POP-UP Square Dance @ MSU

All Day Workshop - No Experience Required!

Wichita Wranglers
Wichita Falls, Texas

Come Join the FUN!

For the first time ever, the Wichita Wranglers will be trying something new. Instead of spending 14 weeks learning ALL the Square Dance calls, we invite you to join us for ONE DAY to see what all the fun is about. The day will start with two sets of instruction from 10am to NOON and 2pm-5pm. You will be taught a basic set of dance patterns by our club Caller Jeff Holley. That evening you will join the Wranglers for a Square Dance where you will use the skills you learned throughout the day. Our club members will be wearing traditional Square Dance attire for you to see.

$5

MSU Students
FREE with MSU-ID

Caller : Jeff Holley

please plan to attend ALL THREE events!

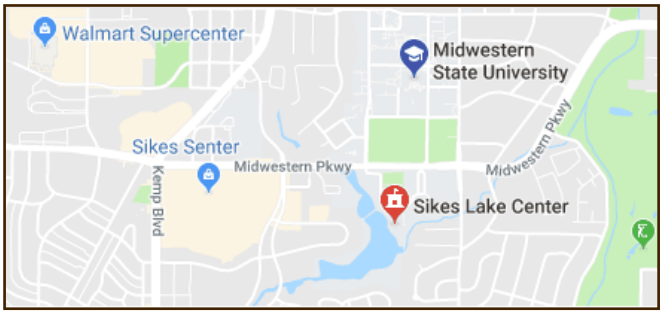
Join Us on Saturday

10am-NOON : 2pm-5pm : 7pm-9pm

Sikes Lake Center @ Midwestern State University

October 13

MSU TEXAS
MIDWESTERN STATE UNIVERSITY



- Good, clean fun!
- Non-drinking, non-smoking environment
- Couples and Singles welcome
- Dancing experience not required
- Walk to music -- we'll show you the rest

Get Fit
Dancing for 2 hours is equal to a 4-mile hike.

Mayo Clinic
The Mayo Clinic researchers reported that social dancing helps to reduce stress, increase energy, improve strength, and increase muscle tone and coordination.

Burn Calories
The number of calories you burn while dancing can be as much as 300 calories in 2 hours.

For more information visit www.wichitawranglers.org
or contact the Wichita Wrangler President @ 940-224-2790