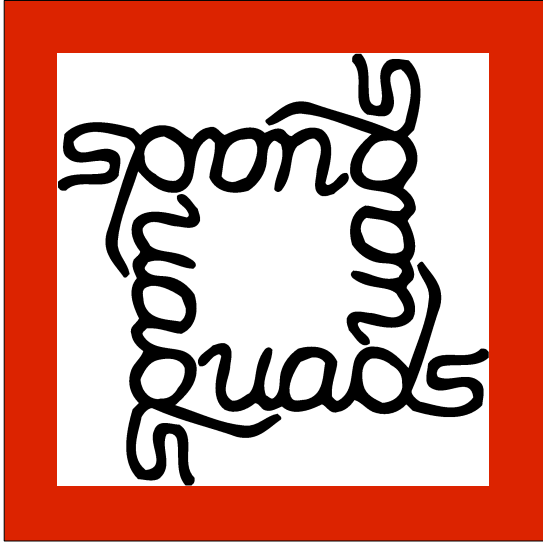


# Learn Modern Square Dancing



## Three Free Intro Sessions

**Sundays from 7 to 9 PM in October**

**October 4 – Fairmeadow School (500 East Meadow, Palo Alto)**

**October 11 & 18 – Covenant Church (670 East Meadow, Palo Alto)**

### What is Modern Square Dancing?

Modern square dancing is a form of recreation in which a group of 8 people (a "square") works as a team to dance patterns under the direction of a caller. As danced at Quads, it provides gentle exercise for the body with considerable exercise for the mind, as the caller challenges the squares to dance increasingly intricate sequences of calls.

Our style is friendly and informal. Dress is casual. Quads welcomes singles, couples, teens, families ... pretty much everyone. You need no dance experience to get started ... just an interest in learning.

After the Intro Nights, our class will meet weekly for about 6 months, to teach you Plus-level dancing, the most common level danced in northern California. When you finish the class, you'll be ready to square dance at clubs around the Bay Area, the USA, and the world.

**For more information, please go to <http://www.stanfordquads.org/class>  
Or call Joe at 408.774.1570 . Or send e-mail to [info@stanfordquads.org](mailto:info@stanfordquads.org) .**

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