

What's aerobic, flirtatious, fun,
and as American as apple pie?



Contra Dancing, that's what

Contra Dancing has roots that go back to the earliest Colonial times. Over the years, it has grown with America, picking up influences from New England, Appalachia, the South, Cajun Country, and the West. Two lines of dancers trace intricate patterns to energetic live music: Jigs and reels from American, British, Cajun, and Celtic traditions.

SWING YOUR PARTNER INTO THE 21ST CENTURY.

COME TRY IT FOR YOURSELF.

Live music

Easy to learn

No partner necessary

All dances taught and called

New dancers are always welcome

To maximize your dancing pleasure, please bring clean, soft-soled shoes with low or no heels, wear comfortable, lightweight clothing, and refrain from using hairspray or perfumes.

See other side for times and locations

Produced by the Bay Area Country Dance Society.
in support of all of our regional Contra Dances
and the volunteers who make them happen.

CONTRA DANCING IN THE BAY AREA

- Berkeley** 1st/3rd/5th Weds, 8-10:30 pm \$9
Christ Church Berkeley, 2138 Cedar St Lesson: 7:15 pm
www.bacds.org
- Canyon** 1st Saturdays, 8-11 pm \$7
Canyon School, Pinehurst Rd Potluck, 6:45 pm, Lesson: 7:45 pm
home.ix.netcom.com/~rtnews1/canyon.html
- Felton** 1st/3rd Fridays, 8-11 pm \$10
Felton Community Hall, 6191 Hwy 9 Lesson: 7:40 pm
www.santacruzdance.org
- Hayward** 4th/5th Sundays, 4-7 pm \$10
Hill & Valley Club, 1808 B St Music jam: 2:30, Lesson: 3:30 pm
www.haywardcontradance.org Dinner afterwards
- Palo Alto** 2nd/4th/5th Saturdays, 8-11 pm \$10
1st United Methodist Church, 625 Hamilton Lesson: 7:30 pm
www.bacds.org
- Petaluma** 1st Sundays, 6:30-9:30 pm \$10
Petaluma Woman's Club, 518 B St Lesson: 6:00 pm
www.nbcds.org
- Queer Contra** 1st Saturdays, 8-10:30 pm \$10
Oakland: Humanist Hall, 390 27th St (near Broadway) Lesson: 7:45 pm
www.lcfd.org/sf Potluck 6:30 pm sometimes
- San Francisco** 1st/3rd Sat., 4th Fri, 8-11 pm \$10
St. Paul's Church, 43rd and Judah Lesson: 7:30 pm
www.bacds.org
- San Rafael** 2nd Saturdays, 8-11 pm \$10
Masonic Hall, 1010 Lootens Pl, btwn 4th & 5th Lesson: 7:30 pm
www.nbcds.org
- Santa Rosa** 3rd Fridays, 5th Saturdays \$10
Monroe Hall, 1400 W College Ave Lesson: 7:30 pm
www.nbcds.org
- Sebastopol** 4th Saturdays \$10
Wischemann Hall, 465 Morris St Lesson: 7:30 pm
www.nbcds.org
- Walnut Creek** 2nd Sundays, 4-7 pm \$10
Mt Diablo UU Church, 55 Eclely Lane Lesson: 3:30 pm
www.haywardcontradance.org