

Activity (Saturday, January 10)	Studio	Start time	End time	Instructor	Age Group	Notes
Independent Warm Up	Studio D	12:30:00	01:00:00		Everyone	Notes
Back to Basics and Proficient Practice Pointers	Studio C	01:00:00	01:50:00	Jacqueline Smith	15 and Over	Annika F., Avery, Callie, Delaney, Gracelynn, Hannah, Kadence, Katjana, Lauren, Rowyn, Sarah, Sophie
Back to Basics and Proficient Practice Pointers	Studio D	01:00:00	01:50:00	Sheryl Joyner	14 and Under	Amoryn, Annika B., Aoife, Arden, Arianna, Ashling, Cailin L., Cailyn B., Catherine, Ella, Flora, Gemma, Isla Jean, Lila, Maren, Mackenzie B., Madeline, McKenzie R., Mhairi, Nadine, Ollie, Parker, Pola, Sadie, Saoirse, Savannah
Sword and Seann Truibhas	Studio B	02:00:00	03:00:00	Jacqueline Smith	13 and Under	Aoife, Arden, Arianna, Ashling, Cailin L., Cailyn B., Catherine, Ella, Flora, Gemma, Isla Jean, Lila, Mackenzie B., Madeline, McKenzie R., Mhairi, Ollie, Parker, Savannah
Sword and Seann Truibhas	Studio D	02:00:00	03:00:00	Sheryl Joyner	14 and Over	Amoryn, Annika B., Annika F., Avery, Callie, Delaney, Gracelynn, Hannah, Kadence, Katjana, Lauren, Maren, Nadine, Pola, Rowyn, Sadie, Saoirse, Sarah, Sophie
Fling and Reel	Studio B	03:00:00	04:00:00	Sheryl Joyner	13 and Under	Aoife, Arden, Arianna, Ashling, Cailin L., Cailyn B., Catherine, Ella, Flora, Gemma, Isla Jean, Lila, Mackenzie B., Madeline, McKenzie R., Mhairi, Ollie, Parker, Savannah
Fling and Reel	Studio D	03:00:00	04:00:00	Jacqueline Smith	14 and Over	Amoryn, Annika B., Annika F., Avery, Callie, Delaney, Gracelynn, Hannah, Kadence, Katjana, Lauren, Maren, Nadine, Pola, Rowyn, Sadie, Saoirse, Sarah, Sophie

Activity (Sunday, January 11)	Studio	Start time	End time	Instructor	Age Group	Notes
Independent Warm Up (Pre-Premier)	Studio B	09:00:00	09:30:00		Everyone	Notes
Parent Info Session	Studio A	09:45:00	10:30:00	Kelly Abrahart	Parents	Notes
Basic Highland	Studio B	09:30:00	10:25:00	Jacqueline Smith	Pre Premier 10&O	Ailiana, Ainsley, Bronwyn, Brynn, Cecily, Hailey, Isla B., Julia, Juliana, Kerri, Macalynn, Maya, Natalie
Basic Highland	Studio C	09:30:00	10:25:00	Sheryl Joyner	Pre Premier 9&U	Aurelia, Charlotte, Clara, Euan, Harmony, Isla O., Leandra, Leia, Megan, Zellie
Strathspey and Reel Intro	Studio C	10:30:00	11:00:00	Jacqueline Smith	Pre Premier 9&U	Aurelia, Charlotte, Clara, Euan, Harmony, Isla O., Leandra, Leia, Megan, Zellie
Sailor's Hornpipe Intro	Studio B	10:30:00	11:00:00	Sheryl Joyner	Pre Premier 10&O	Ailiana, Ainsley, Bronwyn, Brynn, Cecily, Hailey, Isla B., Julia, Juliana, Kerri, Macalynn, Maya, Natalie
Independent Warm Up (Premier)	Studio D	11:00:00	11:30:00		Everyone	Notes
Premiership Nationals	Studio D	11:30:00	12:30:00	Sheryl Joyner	14 and Over	Amoryn, Annika B., Annika F., Avery, Callie, Delaney, Gracelynn, Hannah, Kadence, Katjana, Lauren, Maren, Nadine, Pola, Rowyn, Sadie, Saoirse, Sarah, Sophie
Premiership Nationals	Studio B	11:30:00	12:30:00	Jacqueline Smith	13 and Under	Aoife, Arden, Arianna, Ashling, Cailin L., Cailyn B., Catherine, Ella, Flora, Gemma, Isla Jean, Lila, Mackenzie B., Madeline, McKenzie R., Mhairi, Ollie, Parker, Savannah
Sailor's Hornpipe	Studio D	12:30:00	12:55:00	Jacqueline Smith	14 and Over	Amoryn, Annika B., Annika F., Avery, Callie, Delaney, Gracelynn, Hannah, Kadence, Katjana, Lauren, Maren, Nadine, Pola, Rowyn, Sadie, Saoirse, Sarah, Sophie
Sailor's Hornpipe	Studio B	12:30:00	12:55:00	Sheryl Joyner	13 and Under	Aoife, Arden, Arianna, Ashling, Cailin L., Cailyn B., Catherine, Ella, Flora, Gemma, Isla Jean, Lila, Mackenzie B., Madeline, McKenzie R., Mhairi, Ollie, Parker, Savannah
Creative Choreography Conversation (Option 1)	Studio B	01:00:00	01:30:00	Sheryl Joyner	Everyone	Notes
Road to Cowal (Option 2)	Studio D	01:00:00	01:30:00	Jacqueline Smith	Everyone	Notes
Break		01:30:00	01:45:00			Notes
Strategies for Mental Performance with Joseph Abrahart	Studio E	01:45:00	02:45:00	Joseph Abrahart	Everyone	Notes