



*Edmonton Highland
Dancing Association*

Our Back to Class JANUARY WORKSHOP

**Saturday & Sunday
January 10 & 11, 2026**

Step by Step School of Dance

**#449 Sioux Road
Sherwood Park, Alberta**

C-AB –CO-26-1005

2026 Championship Steps and more
Pre-Premier Highland and Nationals

Sheryl Joyner, Ontario

Jacqueline Smith, Ontario

*Judges have confirmed they are not judging anywhere between
January 10th and April 10th, 2026*

Joseph Abrahart, England

*Mental coaching in sports, specifically anxiety related.
Live virtual session January 11, 2026. Q&A will be available*

This workshop is an approved CPD for all RSOBHD Adjudicators.
Professionals are welcome to attend any session.

Fee for EHDA non-member Professionals—\$35.00
This session is free for EHDA member professionals.

On-line entry available at www.eventry.net

On-line workshop entry closes January 8, 2026 11:59 PM (MST)

After January 8th ONLY. Please contact Kelly Abrahart,
kelly.abrahart@telus.net to enter the workshop
or for further information.

Late entries will be accepted for the workshop
provided space is available.

Back to Class January Workshop

**EHDA Back to Class January Workshop will be held on
January 10 & 11, 2026 at
Step by Step School of Dance, 449 Sioux Road, Sherwood Park**

Studio open at 12:30 PM on Saturday, 9:00 AM Sunday

**This workshop is free for EHDA members holding a current 2025/26
EHDA Membership.** Please provide your membership number during
registration.

Not a member? Follow the link: [EHDA 2025/26 Membership Application](#)

The fees for non-EHDA dancers are as follows:
Beginner, Novice & Intermediate—\$65.00
Premier—\$150.00—includes both days

Refunds for both EHDA and non-EHDA dancers will ONLY be considered
in cases of illness (if accompanied by a doctor's note) or at the discre-
tion of the EHDA workshop organizers.

Premier dancers : Saturday January 10, 2026

1:00 PM —4:00 PM

Please do not arrive before 12:30 PM

Premier dancers : Sunday, January 11, 2026

11:30 AM—2:45 PM

(Includes 15 minute break)

Includes Basic Highland movements (breaking them down) Championship steps,
Premiership dances, best practices for successful practicing,
Choreography and a Journey to the World Championships.
Also a live virtual session on mental coaching for Competitive Dancer.

Note: intermediate dancers who know the 2026 championship steps are welcome
to attend premier sessions.

****please note** the instructors will NOT be using the class time to conduct a warm
up. Studio will be open 30 minutes prior to session; come and do your own warm
and have your shoes on prepared to dance when class begins **

Pre-Premier dancers: Sunday January 11, 2025

9:30 AM—11:00 AM

Parent session for parents of registered Pre-Premier dancers:

9:45 AM—10:30 AM

*(FAQ's—includes EHDA & RSOBHD memberships, costuming/grooming, role of parent at
competitions, judging and whatever questions on your mind.
No siblings allowed in this session.)*

Session is open to all pre-premier dancers who know a MINIMUM of Fling, Sword,
Seann Truibhas, Lilt and Flora. Includes basic Highland movements (breaking
them down) and introductions to the Strathspey & Reel, and the Sailor's Hornpipe
movements.

Please bring bottled water

****please note** the instructors will NOT be using class time to conduct a warm up.
Studio is available 30 minutes prior to session to do your own warm and have
your shoes on prepared to dance when class begins **

PLEASE NOTE THE FOLLOWING INFORMATION:

**Parents and siblings are NOT allowed in the
studios during the workshop**

**All dancers should arrive at least 30 minutes
prior to start time to ensure sufficient warmup time**

Water only allowed in studios, no food allowed

Proper dance attire and shoes required
Premier dancers *(girls only)*: please bring practice skirts

****PLEASE NOTE:** dancers who arrive after classes have started, will be
brought in at an appropriate time at the discretion of the workshop coordi-
nator. Thank you for respecting the instructors and other participants by
arriving on time and prepared.**

*If you have registered and can no longer attend, please do us the courtesy of
advising the workshop coordinator 24 hours before the workshop. Thank you
for your consideration.*

Workshop Organizer: Kelly Abrahart
kelly.abrahart@telus.net

Priority will be given to EHDA dancers until **December 19th** at
which time the remaining spots will be open to all dancers based
on a first come first serve basis.

Professionals

As this workshop is an approved CPD for all RSOBHD Adjudi-
cators; professionals are welcome to attend any session.

**Professionals only: please contact Kelly Abrahart directly
at kelly.abrahart@telus.net**

This session is free to all EHDA Member Professionals.

A \$35.00 fee will apply to all non-EHDA member
professionals. Payment may be made at the door.

**Instructor biographies will be posted on the website at
www.ehda.ca**