

Square dancing: More fun than you can imagine!



September is National Square Dance month and the Hunterdon Flutterwheels Square Dance Club, and The Hunterdon County Department of Parks and Recreation have a perfect way to celebrate ... a square dance open house!

Square dancing offers a total mind and body workout and is a great form of exercise and stress relief. An evening of square dancing can equal 3 to 5 miles of walking and burn 300 to 800 calories. If you can walk to music, you can learn to square dance. Eight dancers work together in each square, executing moves announced by the caller to music from classic rock to top 40, country, Latin, show tunes and "oldies." The Hunterdon Flutterwheels Square Dance Club and The Hunterdon County Department of Parks & Recreation invite you to find out what square dancing is really about at a "Dare to Dance Square,"

Open House on Sunday, September 9, 2018. No experience is necessary. Dress casually and wear comfortable shoes. The event will be held from 1:30 to 4:00 p.m. in the picturesque lodge at Echo Hill Park, 42 Lilac Drive in Flemington. Refreshments will be provided. Donation is \$3 per person.

For those who are interested in continuing the activity, organized lessons will begin on Tuesday, September 18, 2018 at 7 pm at the same location.

Graduation from Mainstream square dance lessons launch a dancer into a new world of life-long fun and fellowship!

For additional information and/or directions, contact the Flutterwheels at 908-458-6387.

You can also find more information, photos and videos at www.HunterdonFlutterwheels.nnjdsda.org or our Facebook page at facebook.com/hunterdonflutterwheels.

For more information on park programs, visit the Hunterdon County Department of Parks & Recreation at www.co.hunterdon.nj.us/depts/parks/programs.html#square.

We hope to see you in a square.