

Beginner Modern Square Dance Class

Event Date

Thu, May 23 2024, 7pm

Weekly on Thursday at 7:00pm for 12 times

Recent

- Thu, May 16 2024, 7pm

The High Springs Dance Club is thrilled to announce the launch of its beginner classes in modern square dance, promoting not only physical fitness but also mental agility. These classes are designed for individuals of all ages and require no prior dance experience.

Square dancing has been recognized as a fantastic way to improve cardiovascular health, enhance coordination, and boost cognitive function. The High Springs Dance Club is dedicated to bringing the joy of dance to the community while fostering a welcoming environment for individuals to socialize and stay active.

The 12-week beginner classes will commence on March 7th, taking place every Thursday at 7:00 PM. The venue for this exciting journey into modern square dance is the High Springs Civic Center located at 19107 NW 240th Street in High Springs.

Participants in the classes will have the opportunity to learn the basic steps, formations, and calls of modern square dance in a supportive and enjoyable atmosphere. No previous dance experience is required, making this a perfect opportunity for those looking to try something new and stay active in a friendly community setting.

To register for the beginner classes or more information, join the High Springs Dance Club Facebook group, or contact Debbie Cassidy at 352-262-0760 or email emeraldoks [at] gmail.com ()



High Springs Dance Club
Beginner Classes
MODERN SQUARE DANCE

Starting March 7, 2024 for 12 weeks
7:00 to 8:00 pm
High Springs Civic Center

Fun, Friendship, Light exercise set to music
If you can walk you can square dance.

Caller: Bill Cassidy

More Information :
Debbie 352-262-0760
Frank 603-921-1232
Dress - casual

Location :
High Springs Civic Center
19107 NW 240th St.
High Springs, FL

Courtesy of High Springs Parks & Rec

Find Us On Facebook

