

Friday

Main Gym



2023 Schedule and Workshop Highlights

Registration opens 6:00 7:30 cafe opens
7:30 - 8:00 Couples dancing <i>(recorded music)</i>
8:00 - 9:45 Contra DIANE & ROSENTHORNS
10:00 - 11:30 Contra DARLENE & ROSENTHORNS
11:30 - midnight Couples Dancing to ROSENTHORNS



Saturday Schedule

Main Gym	Parquet Room	Art Room
9:30 am cafe opens		
10:00 - 11:30 Intermediate Waltz GAYE & WAYNE OLD GREY CATS	10:00 - 11:30 Yoga BILL FANNING	10:00 - 11:30 Callers' Workshop DARLENE
11:30 - 1:15 p.m. – Lunch on your own		
1:15 - 2:45 Squares DARLENE & HOT COFFEE BREAKDOWN	1:15 - 2:45 Clogging DIANE Recorded music	1:15 - 2:45 Musicians' Jam DEBORAH COLON
2:45 - 3:00 p.m. – Break		
3:00-4:30 Challenging Contras DIANE & HOT COFFEE BREAKDOWN	3:00-4:30 East Coast Swing ERICH Recorded music	
4:15 - 7:30 p.m. Cafe (snack room) will be CLOSED Dinner on your own		

11:00
cafe
closes

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7:30 - 8:00 Couples dancing <i>(recorded music)</i>
8:00 - 9:45 Contra DARLENE & HOT COFFEE BREAKDOWN
10:00 - 11:30 Contra DIANE & HOT COFFEE BREAKDOWN
11:30 - midnight Couples dancing to HOT COFFEE BREAKDOWN



BANDS HOT COFFEE BREAKDOWN

Tom Cunningham, Luis de Leon, Kate Sanders

THE ROSENTHORNS

Michael Ronstadt, Rose Gowda, Anne Cooper,
and Mary Rekers

CALLERS DIANE SILVER DARLENE UNDERWOOD

SOUND JAMIE PLATT

Sunday Schedule

Main Gym	Parquet Room	Art Room
9:30 am cafe opens		
9:45 - 10:45 Open Waltz Recorded music	9:45 - 10:45 Drum Circle LUIS	9:45 - 10:45 Rise Up Singing SAL
11:00 - 12:00 Lost and Found Contras DARLENE & HOT COFFEE BREAKDOWN	11:00 - 11:30 *Qi Gong – ANYA 11:30 - 12:00 Set up for lunch	
Cafe closed 10:30 - 11:30 for lunch preparations. Lunch served 11:30 – 1:00		
1:00-2:00 Contra DARLENE & HOT COFFEE BREAKDOWN	*Qi gong is believed to be a 4000 year old health promotion exercises. They are known to be one of the important factors in promoting longevity. They consist of fluid movements that move qi (innate energy of the body). It will help you feel refreshed and energized to continue dancing the day/night away.	
2:00-3:00 Contra DIANE & HOT COFFEE BREAKDOWN		



NOTES

Shoe policy: Carry in clean dance shoes with non-marking soles. Absolutely no street shoes allowed on the beautiful wooden dance floor. We want to return.

Eating in – The Cafe: A tempting and nutritious assortment of snacks and beverages will be available all weekend (except when the cafe is closed for cleaning or lunch prep). Saturday lunch and dinner are on your own. Lunch is provided on Sunday. Gluten-free and vegetarian items will be offered.

Locks/Security: We encourage you to stash valuables in your car since the building is used by non-dancers. If you will be purchasing a pass to the fitness center, a lock is encouraged since you will be sharing the locker room used by fitness center members. Showers are also available. There are a few lockers in the restrooms near the dance, but they fill up quickly.

Passes to the fitness center: Passes will be available at the center's front desk for an entire weekend's use of the fitness facilities during their regular hours of operation (they close at 9 pm). There is a wonderful pool, hot tub, track, and fitness equipment. Please honor the pool's schedule for open swim hours.

Evaluations: Please fill out an evaluation form before leaving. We really do read the comments and use them when planning next year's program. You can also go online to <https://tinyurl.com/WWU-Dec2023>

Lost and found: Contact Ellie (614-395-2196/bigsciolycontra@gmail.com) if you think you left something behind.

Volunteers who made it all happen:

Our Winter WarmUp Committee: Richard Ades • Marilyn Fais • Ellie Nowels • Richard Reichard • Martha Shaw • Cicily Sweet

Thanks to ALL the volunteers who came together to give extra help this year, including our setup and tear down crew, bakers, home hospitality providers, musicians, workshop leaders, food shoppers, kitchen & registration helpers, and many, many more!