

## **PRESS RELEASE**

### **GET HAPPY - GET HEALTHY - GET SQUARE DANCING**

Have you watched programmes such as Strictly Ballroom & Come Dancing & thought you would never be able to do it?

There is a real alternative where you still have the pleasure of moving to popular music, where you will be shown how to move around the floor by other dancers, under the guidance of a "Caller".

If you have ever been to a Barn Dance, you will already know how to "dozy do", and you will soon learn the basics of Square Dancing. So what is SQUARE DANCING?

It's modern & suitable for all, with music which includes everything from the present day to all-time standards. Square Dancers are aged from 8 to 88! A great activity for all the family which keeps you fit & healthy, combining all the positive aspects of low impact exercise, requiring movement & direction changes which keep the body in shape, thus leading to a slower heart rate, lower blood pressure & improved cholesterol levels. During an hour of Square Dancing you can burn between 400 & 800 calories, so the activity is recommended by The Heart Foundation.

Square Dancing will keep your brain active, as well as your body, thus you will forget all your cares whilst dancing. You will make many new friends and have a great deal of fun.

Come & see for yourself, any Monday evening at The Barn, 37 Compton Avenue, Goring, Worthing BN12 4UH from 7.30pm.

It is hoped to start new classes in September 2011. Details will be provided as soon as possible.

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**WORTHING SQUARES SQUARE DANCE CLUB**

[www.uksquaredancing.com](http://www.uksquaredancing.com)