

Border Boosters Square & Round Dance Association (BBS&RDA)

Fun, Fitness, and Friendship
Set to Music



www.squaredance.qc.ca

www.facebook.com/dansecarreeMontreal



Clubs – we are not-for-profit, promoting fun, wellness, and fitness; dancing is weekly from September thru April.

Greenfield Park, Quebec (Seaway Swingers)
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Alexandria, Ontario (Glengarry Tartans)
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Dollard-Des-Ormeaux, Quebec (Swinging Stars)
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Live Lively –



Square Dance!

Looking to get out and do something different? Come and try modern square dancing. No special skills are needed. If you can walk, you can dance. Everyone is welcome – including people with 2 left feet. No judgement!!! We are not professionals!

Modern Square Dancing

It's good for you...

Physically – it's a great way to exercise without even realising it – but it's too much FUN to call exercise!

Mentally – you have to pay attention – the concentration required helps keep your mind active!

Socially – you will make new friends as you dance in groups of 8!!



- No experience or partner required to join in. The dance leader will teach everything you need to know.
- Casual dress and comfy shoes are the only dress requirement.
- A wide variety of music is used to satisfy every ear.
- Make your next DATE a DANCE!