

Oh the Possibilities . . .

Fitness! Friendship! Energy!

In the December issue of Prevention Magazine, on page 23 in the "Mailbag" section was a letter by a lady who turned 40 and was starting to get fit. She also wanted to know what she could do to keep herself motivated into her 50's and beyond.

The response was: "Have fun! You'll stay more active over a lifetime if you like what you are doing. You can walk in the woods, plant a garden, cycle, or swim," says James M Rippe, MD. "Or try dancing: Line Dancing, Round Dancing, or Western Square Dancing can really keep you moving."

Another tip: "Find company. Studies show that if you exercise with a friend, you're more likely to stick with it." Says Jack Raglin PhD.

DANCE LESSONS STARTING SOON

Check the Contact List for a phone number near you.

No matter your age, you'll be glad you decided to take up square dancing!

For more information please contact any representative (listed below) or the CONTACT LIST inside:

OHIO SQUARE AND ROUND DANCE CLUBS CONTACT LIST

www.squaredanceohio.com



Akron Area Square & Round Dance Federation
Irene Dommin 330-854-4686

Greater Cleveland Federation of Dance Clubs, Inc
Bob Calkins 440-255-5361

Central Ohio Corporation of Dance Clubs
Shirley Monnett 614-901-3994

Southwestern Ohio Square Dance Federation, Inc
Gordon King 515-860-4746

East Central Ohio/West Virginia Federation (ECOWV)
Ben Gundrum 740-282-6845

Toledo—
Jim Christiansen 419-691-3137

Miami Valley Dance Council
Hotline 937-294-5511

Midwestern Ohio Council Square & Round Dance Clubs
David Edwards 419-224-4910

Buckeye Round Dance Council
Al Wolff 330-225-2553

NOT A DANCER BUT WANT TO BE?
See contact list pages 2 & 3.

**Lose Weight,
Become more Physically Fit,
And Reduce Stress**
While having the time of your Life!

**Square Up
And
Trim Down**

**Western Square Dancing will
add ten years to your life, a
surprising new study shows.
Look inside for . . .**

The rest of the story

THE OHIO CORPORATION OF DANCE CLUBS INC. CONTACT LIST

<http://www.squaredancing.com/ohio/>

Akron

Merri-Lu Rounds 330-854-4686
Track II Singles 330-923-8174
Summit-Up Cloggers 330-920-1218
Brewster-(Akron)
Red Lantern Flames 330-453-9432
330-454-8778

Brookfield-(Akron)

Cloverleaf Squares 440-992-9454

Canton-Akron

Swing-A-Lings 330-492-7559
330-455-8142

Cuyahoga Falls-(Akron)

Wa-Hoo's 330-928-3211

Greentown-(Akron)

FunShop 330-833-4244

Minerva-(Akron)

Minerva Burliques 330-223-2112

Norton-(Akron)

Grand Squares 330-336-5844

330-745-6563

330-745-1382

Accey Deucey-ADV

Ravenna-(Akron)
Circulators 330-296-8018

Sharon Center-(Akron)

Medina Squares 440-238-4529

330-725-7209

Sebring-(Akron)

Salem Square Wheels 330-537-2032

Tallmadge-(Akron)

Silvertown Sqs-AI-2 330-867-7487

Western Whirlers 330-928-5771

330-688-0878

Warren-(Akron)

Crosstrailers 330-544-0955

330-637-5454

Wooster-(Akron)

Gnat Boxer 330-494-1399

Gnat Boxer

330-264-2725

Cincinnati

Beechmont Squares 513-871-6010

Butler Squares 513-202-0437

Buttons & Bows-RDS 513-851-4972

Cincy-A2 513-742-3691

Continental-RDS 513-574-6151

Diamond Squares 513-868-2750

Henry Ford Squares 859-341-7673

Ramblin Roses 513-874-6374

River Squares 513-542-8639

Royal Rounds 513-851-4972

Skirts and Shirts 513-305-8520

Unicorners 513-574-9573

Venus & Mars 812-656-8156

Village Squares 513-671-7219

Round Dancing w/D&C 513-522-3969

Lebanon-(Cincinnati/Dayton)

Wheeler Dealers 937-748-0397

Milford-(Cincinnati)

Frontier Squares 513-831-1519

Cleveland

Austinburg-(Cleveland)

Jefferson Squares 440-998-7895

440-964-3796

Bedford-(Cleveland)

Friday Nite Mixers-ADV 440-255-5361

216-299-1644

Berea-(Cleveland)

Solo Squares 216-661-9768

North Coast Squares 216-741-5454

440-775-1336

Brecksville-(Cleveland)

Brecksville Squares 440-526-0326

440-717-0048

Burton-(Cleveland)

4-H Cloverleaf Squares 440-834-0124

Chardon-(Cleveland)

Mapletown Squares 440-693-4693

Cleveland

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Geneva-(Cleveland)

Shawnee Square 440-466-6848

440-413-1629

Kirtland-(Cleveland)

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Rocky River-(Cleveland)

Lake Erie Squares 440-839-2930

216-651-4217

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Hubs Squares 330-562-8719

330-569-3119

Wickliffe-(Cleveland)

Buckeye Squares 440-785-4038

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Beverly-(Columbus)

Muskingum Valley Twirlers 740-896-2168

Buckeye Lake-(Columbus)

Bunkhouse Reelers 740-454-8806

Calico Pairs-RDS 740-366-4974

Harmony-DBD 740-587-2332

Motivators-ADV 740-587-2332

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Hicks & Chicks 419-947-6081

Columbus

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Capital City Rounds 614-877-4842

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Road Runners-A2 614-882-6743

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