

Friday

Main Gym



2019 Schedule and Workshop Highlights

Registration opens 6:00 7:30 cafe opens
7:30 - 8:00 Couples dancing <i>(recorded music)</i>
8:00 - 9:30 Contra BOB & WILD RUMPUS
9:45 - 11:30 Contra FRANK & ELIXIR
11:30 - midnight Couples Dancing to ELIXIR

11:00
cafe
closes

Saturday Schedule

Main Gym

Parquet Room

Art Room

9:30 am cafe opens

10:00 - 11:30 East Coast Swing (teaching & open dance) AMY ROSS & ELIXIR (minus JESSE)	10:00 - 11:30 "Be a Better Neighbor" BOB & WILD RUMPUS	10:00 - 11:30 "Caller Overboard" (callers' workshop) FRANK
11:30 - 1:15 p.m. – Lunch on your own		
1:15 - 2:45 Groove Contras FRANK & ELIXIR	1:15 - 2:45 Yoga BILL FANNING	1:15 - 2:45 Musicians' Jam REBECCA
2:45 - 3:00 p.m. – Break		
3:00-4:30 Challenging Contras BOB & WILD RUMPUS	3:00-4:30 Kerry Sets Taught by OWEN and music by Audrey of ELIXIR	3:00 - 4:30 "The Art of Lyrical Playing" musician-oriented workshop Taught by JESSE of ELIXIR
4:15 - 7:30 p.m. Cafe (snack room) will be CLOSED Dinner on your own		

Registration opens 6:00
Cafe opens 7:30

7:30 - 8:00 Couples dancing <i>(recorded music)</i>
8:00 - 9:30 Contra FRANK & WILD RUMPUS

9:45 - 11:30 Contra BOB & ELIXIR
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11:30 - 12:00 am Couples dancing <i>(recorded music)</i>
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12am-1:30am Techno Contra FRANK & WILD RUMPUS

CONTRA CLOTHING EXCHANGE

Bring an item or items of dance clothing that no longer fits or you are bored with. Take home something new (to you) instead. Anything left over or unclaimed will go to local charities. If you don't have anything to exchange we request a \$5 donation if you'd like to take an item.



Sunday Schedule

Main Gym

Parquet Room

Art Room

9:30 am cafe opens

9:45 - 10:45 Waltz Lesson GAYE FIFER with ELIXIR'S OWEN & AUDREY	9:45 - 10:45 Open waltz recorded music (suggest joining gym waltzers toward end)	9:45 - 10:45 "10 Steps to Writing a Dance" BOB
11:00 - 12:00 Wacky Contras BOB & WILD RUMPUS	11:15 Set up tables for lunch	11:00 - 12:00 "Rise Up Singing" SARAH PINKHAM
Cafe closed 10:30 - 11:30 for lunch preparations. Lunch served 11:30 – 1:00		
1:00-2:15 Contra FRANK & WILD RUMPUS		
2:15-3:30 Contra BOB & ELIXIR		

WORKSHOP DESCRIPTIONS

Kerry Sets – Owen loves teaching these fast-paced dances from the Southwest of Ireland, danced in four-couple sets (as in square dancing) to lively polkas, slides and hornpipes.

The Art of Lyrical Playing – Learn to play waltzes and other pretty melodies in a most beautiful manner on any instrument.

10 Steps to Writing a Dance – from getting an idea to timing and flow to teaching points and music, we'll go over all the steps choreographers use to make a good dance fun. Designed for callers whether or not they intend to write dances, and to anyone else interested in how modern dances are created.

Be a Better Neighbor – teaches dancers where and how in the dance to look for signals so they can adjust to each neighbor they meet, making every trip through a set more satisfying.

Caller Overboard – As a caller, how many times have you had a hitch in your dance? Crooked tune added in? A mis-call on your end? How do you recover? This workshop is to talk about and practice calling when things go bad!

Groove Contras – Ever had those dances where there was a smooth, satisfying flow? This workshop is designed to ease into the Saturday afternoon with smooth and satisfying dances. Fall into the groove and enjoy the ride! .

Waltz and East Coast Swing – 45-minute workshops followed by open dance to live music in the style taught during the workshop.