



Sunday 7th March ~ Inverness Leisure Centre

Programme for the Day

(possibly subject to slight changes on the day)

- 10.00 – 11.00am** (Dinkies dance with mums & dads, age 2 – 6)
- Children aged 6 may stay on and join the Open Dance and later.
- 11.00 – 3.00pm** (Open Dance, anyone or group/any style of dance, age 7 – 100)
- Led totally by our Master of Ceremonies, Mr. Brian Elrick. Brian will teach and inspire various arrangements – dependant on ability the gathering may be broken down into groups and led accordingly. At the end of the four hours you will have learned a specific routine which you will be encouraged to then ‘showcase’ in the next session.
- 3.00 – 4.00pm** (Showcase performances from you and Dance Groups)
- Dance Groups are invited to ‘showcase’ their own dance genre.
- 4.00 – 5.00pm** (Silent Disco – *(if there is time, and if particularly requested)*)
- 5.00 – 8.00pm** (Social dance sessions)
- Dance Groups/Schools are encouraged to come along and demonstrate their own dance specialty, led by their own dance teachers/instructors. *To date you can look forward to ~*

Salsa Dance ~ led by Jermaine McCracken

Eastern Gems/Belly and Indian Dance ~ led by Sandra Nicol

Zumba Fitness ~ led by Nattalia

The Highland Russia Connection Dance Group ~ led by Lena Reid

Inverness Country Western Dance ~
led by Bill & Margaret Matheson