

Welcome to

SWING FLING



Thursday

Thursday		 West Coast Swing Party!	Cirrus BC "Performance Quality for Social Dancers" Sean & Alyssa	 Cirrus A	
4pm					4pm
5pm					5pm
6pm			Add On		6pm
7pm	Luray Ballroom		 Schedule a Private Lesson with a Pro!	Lo "WCS 101" Alyssa Lundgren	7pm
8pm	L2&3 "Patterns for Partners" Sean & Alyssa			Welcome Program: Orientation w/Kay Newhouse	8pm
9pm	Welcome Party			Welcome Dance w/the Newcomers	9pm
10pm	Let's Dance!		WSDC Int JJ Practice w/Bonnie		10pm
11pm					11pm
12am				WSDC AS&Champ JJ Practice w/Keerigan & Mia	12am

Self-Sorted Workshops:

- L1= Fundamental patterns and techniques with basic partnering & musicality concepts.
- L2= Requires fluent recall & application of pushes, passes, turns, whips, and basic variations.
- L3= Complex patterns or detailed technique. Significant previous experience needed.
- All= Appropriate for all levels.

Code of Conduct



Friday

9am	Luray Ballroom						Incident Reporting Link: Let us know (anonymously, if needed) here: 	
	Closed for Floor Trial							
10am	Open Dancing		Cirrus BC		10am	All Barre Stretch for Westies Margie Tuttle		
11am	L2&3 "Redirections" Robert Royston		All Line dance warmup Carla Crowen		11am			
12pm	Open Dancing		L3 "Cool Styling" Heejung Jung		12pm	L1 "Stretch, Compress, Sugar Push" Guigo Sortica		
1pm	ProAm J&J	Followers: Newcomer/Novice, Intermediate <i>Awards!</i>			1pm		Rockbridge	
2pm		Leaders: Newcomer/Novice Intermediate <i>Awards!</i>	L2 "1 Move 3 Ways" Markus & Tren		2pm	L1 "Better Whips" Sean & Alyssa	WSDC Advanced JJ Practice w/Steve Wilder	2pm
3pm	Open Dancing				3pm			3pm
4pm	ProAm Spotlight <i>Awards!</i>		L2 both roles "Lead/Follow/SWITCH" Kyle & Melodie		4pm	L1 "Body Flow & Passes" Phil & Flore	Small Group "Quality of Motion" Eric Byers	4pm
5pm	Open Dancing				5pm		Add On	5pm
6pm	Strictly Swing	Newcomer/Novice, Intermediate, Advanced <i>Awards!</i>	L2 "All About the Conversation" Arjay Centeno		6pm	L1 "Sound in Motion" Heejung Jung	Welcome Program: Orientation Kay Newhouse	6pm
7pm	L2&3 "It's the Little Things" Sean & Alyssa				7pm		Lo "WCS 101" Margie Tuttle	7pm
8pm	Open Dancing		L3 "Musicality" Eric Byers		8pm	WP "Social Dance Success" Kay Newhouse		8pm
9pm	Strictly Swing	Generational Champion/Allstar's choice <i>Awards!</i>			9pm	Open Dancing w/the Newcomers		9pm
10pm	Friday Night Party				10pm	Lobby		
11pm	Dance all night!		Blues & Soul w/DJ 4ier		11pm	Piano Sing-along with Chris Rupp After the Friday Night Show		
12am			Country WCS w/DJ Taylor		12am			
1am			Switch dancing w/DJ Kristine		1am			
LATE			Late Night Chaos		LATE			



Current as of August 4, 2026 - check SwingFling.com/Schedule for updates!

Saturday

9am	Luray Ballroom		Cirrus BC		Rockbridge		
	Closed for Floor Trial						
10am			WSDC Novice JJ Practice w/Alyssa Lundgren		age 50+ "From Basic to WOW!" Masters Workshop w/Adela		10am
	Open Dancing				Cirrus A		
11am	L2 "Get This Move" Keerigan & Mia				L1 "Smooth it Out" Margie Tuttle		11am
			Newcomer J&J Warmup w/Kay Newhouse				
12pm	Open Dancing				Teacher Tune Ups Bonnie, Alyssa		12pm
1pm	WSDC Jack & Jills	Novice					
		Newcomer	L3 "Rides" PJ Turner		L1 "Navigating Crowds with Style" Markus & Tren		Teacher Tune Ups Guigo, Lara
		Prelim(s)					
		Newcomer Final					
		Awards!					
		Open Dancing					
3pm		Intermediate	L2 "Technique/Footwork" Greg & Lemery		L1 "First Dips" Keerigan & Mia		Small Group "Creating moments for yourself and your partner" Lara Deni
4pm		Advanced					
		Sophisticated					
		Prelim(s)					
5pm		Open Dancing	L2 "Moves for Phrase Changes" Keerigan & Mia		L1 "Turns for All" Phil & Flore		
6pm		Masters Prelim					
		Allstar Prelim					
	Closed for Refresh, Finalists Reveal				Lobby		
7pm	L2 "Hand Dance Moves for WCS" Markus & Tren		L3 "One Foot Spins" Erica Smith		L0 "WCS 101" Guigo Sortica		7pm
8pm	SHOW	Rising Star Contest	Contest Rules 		Information for Competitors >Register & pick up your competitor number at least 1 hr before your session starts >Check in at the staging area 15 minutes before your contest begins >Scores will be posted at the end of the weekend		 Ask Robert Anything!
		Super Star Show					
9pm		Open Dancing					
	J&J Champs Invitational						
	Saturday Night Party!		11pm Steal Zone w/DJ Guigo 1am Late Night Chaos w/DJ Stef		  Callbacks will be posted on the screen and the SwingDancer App		 
LATE							

Live Stream



or...
Channel 49 in
your hotel room

Sunday

10am	Luray Ballroom				
	"Fit for WCS"		Cirrus BC		
11am	Robert Royston		L3 "Elasticity & Stretch Deep Dive"		11am
	Open Dancing		Sean & Alyssa		
12pm	ProAm Strictly New/Nov, Int, Masters				12pm
	Awards!				
1pm	Open Dancing		L3 "Turns & Spins"		1pm
	WSDC	Novice, Soph, Masters <i>Heated</i>	Greg & Lemery		
2pm	Jack & Jill Finals	Open Dancing			2pm
		Intermediate			
3pm		Advanced Allstar	L2 "Train Like a Champion" Arjay Centeno		3pm
		Spotlight <i>Finals</i>			
4pm		Awards!	"Reflect & Connect" w/ Kay		4pm

Let's Do it Again!



Nov 19-22, 2026
Dulles Hyatt
Washington, DC



March 4-7, 2027
Hyatt Reston
Washington, DC



May 7-9, 2027
Hollywood Ballroom
Silver Spring, MD



Aug 12-15, 2027
Washington, DC

Sunday Night

	Rockbridge	
6pm	All Levels "More Music Theory for Westies" Chris Rupp	
	Cirrus BC	
7pm	All Levels "Settle In" Steve Wilder	
8pm	Afterglow Party	
	How was it? Let us know!	
LATE	 	