Learn to Square Dance With Us!

Fun, Friendship, and Fitness!

Get your steps in while you laugh, move, and make new friends! Enjoy great music and easy steps guided by a lively instructor.

No partner or special attire required.
Just come as you are and be ready to have a good time!

Come see what we're all about

When? New 16-week class starts Sunday **September 27 & Oct 4 at 5 - 6:30pm**

Where? La Mesa Adult Enrichment Center
(8450 La Mesa Blvd, La Mesa CA 91942)

Cost? $5/class, first class FREE!

sundownsquareslamesa.weebly.com

Be there ***and*** be square!

What *Is* Square Dancing?

Imagine this: good music, fun moves, and a bunch of people laughing and dancing together — that's square dancing! It's basically group dancing with a twist. Eight people form a square, and a "caller" guides you through easy-to-follow moves. No experience? No problem. If you can walk and listen, you're already halfway there.

Square dancing isn't just for cowboys & grandparents — it's a fun way to move your body, challenge your brain, and meet cool people. Whether you're coming solo or with friends, you'll fit right in. Our beginner nights are laidback, super welcoming, and full of good vibes.

Wait... Square Dancing Is *Still* a Thing?

Yep — and it's thriving! San Diego County has an awesome square dance scene with clubs from Oceanside to El Cajon. Once you know all the 'calls', you can dance *literally* every night of the week if you want.

Want in?

🎉 Check out what's happening this month:

🌐 dancerdigest.blogspot.com