

100% Dance!

Don't Miss Out!

- Small class sizes
- Kilted Tacky Tartan Skating Party ***NEW***
- Finale Choreography Presentation
- Limited to the first 60 dancers
- High quality, professional instruction
- Prime Location: Crowne Plaza Hotel Downtown Moncton



Jump Into 2020 With The 100% Dance! Weekend

**JANUARY 18–19
IN MONCTON!**

Hosted by Echoes of New Brunswick—Join us for two days of focus on your goals for 2020 in workshop sessions geared to bring out the best in your dancing!

Our featured principal instructors will be Marielle Lesperance and Chantal Watt!

The workshops will include technical training in all highlands with focus on flexibility, strengthening and body alignment

Targeted focus areas for Premier dancers will be on the 2020 Cham-



Principal Instructor
Seven-time World Champion Marielle Lesperance

pionship Steps and the 2020 Premiership Dances.

There will also be sessions on dance musicality, cross training

and aerobic conditioning and a choreography.

And we'll have some fun too!

Registration Details

The registration fee for the workshop will cover all instruction for both days, nutritional snacks and the social pizza party on Saturday evening.

Our Instruction Team

Marielle Lesperance

Marielle is a seven time World Champion, eight time Commonwealth Champion, and fourteen(!) time Canadian Champion in highland dancing.



She is a strong advocate for highland dance, sharing her passion through competition, teaching and performance. She is a member of the British Association of Teachers of Dance, is a Scottish Official Board of Highland Dancing judge, and has lectured and taught dance workshops across Canada, the United States, Scotland and Ireland.

Marielle is now teaching highland dance in Nova Scotia and excited to have her very own dance school in Dartmouth

Marielle has performed internationally, both solo and with various productions and musicians, and continues to perform with the highland dance company Change of Step, of which she is a founding member.

"I have 99 bobby pins.....but I can't find one."

-Dance Mom

Ann Landry

Ann grew up Highland dancing in Cape Breton under the instruction of her mom, Kay Batherson. In 1989, Ann moved with her husband to New Brunswick and has owned and operated very successful dance schools across New Brunswick in Miramichi, Bathurst and Moncton.

Ann has over 30 years of experience as a Highland Dance Teacher, Choreographer, Cape Breton Step

Dance & Musical Theater Instructor. She is also a school teacher and physical education specialist with 30 years of experience.

Ann has co-chaired two Canadian Championship Series, the most recent in Moncton in 2019 and she is excited to see highland dancing in New Brunswick and the Maritimes continuing to flourish. She has held many positions with ScotDance New Brunswick and was a member of ScotDance Canada's Board of Directors for 17 years.

Ann's love and passion for instructing highland dancers at all levels is what truly drives her dedication for the past three decades. She is proud to have helped develop many Provincial and Atlantic Champions, along with a four time Canadian Champion. Her dancers have received top six championship finishes across North America and Scotland. Many of Ann's former students are now instructing in their own dance schools across the Maritimes carrying on the traditions that were shared to Ann by her mom many years ago!

The Venue

Crowne Plaza Moncton Downtown

1005 Main Street, Moncton

SPECIAL ROOM RATE FOR
WORKSHOP
\$139 + tax with parking
included

Breakfast package can be
added for \$10/person at the
time of booking.

Book by December 17 for the special rate

Echoes of New Brunswick—100% Dance Workshop

Code: YZ3

Use this booking link: [Echoes of NB workshop](#)

or call the sales group at the hotel directly at

1-866-854-4656 or 1-506-854-6340



Our Instruction Team

Chantal Watt

Originally from Brampton, Ontario, was a competitive highland dancer for 26 years under the direction of four-time World Champion Jacqueline Smith.

Chantal's competitive highlights include: nine-time Ontario Provincial Champion, 2017 Nova Scotia Provincial Champion, seven-time Canadian Champion, five-time North American Champion, three-time Commonwealth Champion, two-time Scottish Open Champion, 3rd in the Junior World Championship (2004), and 3rd in the Adult

World Championship (2012 & 2014).

Outside of Highland Dancing Chantal studied at the esteemed National Ballet School of Canada for several years and continued her education in dance at Toronto's York University and The Ailey School in New York City.

Chantal lives in Dartmouth, Nova Scotia with her husband Alex Gandy, an accomplished competitive solo bagpiper and Pipe Major of the 78th Highlanders Halifax Citadel pipeband.



Principal Instructor
Chantal Watt

3RD DEGREE TRAINING

Your Body is Your Gym

We are excited to welcome 3rd Degree Fitness to this year's training sessions

- Function Fitness using your body as your gym.
- Great fit for dancers
- Strength- Muscle Endurance- Flexibility Training
- Improves Cardiovascular and Core Strength

Registration and Fees

The registration fee for the workshop will cover instruction for both days, nutritional snacks and the social pizza party on Saturday evening.

Dancers are responsible to bring their own lunch both days.

A social event will be planned for Saturday evening for all dancers following

classes with a pizza party.

We will not be offering individual single day registrations.

Registration will be limited to the first 45 Premier and 15 Pre-premier dancers. Pre-premier dancers must know the Fling and Sword.

Registration fees must accompany the registration.

Refunds: Full refund of registration fees will be provided up to December 5.

After December 5 refunds will only be provided if a waitlisted dancer is available to fill the spot.



Registration Form

Dancer Name				
Category (circle)	Beginner	Novice	Intermediate	Premier
Age (as of July 1, 2020)				
Teacher				
Parent/guardian name			Email	
Parent phone numbers	Home	Mobile		
Will your dancer attend the social	Yes	No		

Payment for the 100% Dance! weekend must be made in full by e-transfer to Wendy Breau. Registration is only considered complete when BOTH the registration form AND e-transfer are received.

wj.breau@hotmail.com

Password to be used: ECHOES (ALL UPPERCASE LETTERS)

**YOU KNOW YOU'RE A
DANCER WHEN
"and"
IS A NUMBER**



**Premier (min. 11 hours
instruction) \$130**

**Pre Premier (min. 9 hours
instruction) \$95**

**Professionals observing
classes
\$40**