



## Mainstream Graduation

After several months of training, Testvale Squares graduated over twenty dancers within the Mainstream level with nine dancers achieving graduation in all 68 Mainstream moves.

At a Club night in June the dancers, supported by friends and family, were 'tested' on all the moves and achieved perfect scores, gaining their Testvale Square badge and a certificate. Graduating to the Mainstream level means you can go to an 'open' dance at another Club in the UK or worldwide and confidently dance to other callers.

Square dancing is a continuous learning process with progression beyond Mainstream if desired. It keeps your mind and body active, is great for socialising with other dancers and forming long-term friendships. At Testvale we recently celebrated a member's 90<sup>th</sup> birthday, still active and dancing within the Club.

Are you interested in taking up or resuming Square Dancing after a break? If so, contact Carol or Alan on 02380 364505 for more information. We dance at the Totton and Eling Community Centre on Friday evenings, and also at the 3 Score Club for more advanced dancing.

