

2016	FUSTA	WEEKEND	CLASS
Time	Studio A	Studio B	Studio C
	Premier 16 & O	Premier 15 & U	Pre-Premier
SATURDAY			
9:00-9:15	All Dancers together	All Dancers together	All Dancers together
		Jazz Warm Up	
		Susie Eskridge	
9:20	2017 Sword Dance	2017 Highland Fling	Fling/Sword
	Fiona Lee	Kyla Groeschel	Christine H-N/Elizabeth Reich
10:10	2017 Reel	2017 Sword Dance	
	Fred DeMarse	Fiona Lee	
10:30 - 11:25			Seann Triubhas/ Strathspey and Reel Movements Susie Eskridge/David Tague
11:00	2017 Premiership Hornpipe	2017 Seann Triubhas	
	Fiona Lee	Sharon Farrar	
11:30			Lunch
11:45	Lunch	Lunch	
12:30 - 1:25	Combine in studio B	Ballet to improve Highland	Lilt and Flora Basics
	Premier Dancers	Premier Dancers	Fiona Lee
		Susie Eskridge	
1:30 - 2:30	2017 Premiership Nationals	dancer choice	Cape Breton Step dancing
	Fiona Lee		David Tague
	Dancer choice		Dancers, teachers, parents
2:35 - 3:30	SOBHD Textbook Revisions		Breaking Down the Basics
	Kyla Groeschel / Fred DeMarse	< dancer choice >	Fiona Lee

3:35 - 4:15	Theory test prep	>>>>	Cool Down
	Fiona Lee		
SUNDAY			
9:00-9:25	All Dancers together	All Dancers together	All Dancers together
		Warm Up	Dancer Warm up
		Fiona Bogart / Jessica Bach	
9:30-10:20	Yoga And Sports Medicine	2017 Reel	Fun with Tap and Hornpipe steps
	Chloe Copeland	Fiona Lee	Joy MacKinnon
	dancer choice		
10:25-11:25	2017 Seann Triubhas	Yoga & Sports Medicine	Ballet to improve Highland
	Fiona Lee	Chloe Copeland	Pre-Premier Dancers
		Dancers & parents	Susie Eskridge
11:30-12:30	2017 Highland Fling	Fun with Choreography	Country/Ceilidh Dances
	Fiona Lee	Joy MacKinnon/Susie Eskridge	Fred DeMarse/Kathy Eisel
		dancer choice	Dancers & Parents
12:30	Lunch	Lunch	Lunch
		(Schedule subject to change)	

SCHEDULE
Lobby / Outside
Parents Teachers
Meet & Greet
Parents
Parents' forum
Kathy Eisel
Lunch preparations
Parents

Lunch
Scrutineering Training
Fred Demarse
Parents & Teachers
Scrutineering Test
"Ask the Judge"
John Hynd
Parents

Hair & Costume questions
for parents
Kyla Groeschel
Raising the Barre/Teaching Beginners
Sharon Farrar
Teachers
Lunch preparations
Parents
Lunch

