

Dance your way to a happier you!

Dancing is friendship set to music. You will get physical and mental exercise, socializing, and a whole lot of fun. At a typical dance you can dance about 2 1/2 to 3 miles to a variety of music and meet new friends. You may even forget your troubles for a while. When was the last time you did that and let yourself have fun?

Westport Squares is sponsoring two free square dance lessons on Wednesdays, September 9 & 16, 2026, from 6:15 till 8:30 pm just for you. Both free lessons are on Wednesday evenings at the Middleton Masonic Lodge located at 7409 Franklin Ave, Middleton WI 53562. If Sundays are better for you, come on September 13 & 20, 2026 at Lakeview Lutheran Church, 4001 Mandrake Rd, Madison Wi at 3:45 - 6:00pm

I know you are thinking "Square Dancing, I did that in school" but this is a newer updated version. You owe it to yourself to check it out. The two free dance lessons is a good way to do that. If you like it, Westport Square will be instructing on both Wednesday and Sunday nights. Pick which night is best for you. The lesson program will finish by mid December and cost is only \$60.00 per person for adults and \$30.00 for youth under 18. Everyone is welcome. So bring your friends, family, singles, and couples too. Square Dancers love to Socialize, Dance, Socialize, and more Dance . . . If you would like more information visit our website at www.westportsquares.com or check us out on facebook at [https:// www.facebook.com/WestportSquares](https://www.facebook.com/WestportSquares) or contact us at 608-535-9461.

Here's to you dancing your way to a happier you!