



Beaumont School of Highland Dance

Welcome to Highland Dance! Attached is the information for the 2025-2026 dance season. Please feel free to reach Carmen at 780-243-5678 or beaumonthighlanddance@gmail.com with any questions.

Registration

Registration forms are completed via online registration accessed through the website or this link [Registration](#). Please get your registration in as early as possible.

Class Schedule

Classes start the week of **September 8, 2025**. Please see BSHD Dance Calendar for all class dates.

Monday		Tuesday	Wednesday	Thursday
	Menzies 5:00-5:30	Hebridean 5:00-6:00	Lennox 5:00-5:45	Hebridean 5:00-6:00
Baird 5:30-6:15	Milne 5:30-6:15		MacGregor 5:45-6:45	
MacGregor 6:15-7:15	MacKellar 6:15-7:30	Crieff 6:00-7:15		Crieff 6:00-7:15
		Cunningham 7:15-8:45	MacKellar 6:45-8:00	Cunningham 7:15-8:45
	Wallace 7:30-8:30		Longniddry (Adult) 8:00-9:00	

As members of our dance family, all dancers and their families are expected to be aware of and adhere to the studio policies & the dress code.

Please refer to your email for a class placement recommendation. If you are new to the studio, please contact Carmen for your class placement.

Menzies, Milne & Baird Classes

These classes focus on developing musicality and movement patterns along with correct body alignment and posture. Dancers will learn the basic positions of the feet, head, and arms along with basic dance movements. As the classes progress, dancers will put the movements to music. The goal is to be able to dance technically correct pas de basque, high cuts, sheds, and toe heels to music. The dances that may be taught are: pas de basque, pas de basque & high cuts, fling, sword, lilt.

Menzies – aimed at our youngest and newest dancers age 3-4years and young dancers with 1 year of experience.

Milne – for new 4-6 year olds and young dancers with 1-3 years of experience.

Baird – for new dancers 7 years and older.

Lennox

This class focuses on improving muscle movement patterns while maintaining correct body alignment and posture. The class will focus on the first five highland dances – Fling, Sword, Seann Triubhas, Lilt & Flora.

MacGregor & Hebridean

Experienced dancers will continue to work on the first five highland dances for exam and competition technique. Work will be continue on the more advanced movements and dances such as Johnny, Laddie, Jig and Hornpipe. Dancers should attend both classes.

MacKellar, Crieff, & Cunningham

These classes are for dancers with significant highland experience. Focus is on building strength, technical ability, and knowledge with the application to music. New dances and steps are taught as warranted by exams and competitive levels. Students are grouped as per teacher recommendations.

Dancers should attend both classes and are highly encouraged to join the Wallace class as per the recommendation of the instructor.

Wallace

Participants in this class will need their runners, light weights, a foam roller and a yoga mat. An email with the specific equipment will come out prior to each block. Class will consist of a warm up, sport specific training, conditioning, and stretching. All dancers who receive recommendations for this class are encouraged to participate.

Longniddry (Adults)

This class will be offered in three 8-week blocks. Class will focus on highland and national dances. This class will only be offered if there is enough interest to warrant it. Come for the exercise and stay for the fun!