

## Why join the NSW Square Dance Society?

### The Square Dance Society of NSW exists to:

- encourage the development of square dancing in the State by publicising and creating an appreciation of its modern form.
- foster the development of friendship and unity throughout the square dance movement.
- cultivate feelings of friendship and camaraderie between people interested in square dancing.

### It benefits members by:

- providing extensive accidental injury protection.
- assisting square dance clubs with promotion costs to attract new dancers.
- supporting the production of a monthly magazine, *The Australian Square Dance Review*, to which members can subscribe for a small extra fee.
- co-ordinating and underwriting the running of State Conventions and regular regional dances, members discounts applying on some occasions.

*With a low annual subscription, membership is both valuable for dancers and the overall square dance community in NSW.*

**ACT NOW!**

## About the Square Dancing Movement

The Square Dancing movement throughout New South Wales began well over 50 years ago with the setting up of individual clubs. Each club is independently run, usually with its own caller or callers although where there is no caller in the vicinity, recorded music is used with occasional guest callers being invited. The Clubs themselves decided to establish a State organisation, the *Square Dance Society of New South Wales*, to provide for common needs and to assist in co-ordinating events such as the annual State Convention. We are an Association incorporated under NSW legislation administered by the Office of Fair Trading.

We are also a member of the *National Square Dance Association of Australia* along with similar bodies in the other States and Territories. Each year a National Convention is organised somewhere in Australia.

There are two other forms of dancing, both having their own Associations, where the movements are 'called' or 'cued' to the music:

- Round Dancing
- Clogging

### Contacts

If you would like to know more about Square Dancing in New South Wales, including details of your nearest Club, either:

- phone our Publicity Officer on the Freecall number 1800 643 277
  - follow the links on [www.squaredance.org.au](http://www.squaredance.org.au)
- OR



## Square Dancing



*in NSW*



### Are you...

- interested in a fun way to keep fit and meet new friends?
- would like to learn to square dance?
- coming back to square dancing after a break?
- already dancing with a Club but would like to know more about the NSW Square Dance Society?

*Then, read on....*

## Why Square Dancing is good for you

Square dancing is good fun and a lively way to spend time. What distinguishes Square Dancing from most other folk dances is the use of a caller who has music and a microphone to direct the dancers through a variety of routines and steps. You can dance one number, or you can dance all night! It offers tons of health, social and emotional benefits for the rest of your life.

- 1 The music is the best! It is lively, toe-stomping and it fills dancers with energy and a carefree attitude. Music is a great benefit to our spirits and to the lasting health of our brains.
- 2 Square dancing is MUCH easier than other prescribed dance routines because a caller helps you through the steps - you will quickly catch on.
- 3 Movement is great for your body, it's not strenuous, which means that most people can do it, and it provides some cardio strength building. The music and the fun can make you forget you are getting a workout, but your blood is pumping, your limbs are moving and your lungs are getting fresh air pushed through them.
- 4 It's addictive, you'll be back again and again to reap it's benefits. It has great appeal and a social connection; many dancers make it a weekly or bi-weekly activity.
- 5 It's not necessary to have a partner as most dance segments begin with a round-up when male and female dancers form columns and pair off for that bracket.
- 6 Square Dancing is social! It's an easy way to meet new people without the pressure of thinking of things to talk about to break the ice.

- 7 The steps require you to use both sides of your brain, and employ movements that cross from one side of your body to the other providing great exercise for your brain, memory and coordination - important as we develop and age as adults.
- 8 Square dancing reduces stress – the number one health issue related to disease and disorders of all kinds.
- 9 There are no age limits or ability requirements, no barriers to making square dancing a lifelong hobby.

With all of these benefits, the pastime of Square Dancing has many fans. It's a fantastic way to improve your health while spending quality time with like-minded people.

Based on:

[www.helium.com/items/661434-square-dancing-and-its-benefits](http://www.helium.com/items/661434-square-dancing-and-its-benefits)

*So, what is  
Square Dancing?  
Fantastic Fun  
and Friendship  
set to Music!*

## Application Form

**For joining the Square Dance Society  
of NSW Inc. (New Applications Only)**

(Please Print)

Name: .....

Address: .....

.....

..... Postcode .....

Phone Number: .....

Email: .....

Club: .....

(If you have one)

Signature: .....

Date:     /     /

**Please indicate Membership choice**

- \$11.00 Membership** but NO *Review Magazine*
- \$15.00 Membership** and *Review Magazine* to your Club
- \$25.00 Membership** and *Review Magazine* mailed direct
- \$5.00 Junior Membership** under 16 years (proof of age required)

On completion either return this Form and Fee to your Club Representative, or post to:

**Membership Secretary  
Square Dance Society of NSW  
12 St. Pauls Crescent  
LIVERPOOL 2170**

