



Dance Camp North

Aug. 31-Sept. 2, 2019

	Main Hall	Classroom A	Chapel
** Saturday **			
11:00 am - 5:00 pm	Registration		
12:30 pm - 1:30 pm	Lunch/BBQ Chef Joe Hardenbrook & Crew		
1:45pm - 3:15 pm	Welcome Dance Sarah VanNorstrand and Maivish		
3:30 pm - 5:00 pm	Swing Fundamentals and Fun Instructors: Eamon and Audrey		Old Time Jam I Heidi Kristenson
5:30- pm - 6:30 pm	Dinner		
6:45 pm - 7:45 pm	Socialize, Explore Camp Trails, On Your Own		Calling 101 Instructor: David Maxwell
8:00 pm - 10:30 pm	Evening Contra dance Sarah VanNorstrand and Maivish		
10:30 pm ->	Jam Session	<i>Campfire outside main hall entry by Jess</i>	
** Sunday **			
7:30 am - 8:30 am	Breakfast		
8:00 am - 8:45 am			Stretching with Cindy
8:45 am - 10:15 am	Waltzing at 140 bpm - ruthless fast music Stan and Barb	Shape Notes Led: Charley and Lynn Basham	Caller Workshop Instructor: Sarah with Gaelic Fusion
10:30 am - 12:00 pm	Give and Take dance Sarah VanNorstrand and Maivish		
12:15 pm - 1:15 pm	Lunch		
1:30 pm - 2:45 pm	Body Rhythm Matthew Olwell	Old time Jam II (outside, weather permitting) Led: Heidi Kristenson	
3:00 pm - 4:30 pm	4x4's and Shadows Sarah VanNorstrand and Maivish		Rise up and Sing Led: Skip Nodler
4:45 pm - 5:30 pm	Concert Maivish		
5:45 pm - 6:30 pm	Dinner		
6:45 pm - 7:45 pm	Auction Auctioneer David Maxwell	<i>Kids campfire outside main hall entry</i>	
8:00 pm - 10:30 pm	Contra dance Sarah VanNorstrand and Maivish		
10:45 pm - 11:30 pm	Techno Contra Caller: David Maxwell		Jam Session
** Monday **			
8:00 am - 9:00 am	Breakfast		
7:45 am - 8:30 am			Stretching with Cindy
9:15 am - 10:30 am	Synced Up Contras Sarah VanNorstrand and Maivish		
10:45 am - 12 pm	Build-It-Yourself Contra Dance! Callers and musicians: campers		
12:15 pm - 1:15 pm	Lunch		
1:30 pm - 3:30 pm	Contra Dance Finale Sarah VanNorstrand and Maivish		
3:30 pm till done	Please help clean and pack up	Safe trip home	Thanks for coming!