



13th Annual Brighton Dance Festival - Saturday August 20, 2022

Updated as of 8/1/2022

	Studio A	Studio B	Studio D	Studio E	Studio F
8-9am				Dancer Wellness Room	
9-10am	Ages 10-12 Kathy King (Jazz)	Ages 12+ Yoga Flow (Instructor TBA)	Ages 15+ Teresa Muller (Modern)	9:30-10 Nutrition for Dancers	Ages 12+ Sylvia Suttle (Contemporary)
10:10-11:10am	Ages 10-12 Jessica Thomas (Ballet)	Ages 12+ Megan Wiggers (Improvisation)	Ages 12+ Tiffanie Carson (Contemporary)		Ages 15+ Matt Farmer (Jazz)
11:20-12:20pm	Ages 10-12 Megan Wiggers (Improvisation)	Ages 12+ Jessica Thomas (Ballet)	Ages 12+ Brandon Koepsell (Contemporary)	11:30-12 Injury Prevention	Ages 12+ Kylie Vinitiski (Contemporary)
12:30-1:30pm	Ages 10-12 Nia Silao (Tap)	*TEACHER CHANGE* Ages 12+ Alexa Davis (Lyrical)	Ages 12+ Jill Cassidy (Jazz)	12:30-1 Avoiding Dancer Abuse	Ages 15+ Tiffanie Carson (Commercial Jazz)
1:30-2pm				1:30-2 Dancer Wellness	
1:45-3:00pm	*NEW CLASS* Ages 12+ Nia Silao (Tap)	Ages 12+ Kristen Bennett (Modern)	Ages 15+ Sean Hoskins (Modern Technique)		Student Choreo Showcase
3:10-4:10pm	<i>Open rehearsal space</i>	Ages 15+ Bella Varon (Contemporary Ballet)	Ages 12+ Rochelle Black (Contemporary)	3:30-4pm Ask the Doctor	Ages 12+ Alex Black (Hip Hop)
4:15-5:30pm	<i>Rehearsal space</i>	<i>Rehearsal space</i>	Ages 12+ Kathy King (Contemporary Jazz)	<i>Dressing Room</i>	<i>Prep for showcase</i>
5:30-6:30pm	<i>Rehearsal space</i>	<i>Rehearsal space</i>	<i>Rehearsal space</i>	<i>Dressing Room</i>	<i>Rehearsal space</i>
6:30pm				<i>Dressing Room</i>	In-Studio Professional Showcase
8pm					Open House



Dancer Wellness Room Schedule - 30min sessions

Facilitated by Dr. Steven Karageanes | Sponsored by Restorative Physical Medicine

*These sessions are **FREE** and open to dancers, parents and teachers!*

You will find the Dancer Wellness Room located in Studio E (follow signage when you arrive). The room will be open all day for dancers, parents and teachers to learn more about Restorative Physical Medicine and best practices for taking care of a dancer's body.

Time	Session	Facilitator/Presenter
9:30am	Nutrition: Natural performance enhancement	Athletes and the Arts
11:30am	Injury Prevention	International Association of Dance Medicine and Science
12:30pm	Avoiding Dancer Abuse	Youth Protection Advocates in Dance
1:30pm	Dancer Wellness	Doctors for Dancers
3:30pm	Ask the Doctor	Dr. Karageanes

Brighton Dance Festival is located at:
101 Appian Way, Brighton, MI 48116

Find us online at www.BrightonDanceFestival.com and on social media @brightondancefestival

Questions? info@brightondancefestival.com