

SWINGING REBELS SQUARE DANCE CLUB

MODERN MAINSTREAM SQUARE DANCE LESSONS



- ❖ Why Square Dance? Great opportunity to: Experience low impact cardio, variety of music, have fun, and reduce stress.
- ❖ No experience or dance talent required. Escape your daily routine, bring your friends or make new ones, casual attire, get your steps in-improve mind, body and spirit. Medical research states that dancing improves memory function.
- ❖ If you can walk, you can square dance!
- ❖ First 3 lessons are free, come try it out! Only \$40.00 for a complete set of lessons.

Please call, text, or email:

Carmen Stafford 405-568-2414
Suzanne Morris 405-513-1207

clstafford.cs@gmail.com
sumostudio@cox.net

Dates: March 13th - June 19th
Time: 6:30 to 8:00 Fridays

Please tear off a tab below and contact Carman Stafford at the listed email or phone.

LOCATION FOR LESSONS:

ST JOHN'S EPISCOPAL CHURCH
5401 N Brookline
Oklahoma City, OK

Website: SwingingRebelsOKC.org, Like us on Facebook: Swinging Rebels & Friends