new exercise regiment," says Maharam, also director of the Suzuki Rock'n'Roll Marathon in San Diego, the Country Music Marathon and the New York City Marathon.

"Any weight-bearing exercise, including square dancing, is a major benefit as one ages," He says, "Weight-bearing exercise improves bone health and thus may help stave off the brittle-bone disease osteoporosis.

"Square dancing also helps you with the feeling of where you are in space and with coordination, and this may reduce falls and chances for fractures," says Maharam. "Regular square dancing may boost endurance, and being able to tolerate longer bouts of moving faster may result in improved cardiac function if trained. Square dancing can be considered a type of cross training, which helps to offset the muscle loss and strength loss typically associated with normal aging." Mayo Clinic Health Newsletter

• Live Ten Years Longer!

- Square Dancing will add ten years to your life, a surprising new study shows. Dr. Arron Blackburn states, "It's clear that square dancing is the perfect exercise. It combines all the positive aspects of intense physical activity with none of the negative elements."

The study was based on their physical examinations which indicated that both female and male square dancers could expect to live well into their '80's.

The square dance movements raise the heart rate like any good aerobic exercise should. All the quick changes of direction loosen and tone up the muscles - but not so severely as to cause injury. In square dancing, when you're not moving, you're clapping hands or tapping feet, which all contributes to long term fitness.

- Source: **Callerlab Release** June, 2001 uploaded June/02
Editor's Note: For information on square or round dancing clubs in your area contact the Association close to you - check out the Federation/Association page

Also endorsed by:

WebMD <http://www.webmd.com/fitness-exercise/dont-be-square-dance>

