

RSCDS Calgary Branch



Mini Workshop

March 14, 2026

Haysboro Community Association
1204 89th Avenue SW, Calgary

Teacher:

Kay Sutherland – Vancouver, British Columbia

Workshop Schedule

Registration	9:00 – 9:30
Beginner/Improver Class	9:30 – 11:30
Lunch Break (food not provided)	11:30 – 1:30
Experienced Class	1:30 – 3:30



Registration Deadline is March 8, 2026

Name _____
Address _____
Email _____
Phone _____

Dancing Experience (pick one, see description on reverse):

- Beginner/Improver
- Experienced

Number of Years Dancing _____

Your Current Teacher(s) _____

I will be attending:

- Beginner/Improver Class For Beginner/Improver/Experienced Dancers \$12.00
- Experienced Class For Experienced Dancers Only \$12.00

If you have any questions, please contact Sharon Barker at president@rscdscalgary.org or 403-701-3218.
Payment can be made by cash, cheque or etransfer. Please make cheques payable to **RSCDS Calgary Branch**.
Etransfers should be sent to treasurer@rscdscalgary.org and in the memo line add the words Mini Workshop
and your name.

Registration forms can be emailed to president@rscdscalgary.org or given to any RSCDS Calgary Branch board member or be mailed to:

PO Box 1471, Station M, Calgary, AB, T2P 2L6

RSCDS Calgary Branch cannot accept liability for personal injuries or for loss or damage to property belonging to workshop participants either during or as a result of the workshop.

Beginner/Improver Level

Dancers have a minimum of four months of Scottish Country Dance experience. Emphasis will be given to standard steps and formations and how they are incorporated into the dance.

Experienced Level

Dancers have a minimum of two years of Scottish Country Dance experience, with at least 1 year in a class **NOT** labeled as a beginner's class. In addition, these dancers have a good standard of footwork and technique, good phrasing and are very familiar with the common standard formations (including but, not limited to: reels of three and four, poussettes, allemandes, promenades, rights and lefts, chains and corner formations).

*******NOTE:******* RSCDS Calgary Branch reserves the right to reallocate dancers to another level to ensure that all dancers receive the maximum benefit from the classes.

Our Teacher:

Kay Sutherland



Kay began Scottish Country Dancing in elementary school in Scotland. She resumed dancing in Canada when her neighbour, Dorothy Hargreaves, started a class in Deep Cove, North Vancouver, in 1986. She started teaching SCD in Deep Cove in 2007 and currently teaches with North Shore Dance Scottish. She has been Director of Vancouver Branch demonstration team (Strictly Scottish) since 2016. She is a CTI trainer and RSCDS Tutor responsible for training new teachers. She also teaches Scottish Step Dance. And she loves all Scottish Country dance and music!

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