

# HEARTBEAT, Fort Sask. April 29<sup>th</sup> – May 3<sup>rd</sup>, 2026

**FINAL DRAFT**

**\*QC means some will have a quick costume change for their next dance number.**

## Wednesday, Apr 29<sup>th</sup>

| REHEARSAL TIME | PERFORMING TIME + NAMES      | ADJ     | TEACHER       | CLASS        |
|----------------|------------------------------|---------|---------------|--------------|
| 8:00am         | 9:00am Mia H.                | 9:05am  | Mikayla       | Contemp Solo |
| 8:15am         | 9:15am Ella H. & Avery S.    | 9:45am  | Mikayla       | Contemp Duet |
|                | Julia M. & Lily P.           |         | Mikayla       | Contemp Duet |
| 9:15am         | 10:15am Dehanna P.           | 10:35am | Mikayla       | Contemp Solo |
|                | Eliana D.                    |         | Mikayla       | Contemp Solo |
|                | Brooke W.                    |         | Mikayla       | Contemp Solo |
|                | Alexis E.                    |         | Mikayla       | Contemp Solo |
| 9:45am         | 10:45am Landslide *QC        | 11:00am | Mikayla       | Contemp SmGr |
|                | The Social Network           |         | Mikayla       | Contemp2C    |
|                | The Last Laugh *QC           |         | Mikayla       | Contemp3C    |
| 1:05pm         | 2:05pm Raychel F.            | 2:25pm  | Liz Cindy     | Hip Hop Solo |
|                | Graham T.                    |         | Cassidy Cindy | Hip Hop Solo |
|                | Layla Y.                     |         | Liz Cindy     | Hip Hop Solo |
| 2:15pm         | 3:15pm Sophia S. & Emilia L. | 3:45pm  | Cassidy Cindy | Hip Hop Duet |
| 2:55pm         | 3:55pm The Tune Squad        | 4:15pm  | Tara          | HHJr-cC      |
| 3:25pm         | 4:25pm Zoe B.                | 4:50pm  | Mia           | Hip Hop Solo |
| 4:00pm         | 5:00pm Andy's Coming         | 5:15pm  | Mia           | SS (HH)      |
| 4:25pm         | 5:25pm Smash Moves           | 5:50pm  | Cassidy       | HHJr-bC      |
|                | Rhythm Builders              |         | Cassidy       | HHJr-aC      |
| 5:00pm         | 6:00pm Noa A.                | 6:15pm  | Cindy         | Tap Solo     |
| 5:25pm         | 6:25pm Let's Go!             | 6:45pm  | Cindy         | TNovC        |
| 5:55pm         | 6:55pm Miss Behavin'         | 7:05pm  | Cindy         | TJr4C        |
| 6:15pm         | 7:15pm Breakout              | 7:25pm  | Mia           | JJr2C        |
| 6:35pm         | 7:35pm Sabine Y.             | 7:55pm  | Jenna         | Jazz Solo    |
| 7:00pm         | 8:00pm Glitter and Fame      | 8:20pm  | Jenna         | JJr3C        |
|                | Jive and Jump                |         | Jenna         | JJr4C        |
| 7:30pm         | 8:30pm Jill M. *QC           | 9:05pm  | Jamie         | Jazz Solo    |
|                | Gianna T. *QC                |         | Jamie         | Jazz Solo    |
|                | Layla Y. *QC                 |         | Jamie         | Jazz Solo    |
|                | Mia H. *QC                   |         | Jamie         | Jazz Solo    |
| 8:15pm         | 9:15pm She Wolf              | 9:35pm  | Jamie         | JSen2C       |
|                | Invisible Man                |         | Jamie         | JSen3C       |

## Thursday, April 30<sup>th</sup>

| REHEARSAL TIME | PERFORMING TIME + NAMES        | ADJ     | TEACHER     | CLASS       |
|----------------|--------------------------------|---------|-------------|-------------|
| 8:00am         | 9:00am Caleb A. & Layla Y. *QC | 9:30am  | Stephanie   | Ballet Duet |
| 8:40am         | 9:40am Luminous Tides          | 9:55am  | Stephanie   | BSen2C      |
|                | In The Stillness               |         | Stephanie   | BSen3C      |
| 9:05am         | 10:05am Emry H.                | 10:30am | Stephanie   | Ballet Solo |
|                | Kaden H.                       |         | Stephanie   | Ballet Solo |
| 9:40am         | 10:40am Fairy Festival         | 11:10am | Bronwyn     | BJr3-aC     |
|                | La Vie en Rose                 |         | Bronwyn     | BJr3-bC     |
|                | Out of the Box                 |         | Stephanie   | BJr4C       |
|                | Petals and Light               |         | Stephanie   | BInt2C      |
| 10:20am        | 11:20am Paige K.               | 11:45am | Cindy       | Tap Solo    |
|                | Kayla Q.                       |         | Cindy       | Tap Solo    |
|                | Sam S.                         |         | Cindy       | Tap Solo    |
|                | Lexie B.                       |         | Cindy       | Tap Solo    |
| 10:55am        | 11:55am Frutti Fandango        | 12:15pm | Cindy       | TJr3C       |
| 11:25am        | 12:25pm Tabatha K.             | 12:40pm | Cindy       | Tap Solo    |
| 11:50am        | 12:50pm Amelie W.              | 1:20pm  | Jenna Cindy | Jazz Solo   |
|                | Grace S.                       |         | Jenna Cindy | Jazz Solo   |
| 12:30pm        | 1:30pm Like, Like Cool!        | 1:50pm  | Jenna Cindy | JInt2C      |
| 1:00pm         | 2:00pm Mia G.                  | 2:30pm  | Jenna Cindy | Jazz Solo   |
|                | Anja K.                        |         | Jamie       | Jazz Solo   |

| REHEARSAL TIME | PERFORMING TIME + NAMES | ADJ    | TEACHER       | CLASS        |
|----------------|-------------------------|--------|---------------|--------------|
|                |                         |        | Jenna Cindy   | Jazz Solo    |
| 1:40pm         | 2:40pm                  | 3:15pm | Jenna Cindy   | Jazz Duet    |
|                |                         |        | Jamie         | Jazz Duet    |
| 2:50pm         | 3:50pm                  | 4:05pm | Mikayla Cindy | Contemp 1C   |
| 3:15pm         | 4:15pm                  | 4:40pm | Mikayla Cindy | Contemp Solo |
|                |                         |        | Mikayla Cindy | Contemp Solo |
| 3:50pm         | 4:50pm                  | 5:05pm | Mikayla Cindy | Contemp Solo |
| 5:30pm         | 6:30pm                  | 6:50pm | Mikayla       | LyrC         |
| 6:40pm         | 7:40pm                  | 8:05pm | Mikayla       | Lyrical Solo |
| 7:45pm         | 8:45pm                  | 9:05pm | Cindy         | Tap Duet     |
|                |                         |        | Cindy         | Tap Duet     |
|                |                         |        | Cindy         | Tap Duet     |
|                |                         |        | Brittaney     | Tap Duet     |
| 8:15 pm        | 9:15pm                  | 9:25pm | Brittaney     | Jazz Solo    |
|                |                         |        | Brittaney     | Tap Solo     |
|                |                         |        | Brittaney     | Tap Solo     |

### Friday, May 1<sup>st</sup>

| REHEARSAL TIME | PERFORMING TIME + NAMES | ADJ     | TEACHER         | CLASS        |
|----------------|-------------------------|---------|-----------------|--------------|
| 8:00am         | 9:00am                  | 9:15am  | Mikayla Cindy   | Contemp Solo |
|                |                         |         | Mikayla Cindy   | Contemp Solo |
| 8:25am         | 9:25am                  | 9:55am  | Mikayla Cindy   | ContempLine1 |
| 9:05am         | 10:05am                 | 10:20am | Mikayla Cindy   | Contemp Solo |
|                |                         |         | Mikayla Cindy   | Contemp Solo |
| 10:05am        | 11:05am                 | 11:20am | Mikayla Cindy   | Contemp Solo |
|                |                         |         | Mikayla Cindy   | Contemp Solo |
|                |                         |         | Mikayla Cindy   | Contemp Solo |
|                |                         |         | Mikayla Cindy   | Contemp Solo |
| 10:30am        | 11:30am                 | 12:00pm | Cindy           | MTIntC       |
| 11:40am        | 12:40pm                 | 1:00pm  | Cindy           | MTJrC        |
| 12:10pm        | 1:10pm                  | 1:40pm  | Mia             | Theatre Duet |
|                |                         |         | Mia             | Theatre Trio |
|                |                         |         | Stephanie Cindy | Theatre Duet |
| 1:10pm         | 2:10pm                  | 2:35pm  | Cindy           | Tap Duet     |
|                |                         |         | Cindy           | Tap Duet     |
| 1:45pm         | 2:45pm                  | 3:15pm  | Cindy           | Tap Solo     |
|                |                         |         | Cindy           | Tap Solo     |
| 2:25pm         | 3:25pm                  | 3:35pm  | Cindy           | SS (T)       |
| 2:45pm         | 3:45pm                  | 4:10pm  | Jenna Cindy     | Jazz Duet    |
|                |                         |         |                 | Jazz Duet    |
| 6:10pm         | 7:10pm                  | 7:35pm  | Cassidy         | Hip Hop Solo |
|                |                         |         | Liz             | Hip Hop Solo |
| 6:45pm         | 7:45pm                  | 8:05pm  | Liz             | Hip Hop Duet |
|                |                         |         | Cassidy         | Hip Hop Duet |
|                |                         |         | Liz             | Hip Hop Trio |
|                |                         |         | Liz             | Hip Hop Duet |
| 7:15pm         | 8:15pm                  | 8:40pm  | Cassidy         | HHIntC       |
|                |                         |         | Liz             | HHSenC       |
| 7:50pm         | 8:50pm                  | 9:05pm  | Liz             | AHH          |

### Saturday, May 2<sup>nd</sup>

| REHEARSAL TIME | PERFORMING TIME + NAMES | ADJ     | TEACHER   | CLASS       |
|----------------|-------------------------|---------|-----------|-------------|
| 8:00am         | 9:00am                  | 9:30am  | Stephanie | Ballet Solo |
|                |                         |         | Stephanie | Ballet Solo |
|                |                         |         | Stephanie | Ballet Solo |
|                |                         |         | Stephanie | Ballet Solo |
|                |                         |         | Stephanie | Ballet Solo |
| 9:15am         | 10:15am                 | 10:25am | Stephanie | BInt4C      |
| 9:35am         | 10:35am                 | 11:05am | Cindy     | Tap Duet    |
|                |                         |         | Cindy     | Tap Duet    |
|                |                         |         | Cindy     | Tap Duet    |
| 10:15am        | 11:15am                 | 11:30am | Cindy     | TSen3C      |

|         |         |                    |         |           |              |
|---------|---------|--------------------|---------|-----------|--------------|
|         |         | Undercurrent       |         | Cindy     | TSen2C       |
| 10:40am | 11:40am | Voulez-Vous        | 11:55am | Cindy     | TInt4C       |
|         |         | Chaos In Harmony   |         | Cindy     | TInt2C       |
| 11:05am | 12:05pm | Summertime Shuffle | 12:15pm | Cindy     | TJr2C        |
| 12:10pm | 1:10pm  | TROUBLE            | 1:30pm  | Cindy     | SS (J/B)     |
| 12:40pm | 1:40pm  | Katelyn Y.         | 1:55pm  | Jenna     | Jazz Solo    |
|         |         | Kennedy S.         |         | Jenna     | Jazz Solo    |
| 3:35pm  | 4:35pm  | Sarah G.           | 5:00pm  | Mis       | Theatre Solo |
|         |         | Tabatha K.         |         | Mia       | Theatre Solo |
|         |         | Phoebe C.          |         | Mia       | Theatre Solo |
|         |         | Makayla K.         |         | Mia       | Theatre Solo |
| 4:10pm  | 5:10pm  | Hygge              | 5:25pm  | Stephanie | MTSenC       |
| 4:35pm  | 5:35pm  | Paige K. *QC       | 5:55pm  | Stephanie | Theatre Solo |
|         |         | Dehanna P. *QC     |         | Stephanie | Theatre Solo |
|         |         | Gianna T.          |         | Stephanie | Theatre Solo |
|         |         | Layla Y.           |         | Stephanie | Theatre Solo |
| 5:25pm  | 6:25pm  | Isabelle N.        | 6:40pm  | Cindy     | Theatre Solo |
|         |         | Noa A.             |         | Cindy     | Theatre Solo |
|         |         | Ava K.             |         | Cindy     | Theatre Solo |
|         |         | Sophia N.          |         | Cindy     | Theatre Solo |
| 6:45pm  | 7:45pm  | Courtney L. *QC    | 8:00pm  | Stephanie | Theatre Solo |
| 7:10pm  | 8:10pm  | Comfort QC         | 8:15pm  | Brittaney | AContemp     |
| 7:25pm  | 8:25pm  | Y2K                | 8:45pm  | Brittaney | AJazz        |
| 7:55pm  | 8:55pm  | Outta This World   | 9:20pm  | Andrea    | Atap Beg     |
|         |         | The Heist          |         | Brittaney | Atap Exp     |

### Sunday, May 3<sup>rd</sup>

| Rehearsal Times | PERFORMING TIME + NAMES | ADJ | TEACHER   | CLASS       |
|-----------------|-------------------------|-----|-----------|-------------|
| 8:00am          | 9:00am                  |     |           |             |
|                 |                         |     | Stephanie | Ballet Solo |
|                 |                         |     | Stephanie | Ballet Solo |
|                 |                         |     | Stephanie | Ballet Solo |
|                 |                         |     | Stephanie | Ballet Solo |
|                 |                         |     | Stephanie | Ballet Solo |
| 8:40am          | 9:40am                  |     |           |             |
|                 |                         |     | Bronwyn   | BNovC       |
|                 |                         |     | Bronwyn   | BJr2C       |
| 10:05am         | 11:05am                 |     |           |             |
|                 |                         |     | Mia       | JNov        |
| 10:35am         | 11:35am                 |     |           |             |
|                 |                         |     | Jenna     | Jazz Solo   |
|                 |                         |     | Jenna     | Jazz Solo   |
|                 |                         |     | Jenna     | Jazz Solo   |
| 11:15am         | 12:15pm                 |     |           |             |
|                 |                         |     | Jenna     | JInt4C      |
| 11:35am         | 12:35pm                 |     |           |             |
|                 |                         |     | Cindy     | FS (4)      |
| 11:55am         | 12:55pm                 |     |           |             |
|                 |                         |     | Cindy     | FS (5)      |

### SHOWCASE

- Sunday May 3<sup>rd</sup> at 6:00pm all studios top scoring groups will be entered into the final showcase. Name of groups will be posted on social media and through email.

### ENTRANCE FEES / PARKING

- 1- day pass \$10, 5-day pass \$40, Programs with pen \$8. Children under 3 are free.
- Entry and program fees are payable by cash only.
- Online store for merchandise <https://www.hbdancefestival.com/>. Merch will also be sold at the festival.
- All adult dancers please make sure to check in to get your wristband.**

### PARENT NOTES

- HELD:** Shell Theatre, 8700-84 St, Fort Sask.
- ADJ** means adjudication time on stage. \*QC means quick costume change. Students will need to change into their next costume before they go on for adjudication; they will need to wear their DDA jacket or grad students a DDA crewneck.
- Parents to just drop off students at rehearsal area.
- Student dancers are FREE to watch in the theater but must cover up costume if going in before performing.
- You may go into the theater after dropping your child off at rehearsal area.
- Students will come out and meet you in the lobby after adjudication. You may stay to watch or leave for the day.
- We encourage everyone to follow them on social media for pictures and updates on the timing of the festival.

**Facebook: Heartbeat Dance Festival / Instagram: @heartbeat.festival**

## STUDENTS

- Start stretching in the rehearsal room while waiting for your teacher.
- **Stay with your group at all times!**
- You must return to the stage for adjudication, unless you have a quick costume change.
- Dancers must wear their DDA jackets over costume when watching dances in the audience.
- If you have changed into a different costume, wear your DDA jacket on stage for adjudication.
- Try to take the opportunity to watch other performances as that is how you learn a lot.

## ARRIVAL

- Dancers must arrive at in rehearsal hall at scheduled rehearsal time stated in **blue**. No parents are allowed in the practice room/change rooms/backstage
- Arrive ON TIME with hair, make-up & costume on!
- Festivals can run ½ hour ahead of time and students who arrive late to rehearse might not be able to perform!

## THEATRE RULES

- All dancers need to return back to the stage for adjudication then they may stay and watch or leave.
- You can only enter or leave the theater between performances.
- As a courtesy to the adjudicators and other spectators, please do not walk through the audience to find a space during a routine, stand at the side until the routine has completed.
- **NO RECORDING DEVICES OF ANY KIND ARE ALLOWED including cell phones! These are strictly prohibited and will lead to DISQUALIFICATION of the person/group on stage. No warnings are usually given.**

## REHEARSAL HALL/DRESSING ROOMS

- The Lion's Mane will be provided for practicing.
- Parents are **NOT** allowed in the rehearsal hall in order to give performers the space required to prepare for their routines.
- NO FOOD or DRINKS are allowed. Studios that break this rule will be charged a cleaning fee!!!
- Tap Shoes must be carried and can only be worn backstage. Wear running shoes for practice.
- Please remember that this is a shared space, do not leave any valuables. They are strongly advising not to bring rack n rolls or dream duffle bags. The dressing rooms fill up fast, just bring what you need that day. Heartbeat is not responsible for any missing items. Be respectful of the festival and clean up after yourself,
- Please make sure you have labelled all your items, that is the only way they can be returned if found.
- **Any dancer found using or in possession of a phone in a dressing room will be disqualified from the entire festival, and no refund will be issued. This is a zero-tolerance policy**

## PROPS

- All props **MUST** be removed after each session and removed from the theatre after the session is over. Large props can be dropped off at the back of the building.
- Please make sure props are inside the taped areas.