

Friday- May 22		Saturday - May 23		Sunday - May 24		Monday - May 25	
Gym		Gym		Gym		Class Room	
9:00	Load in gear						
9:30		Waltz Sound Check	Shawn	ECD Sound Check	Shelly Zeiser	Waltz Sound Check	
10:00	begin setup	Waltz	Stretching	ECD Dance	Acro yoga	Waltz	
10:30		w/short lesson by Gaye	Blues dance workshop	Gaye and Andrea	Community Band	w/short lesson by Gaye	
11:00			Lenny and Sarah	10:00-12:00	Practice		
11:30					Audacity 10:30		
12:00		Lunch		Lunch		Lunch	
12:30		12:00 - 2:00		12:00-2:00		12-1:30	
1:00							
1:30							
2:00		Unusual Formaton Contra	Open jam	Contra	Callers workshop		Andrea
2:30		Audacious	Roger	Roger Wilco	community calling	Audacious	
3:00		Gaye		Lenny and Sarah	Gaye - 2:00		Gaye
3:30		Square Styes	Callers workshop	Contra	Organizer	1:30-4:00	
4:00		Roger Wilco	Gender Free	Community Band & callers	open discussion	Clean up begins	
4:30		Jerome	Andrea	Audacious	Bring your issues		
5:00	Sound check - Roger Wilco	Dinner		Dinner			
5:30	5:00-6:00	5:00 - 8:00		5:00 - 8:00			
6:00	Sound ck- Audacious 6-7						
6:30							
7:00	Registration Opens						
7:30		Sound check		Sound check			
8:00							
8:30	Roger Wilco	Audacious		Roger Wilco			
9:00	Gaye	Andrea		Gaye			
9:30	7:30 - 9:20	8:00-9:45		8:00-9:45			
10:00		Audacious		Roger Wilco			
10:30	Audacious	Gaye		Andrea			
11:00	Andrea	10:00-11:45		10:00-11:45			
11:30	9:45 - 11:30	Blues late-night		Techno Contra late-night			
12:00	Swing Dance	Lenny					
12:30	*DANCE ENDS - 12:45	*DANCE ENDS 12:45		*DANCE ENDS 12:45			
1:00	*BUILDING CLOSES*	*BUILDING CLOSES*		*BUILDING CLOSES*			

Workshop Descriptions

Saturday - May 23

9:30 - classroom 201

Physical Therapist, Shawn Everson presents techniques for preparing your body for dance and minimizing injuries

Participants are encouraged to bring a yoga mat and a long (36") foam roll if they have them - some will be available for sharing

10:00 - main gym

10:30 - Classroom 201

Sarah and Lenny provide instruction in blues dance to prepare you for their popular blues dance event later that evening

2:00 - main gym

Gaye takes us beyond lines and square into the world of formations we rarely get to experience

2:00 - classroom 201

Acoustic jam with Roger - bring your instrument and join in the fun

3:30 - main gym

Jerome takes us through various styles of dance that use the square formation - not sure what they are? Show up and find out

3:30- Room 201

Andrea addresses the current trend to calling without using gendered terms. Should be very interesting to all callers

Sunday - May 24

9:30 - classroom 201

Acro yoga with Shelly - participants should bring a yoga mat - combines traditional elements of yoga with aspects of partner acrobatics

try basic poses and partner stretches with a strong emphasis placed on safety, fun, and trust. No partner or experience necessary

10:30 - Classroom 201

Practice for the community band - get ready to play for the dancing Sunday afternoon

2:00 - main gym

Lenny and Sarah present: Connect and flow: dance for yourself and the whole hall with a focus on timing, connection, and flow

2:00 - classroom 201

Calling all callers - get ready to call a dance at the 3:30 session - priority given to newer callers as time allows

3:30 - main gym

Contra dancing with the community band and callers from earlier workshop

3:30- Room 201

Open discussion of issues facing organizers = no specific agenda - but there are lots of topics we can all have in common