



**STARTS
SEPTEMBER 14**

**To sign up,
contact:**

THURSDAY NIGHTS

7 ~ 9PM
12-week class

SEPTEMBER 14 \$6
FIRST NIGHT PER PERSON

Looking for something fun to do? **Learn To Square Dance!** **[No Experience Necessary!]**

- Dance to a variety of musical types (including Rock, Country, Jazz and Pop – and even Classical!)
- Exercise for both mind and body (move to the music, follow the patterns) If you're counting steps, you'll get 3,000-8,000 per night!
- Learn a **universal** dance form that draws from many others and is practiced *around the world!*
- A great family activity, or for anyone from teens to seniors!
- No fancy clothes or costumes

Lawrence Johnstone
707-462-0239
loj@loj.name

**Bartlett Hall
at the
Ukiah Senior Center**

495 Leslie St., Ukiah



www.ukiahpromenaders.com



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