



# Get Happy Get Healthy Get Square Dancing

## PRESS RELEASE

### NATIONAL SQUARE DANCE MONTH

September is the traditional month for recruiting new Square Dancers. This year we are holding special events all over the UK.

Square Dancing is a fun, healthy way to get gentle exercise, while making new friends. We dance to all kinds of music, with 'singing' Callers. There are over 150 clubs throughout the UK – so there is one near you.

Most people can Square Dance – just wear casual clothing and a comfortable pair of shoes and be prepared to join in and have fun while you learn. Club evenings cost £3 to £4 and that usually includes tea or coffee.

Square Dancing had its roots in North America and came to the UK in the 40's. Today clubs meet weekly and there are dances on Saturday nights where you can meet friends from other clubs.

- Clubs all over the UK are recruiting in unison
- National and local advertising
- Articles in national and local press
- Media presentations
- Extensive web site coverage
- Party nights and open evenings

Many clubs are offering free taster sessions where you can join in the fun and have a go. To find out more about Square Dancing in your area and our special events in September visit [www.uksquaredancing.com](http://www.uksquaredancing.com).

For nation-wide information you can contact [info@squaredancinglondon.co.uk](mailto:info@squaredancinglondon.co.uk) or

Telephone Christopher & Linda on 01296 613754 or Simon & Susie on 01280 816940

-----XXXX-----