

Monday Night PLUS Lessons

Start September 14th, 2026

New PLUS lesson dancers - Please RSVP!

PLUS LESSON DETAILS:

The PLUS lessons run for 6 months. We spend about 4 months learning the new calls and another 2 months dancing and solidifying the calls. There are 50 new calls to learn and we'll generally cover 3 to 4 new calls per lesson night. Regular weekly attendance and participation during the entire 2 hour lesson time are essential to your success!

PLUS LESSON Pre-Requisites:

Dancers should be able to dance the mainstream program comfortably and confidently before learning PLUS. PLUS is a whole order of magnitude more complex than mainstream! Learning the PLUS calls is NOT required to have fun and dance with the Capital Squares or at any other mainstream level dance.

Your Monday Night Callers

*Please bring your own
water bottle*

Dan Clairmont



David Staples



Eva Murray



*Computer Rotation used to
generate the squares*

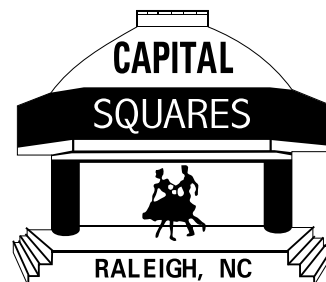
*Angels needed weekly to
support the lesson group*

*Feel Free to bring a snack
to share!*

Callers: Eva Murray - Dan Clairmont - David Staples
Time: 7:00 pm to 9:00 pm - PLUS Lesson
9:00 pm to 9:30 pm - PLUS dancing for PLUS dancers
Admission: \$8.00 per person per evening
Where: St. James United Methodist Church
3808 St. James Church Rd
Raleigh, NC 27604

The dance location may change based on hall availability.

The Tuesday night admission fee is waived for those who danced the previous Monday night.



SEND IN YOUR RSVPs NOW!

Call / Text / Email: Eva Murray 919-926-8095 info@CapitalSquares.org