

SOswing 2023 Schedule: **GLOW**

Time	Grand Ballroom	Time	Cosmos Ballroom 1	Cosmos 2 Private Lesson Rm	
THURSDAY					
6pm - 11pm Registration desk is open					
Open Dancing - In Cosmos downstairs					
7pm				Not available	
8pm	Thursday workshop with Arjay and Malia - In Cosmos downstairs - The Grooviest of Grooves				
9pm to 1:30	More Dancing!! (move to Grand Ballroom when available)				
Friday					
Registration Desk open Noon - 5:30, 6:30 - 11pm					
Wake Up & Explore Ashland!					
10 am to 2pm					
Time	Instructor	Title	Time	Instructor	Title
2pm	Doug Silton	Body Flight, Body Control, Spins & Turns	2pm to 5pm. \$75	Intensive with Sean and Alyssa - Creative Communication	
3pm	Phoenix Grey	Sweet Sugar Pushes			
4pm	Stephen white	Creating Conversational Content			
5pm	Za and Anna	Groove-Move-Groove	5pm	Mahala Fedor	SO Switch Flow (Develop better switch transitions)
6pm	Dinner Break - Open dancing				
7pm	Arjay & Malia	What the Duck?	7pm to 9pm	Free Workshop - Beginners Class with Coriann & Kevon	
8:15	Kick-Off Ceremonies				
8:30pm to 11:30pm	Competition	All American - Prelims			
		All-Star/Champ Strictly Swing - Prelims			
		All American Finals			
		All-Star/Champ Strictly Swing - Finals			
12am - 6am	All Night Dancing! Followed by the Breakfast Club at 6:00am Earn your Mug!!!		After comps	Anne & Alex Wood	"High Class" Line dance (& if time allows "Shivers")
Saturday					
Registration Desk Open for Business 9:30am to 6pm and 7:00pm to 10pm					
10am	Mahala Fedora	SO Pause, Pause, Grow (Self and Connection Awareness)	10am	Phoenix Grey	Using Rotations
11am	Ann & Alex Wood	Intermediate level: A Little Bit of Both (Fusing WCS with 2-Step. You must know your basics in both)	11am to 1pm. \$45	Melissa Rutz - Followers Focus Intensive: Dynamics & Musicality	
Noon	Stephan and Lia	Musical Layers			
1pm	Open Dancing		1:00 -2:00	Doug Silton	LFTYNHB (Lead & Follow Technique You've Never Heard Before that will revolutionize your social dancing)
1:30 - 3:30	Competition	Novice and Newcomer: Prelims, Semis, and Finals	2:00-3:00	Sean & Alyssa	Advanced/All-Star Level - Level Up
3:30 - 6:00	Competitions	Intermediate and Masters: Prelims, Semis and Finals	4:00- 5:00	Austin Kois	Structured Play time - Using Space Musically
6:30pm	Dinner Break - Ballroom closed				
7:30pm	Open Dancing				
8 to 9:30	Competition	Advanced Prelims, All-Star Prelims, Advanced Finals	Open for dancing or private lessons		
10:00	Competition	All-Star Finals			
10:30-11	Open Dancing				
11pm	Competition	Invitational J&J Prelims & Finals			
12am - 6am	All Night GLOW party! Followed by the Breakfast Club: 6am Earn your Mug!!!		After comps	Guided Practica with Delancey & Jason	
Sunday					
Registration Desk Open for Business 9:30am to 12:30 pm					
9:30					
Time	Instructor	Title	Time	Instructor	Title
10am	Estelle Bonnaire	Creating Opportunities	10am	Joanna Mienl	+/- Space
11am	Sean & Alyssa	Diminions of Frame	11am	Lia Brown	Powerful Moves
Noon	Melissa Rutz	Move like Melissa	Noon	Janelle Guido	Navigating the Unkown. (Improving communications in uncertain situations)
1pm	Open dancing/warm up - 15 minutes				
1:15 to 3:30	Competitions	Novice Open Strictly Swing Prelims Masters Strictly Swing Prelims Switchly Strictly Prelims Strictly Swing Finals	Noon to 3pm	Open for dancing or private lessons	
4pm	Awards and Bitter-Sweet Partings				
6-11pm: Afterparty At the Brickroom in Ashland with DJ Arjay! (35 N Main, ASHLAND, OR 97520; 541-708-6030) <i>Brickroom has great food and a full bar (no host)! We'll be there for dinner starting at 6 & starting dancing at 7. No admission fee! Minors to 9pm.</i>					

Subject to change

Event & Competition Registration Desk Hours

- Thursday 6pm to 11pm
- Friday Noon to 5:30 and 6:30 to 11
- Saturday 9:30am to 6pm and 7pm to 10pm
- Sunday 9:30am to 12:30pm