



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

	Studio A	Studio B	Studio D	Studio E	Studio F	Back Lobby
8-9am				Dancer Wellness Room		Check In & Coffee
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)	Dance Teacher Roundtable (Jill Tremonti)
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)	Dance Teacher Development Session
11:20-12:20pm	Ages 10-12 Megan Wiggers (Improvisation)	Ages 12+ Jessica Thomas (Ballet)	Ages 15+ Brandon Koepsell (Contemporary)	11:30-12 Injury Prevention	Student Choreo Showcase	
12:30-1:30pm	Ages 10-12 Nia Silao (Tap)	Ages 12+ Jill Tremonti (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		
2-3:00pm	Teacher Development Class (Nia Silao)	Ages 12+ Kristen Bennett (Modern)	Ages 15+ Sean Hoskins (Modern Technique)		Student Choreo Showcase	
3:10-4:10pm		Ages 12+ Alex Black (Hip Hop)	Ages 12+ Rochelle Black (Contemporary)	3:30-4pm Ask the Doctor	Ages 15+ Isaac Jones (Ballet)	Dance Teacher Development Session
4:15-5:30pm			Ages 12+ Kathy King (Contemporary Jazz)	<i>Dressing Room</i>	<i>Prep for showcase</i>	
6:30pm				<i>Dressing Room</i>	In-Studio Professional Showcase	
8pm			Improv Jam (tentative)		Open House	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).

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