



March 5, 6, 7, 2010

Bonsor Recreation Complex
6550 Bonsor Street
Burnaby, B.C.

Friday	Fitness / Dance Studio (Main Floor)
7:00 p.m.	Registration opens
8:00 - 11:30	Community Contradance: Kathy with <i>Out of the Wood</i> Adina with <i>Riffraff</i>

21 Feb 2010

Saturday	Fitness / Dance Studio (Main Floor)	Arts Room (Upstairs)	Multi-Use Room 1 & 2 Community Room (Upstairs)
10:00 - 11:20 a.m.	Smooth as butter contras Kathy <i>Out of the Wood</i>	"music tips" - bring your instruments; <i>Riffraff</i> player(s)	9:30 - Coffee ready Refreshments, relaxing, games, pick-up jam session, or singing
11:30 - 12:40	Squares for all Kathy <i>Riffraff</i>	Community Beginners Contra - Adina <i>Out of the Wood</i>	Open musical jams (tasty!) All welcome Relaxing, refreshments
Lunch	Studio will be locked		Lunch room
1:50 - 3:20 p.m.	Seven habits of highly effective dancers Adina <i>Riffraff</i>	Matching tunes to dances (for callers & musicians - need some dancers too) Kathy & <i>Out of the Wood</i>	Refreshments, relaxing, games, pick-up jam session, or singing
3:30 - 5:00	Challenging contras Adina <i>Out of the Wood</i>	Drum circle Russell Shumsky	Open slow jam - all welcome
5:00 - 8:00	Studio will be locked until 7:30	5:00 - 5:30 Stretching - with a leader	6:00 Community POTLUCK Dinner (see details) Sharing music and songs
8:00 - 11:30	Community Contradance: Adina with <i>Riffraff</i> Kathy with <i>Out of the Wood</i>		

Sunday	Banquet Room (Upstairs)	Arts Room (Upstairs)	Multi-Use Room 1 & 2 Community Room (Upstairs)
10:00 - 11:10 a.m.	Early Bird Waltz <i>Riffraff</i>		Refreshments, relaxing, games, pick-up jam session, or singing
11:20 - 12:30	Cutting edge contras Adina <i>Out of the Wood</i>	A little spice in your life - odd number sets from various cultural traditions Kathy & <i>Riffraff</i>	Refreshments, relaxing, games, pick-up jam session, or singing
Lunch			12:30 - 1:30: Lunch room
1:30 - 4:00	Last Dance: Kathy with <i>Out of the Wood</i> Adina with <i>Riffraff</i>		