

The Charlotte Contra Dancers proudly present
Carolina Meltdown 2025 - March 21-23, 2025

Day/Time	Activity	Talent	Location	Notes
Friday				
4:00 PM	Check-In Begins		Rec Hall	
6:00 - 7:00 PM	Potluck Dinner		Johnson Hall	
7:30 - 9:15 PM	Welcome Contra Part 1	Topspin & Rick	Rec Hall	
9:30 - 11:15 PM	Welcome Contra Part 2	Hot Coffee Breakdown & Darlene	Rec Hall	
Saturday				
8:15 - 9:00 AM	Breakfast Serving Line Open	Serving line closes at 9:00!	Dining Hall	
9:15 - 9:50 AM	Morning Waltz	Topspin	Rec Hall	
10:00 - 11:45 AM	Smooth and Flowy Contras	Topspin & Darlene	Rec Hall	Contras that flow with transitions that sail along with limited momentum changes. Some easy, some challenging, all will keep you happily moving from neighbor to partner.
10:00 - 11:30 AM	Cross-Step Waltz Workshop	Jacob D Page - Queen City Vintage Dance	Johnson Hall	Quickly learn or review the basics steps and then we'll add a few variations to your repertoire!
10:00 - 10:30 AM	Chair Yoga	Hampton Thrower	Johnson Side Room	
10:40 - 11:40 AM	Recovery Yoga (please bring a mat)	Hampton Thrower	Johnson Side Room	
12:00 - 12:30 PM	Lunch Line Open	Serving line closes at 12:30!	Dining Hall	
12:00 - 1:00 PM	Organizers' Lunchtime Chat	Lisa	Dining Hall	Look for the marked tables in the back of the cafeteria.
1:15 - 3:00 PM	Challenging Contras + Contra Fun in Non-Contra Formations	Hot Coffee & Rick	Rec Hall	Live on the edge as we try trickier dances rarely trotted out, mixed with excellent dances outside the strict contra mold. Big fun whether it's euphoric mastery or total breakdown!
1:30 - 3:00 PM	Callers Workshop	Darlene	Dining Hall	
1:30 - 3:00 PM	Flatfooting Basics	Terry Doyle	Johnson Hall	
3:15 - 5:00 PM	Rushfest!	Emily Rush	Rec Hall	Contra dancing to your favorite pop hits, from Frank Sinatra to Journey to Beyoncé hosted by the unsinkable Emily Rush
3:30 - 5:00 PM	Writing Great Contra Dances	Rick	Johnson Hall Side Room	What makes a contra dance great, and how do you create one of those rather than another average one? We'll learn the answer, discuss the specifics, and (with a bit of luck) create some.
4:00 - 5:00 PM	Musicians Jam	Members of Topspin	Outside or Dining Hall	
5:15 - 5:45 PM	Dinner Line Open	Serving line closes at 5:45!	Dining Hall	
7:00 - 9:00 PM	"Sunshine and Rainbows" Contra Ball Part 1	Hot Coffee Breakdown & Rick	Rec Hall	Wear your most sunshine-y, colorful, happy attire!!
9:00 - 9:20 PM	Cookie Social	Please bring your favorite cookies to share!	Rec Hall	
9:20 - 11:20 PM	"Sunshine and Rainbows" Contra Ball Part 2	Topspin & Darlene	Rec Hall	The fun continues!!
11:30 - 12:15 AM	Late Night Couples Dance	Recorded Music	Rec Hall	
Sunday				
8:00 - 10:30 AM	Clean up - Pack up - Vacate Cabins - Please!	Thank you!		Cabin check out is Sunday, 10:30AM. Please vacate the cabins by this time. Dancing cannot resume until all cabins are vacated.
8:00 - 9:00 AM	Breakfast Line Open	Serving line closes at 9:00!	Dining Hall	
9:15 - 10:00 AM	Sunday Sing - Rounds!	Rick	Dining Hall	Enjoy creating rich harmonies as we sing rounds from Rick's collection of keepers - old and new, familiar and unfamiliar.
9:15 - 10:00 AM	Chair Yoga	Hampton Thrower	Johnson Hall	
9:30 - 10:15 AM	Morning Waltz	Hot Coffee Breakdown	Rec Hall	
10:30 - 11:50 AM	Penultimate Contra!	Hot Coffee & Darlene/Rick	Rec Hall	
12:00 - 12:30 PM	Lunch Line Open	Serving line closes at 12:30!	Dining Hall	
1:15 - 1:45 PM	Open Waltzing	Topspin	Rec Hall	
2:00 - 4:00 PM	Farewell Contra!	Topspin & Rick/Darlene	Rec Hall	

Sound by Stagecoach Sound - Jared & Galen Kirkpatrick

Camp Thunderbird Rules: No alcohol, pets, camping, sleeping in vehicles, or unsupervised children. Thanks for your cooperation!