


17.-19. NOVEMBER

PFINGSTWEIDSTRASSE 101

www.stirit.ch

info@stirit.ch



Touch me to navigate! 

WORKSHOPS
FRI + SAT

WORKSHOPS
SUNDAY

PARTIES
FRI - SUN

**DANCER'S
DELIGHTS**

**FOOD
+ DRINKS**

**VENUE
+ TRAVEL**

**VENUE
LAYOUT**

CARE TEAM

**USEFUL
INFORMATION**

WORKSHOPS

Areski Stichweh
Bára Hřebačková
Clàudia Fonte + Maria Mallan
Elze Visnevskyte + Peter Kertz
Hanna N'diaye + Stephen Dieyepiri Atemie
Héctor Artal + Sonia Ortega
Larissa + Heiko Heckendorn
The Jazz Messengers
"Wake Up" Pascal

LIVE MUSIC DURING CLASSES

The Sheiks (CH)

PARTIES

FRIDAY + SATURDAY PARTY

The Shirt Tail Stompers (UK)

SUNDAY PARTY

Lindy Harbour Sextett (CH)

MASTER OF CEREMONIES

Areski Stichweh

SPECIAL BLUESFLOOR

Marco Marchi + The Mojo Workers


FESTIVAL CONCEPT


In this booklet, you will find useful information about the festival and everything related.


Stir it! offers more than just the usual dance classes: Our last year's Free-Choice concept was so well received that we decided to expand on this idea even further.

All lessons are now Free-Choice classes and classes are not structured by traditional level systems. In the workshop schedules, you will find the topics of the classes and their complexity level. You can freely choose them on-site before each class. This way, you can decide based on your current energy and motivation how much of a challenge you want.

The complexity of each class will be marked with a “spiciness level”.

: The teacher will slowly build up the topic. It is suitable for anyone who wants to explore the specific theme of the class.

: It is expected that you are already familiar with the topic or have quick comprehension skills. It is an advantage if you have 2-4 years of dance experience but it's not required to participate.

: The class content has been designed to be high in complexity and requires that you are an experienced dancer, a very fast learner or at the minimum very familiar with the topic of the class.

You can look forward to a diverse program with various contents. In addition to Lindy Hop, Tap, and Solo Jazz, there will also be individual classes on Shag, Balboa, House, and more. Get ready to be surprised and inspired!

Please don't hesitate to ask the organizers or volunteers if you have any further questions not covered in this booklet.

WE WISH YOU AN AMAZING TIME IN ZURICH!

Sincerely,
Your Stir it! Team

CHECK-IN

Please check-in before your first class 15 min in advance to allocate your belongings and prepare your mind for class.

You will get your workshop and party passes at the check-in desk or at the bar in the Event Room.

FAIRNESS

Some classes will have higher demands than others. Choose your classes fairly and pick 2nd and 3rd choices in case they are too full to enjoy. Still, please never make others feel as though they should leave.

Thank you for your support.

WORKSHOP SCHEDULE

FRIDAY + SATURDAY

EXTRA FUN Pass	FUN Pass	FRIDAY SPECIAL			
Friday					
18:30 - 20:30	Solo Jazz Trio Class Dance solo, duo and trio! Jazz Messengers Room 4				
Go to Party Schedule					
Saturday					
11:00 - 12:15	Did you hear that?! + Live Band Dance + connect to the sounds of the different instruments. Elze + Peter Room 6	Impro Solo Jazz Learn tools and improvisation games in tap and gain inspiration for your solo jazz. Bára Room 2	Keeping the Flow Work on sharing and developing an idea with your partner and the music. Hanna + Stephen Room 5	Fast Swingouts Work on your technique to enjoy your swingouts at fast tempos. Clàudia + Maria Room 8	
12:15 - 12:30					
12:30 - 13:45	Slow Lindy Learn about taking up time, not rushing a rhythm and conserving momentum. Hanna + Stephen Room 5	Direction and Anchors Learn how to propose a change of direction and play with different dynamics. Clàudia + Maria Room 4	Musicality + Live Band We will work on different aspects of the music: The grooves, textures and riffs. Sonia + Héctor Room 6	Shuffle Ball Change Add tap variations to some of your favorite Lindy moves. Elze + Peter Room 2	
13:45 - 15:00	Lunch Break				
15:00 - 16:15	Hip Hop Expand your dance with dynamic moves and new grooves from this related style. Wake Up Room 12	Hit the Break and Play + Live Band Learn more about structure of the music and play with it. Hanna + Stephen Room 6	Triple Action Work on flow and spicy variations using triple steps. Elze + Peter Room 2	Collegiate Shag Refine your Collegiate Shag skills by learning the rhythmic Single Time Shag style. Larissa + Heiko Room 8	
	Faster and Slower Challenge yourself with the tempo of the tunes. Precision and risk are needed! Clàudia + Maria Room 5	Kicks and Tricks Discover the fun and dynamics of using kicks in your movements while dancing. Sonia + Héctor Room 4	„Tap up“ your Solo Include soft shoe tap in your solo jazz and work on rhythms and turns. Bára Room 11		
16:15 - 16:30					
16:30 - 17:45	French Carribean Zouk Expand your solo dance repertoire with new French Carribean moves and grooves. Hanna Room 2	House Expand your dance with dynamic moves and new grooves from this related style. Wake Up Room 12	Intro Soft Shoe Tap Learn tap dance technique and soft shoe vocabulary through choreography. Bára Room 11	St. Louis Shag Add a dynamic dimension to your dance repertoire with this energetic dance style. Larissa + Heiko Room 8	
	ELEF Understand both roles better by working on body movement and symmetry. Sonia + Héctor Room 4	Move your Body Learn tools to get creative in interacting with others through body movement. Clàudia + Maria Room 5	Call and Response + Live Band Developing rhythmical conversations with the band. Elze + Peter Room 6		
17:45 - 18:00					
18:00 - 19:00	Core Stability + Strength Learn about core stability with exercises that you can integrate into your trainings. Mirella + Cesar Room 5				
Go to Party Schedule					

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WORKSHOP SCHEDULE

SUNDAY

EXTRA FUN + FUN Pass

Sunday				
13:00 - 14:15	Flow 🌶️ Improve your movement skills to make grooving with your partner easier. Sonia + Héctor Room 4	Solo Jazz Surprise 🌶️ Jazz is all about spontaneity and creativity. Get ready and expect the unexpected! Areski Room 12	Getting Slow 🌶️🌶️ Learn new drag and closed position variations to add to your slow Lindy. Elze + Peter Room 5	Jig Walks 🌶️🌶️ Elevate your swing with rhythmic, visual and dynamic changes. Larissa + Heiko Room 8
	Time Steps on Soft Shoes 🌶️🌶️ Learn about time steps, their origins, purpose and how to use them to groove and play. Bára Room 11	Charleston Symmetry 🌶️🌶️🌶️ Improve quality, awareness, symmetry and body movement, partnered + solo. Clàudia + Maria Room 2	The Sound of my Feet 🌶️🌶️🌶️ + <i>Live Band</i> Learn how to use your feet as an instrument. Hanna + Stephen Room 6	
14:15 - 14:30				
14:30 - 15:45	Charleston Basic Technique 🌶️ Deepen the elements of bounce, kick and traveling within Charleston. Clàudia + Maria Room 2	Slow Balboa 🌶️ Get to know the basics of Slow Balboa, practising a smooth + close connection. Larissa + Heiko Room 8	Stretch and Regenerate 🌶️ Enjoy dynamic and slow stretches on the ground to revitalize the body + mind. Bára Room 12	All the Feels 🌶️🌶️ Diving deeper in our connection to music and our expression. Elze + Peter Room 5
	Musicality + Live Band 🌶️🌶️ We will work on different aspects of the music: The grooves, textures and riffs. Sonia + Héctor Room 6	Solo Jazz Surprise 🌶️🌶️ Jazz is all about spontaneity and creativity. Get ready and expect the unexpected! Areski Room 11	Impro through Connection 🌶️🌶️🌶️ Working on the connection to build a base for improvisation and creativity. Hanna + Stephen Room 4	
15:45 - 16:30	Food, Party from 16:00			
	Go to Party Schedule			

PARTY SCHEDULES

FRIDAY @ EVENT ROOM

21:00 - end	DJ*ane Sets The Shirt Tail Stompers Live Music Specials Performances
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SATURDAY @ EVENT ROOM

20:00 - 21:00	Community Talk Bridging the Past and Present with Momo + Stephen
21:00 - end	DJ*ane Sets The Shirt Tail Stompers Live Music Specials Performances

BLUESFLOOR @ ROOM 2

21:00 - 22:00	Blues Dance Taster Dance with Bianca + Roland	
22:00 - end	Marco Marchi and the Mojo Workers Live Music DJ Sets DJ Limi, DJ Crossover and DJ Roland	Whisky Lounge at the Bar

SUNDAY @ EVENT ROOM

16:00 - end	DJ*ane Sets Lindy Harbour Sextett Live Music Specials Performances
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**SPECIAL THANKS TO OUR
STIR IT! DJ*anes:**
Dawid, Elze, Fräulein Minnie,
lil'roquette, Quentin

SATURDAY EVENING SPECIALS

COMMUNITY TALK with Momo + Stephen "Bridging the Past and Present" @ Event Room

The history of Lindy Hop and Swing is deeply intertwined, not only with American history, but also with the inherent racism in European societies throughout time. Momo has created a small portable format of posters that break down this problem in the context of dance, which you can enjoy freely throughout your time at the Stir it!.

In this talk created for the community, we will cover the history of Lindy Hop and Swing and its parallels to today, discuss what we can learn from the past to benefit the scene now and how we can actively prevent exclusion and create inclusive and equitable spaces for everyone.

This talk is open to all dancers, regardless of experience and prior knowledge on the topics discussed.

We encourage every dancer to join the reflections and conversations. We ask you to keep an open mind, bring your questions and listen actively.

If you are a participant of the festival with any pass, you can join this talk.



BLUESFLOOR

Live Music, DJs, Blues Dance Taster and Whisky Lounge" @ Room 2

"Blues and more" and "Stir it!" joined forces to bring you live Blues music at this year's Saturday party in an extra ball room (Room 2).

Think Blues dance is just slow and cuddly? Or simply have no clue of how to dance to blues music? **Join our free Blues dance taster on Saturday at 9 pm with Bianca and Roland and discover the vibrant world of Blues dance styles like energetic Chicago Triple, Struttin', Stride + Strut, Texas Shuffle, and more.** Originating from Afro-American communities in the early 20th century, these dances are far from what you might expect.

And even if blues dancing is not yet your thing, come unwind and enjoy some fine spirits at the **Whisky lounge** with the live music of **Marco Marchi + the Mojo Workers**. Moreover **DJ Limi, DJ Crossover and DJ Roland** are going to play some really good music for you.



FOOD + DRINKS

CALL FOR CAKES

Please help us to make this the biggest, most delicious, beautiful cake buffet ever by bringing a homemade cake! You can bring cakes anytime during the weekend. Just drop them off at the bar in the event room, and we will reward you with **2 drink vouchers** for the bar!

BREAKFAST @ "STUBE"

Join us on **Saturday at 10:00** and **Sunday morning at 12:00** for breakfast to start your day the best possible way. Breakfast is open to all festival participants!

You will find at the "Stube" and Event Room bar: Coffee, birchermüesli (vegan), cake, gipfeli (croissants), fruits, chocolates and sandwiches. Feel free to bring your own food to enjoy as well!

LUNCH @ "STUBE"

If you have **pre-booked** food on Saturday and Sunday, you will be served at the "Stube":

For Saturday, you can look forward to an oriental buffet (vegan and vegetarian).

For Sunday, you will be served snacks, soup and bread (at least one vegan soup).

Alternatively, there is a small Migros branch in the same building, downstairs.

Friday: 06:30 - 18:00
Saturday: 08:00 - 16:00
Sunday: closed

There may also be a few take away options and restaurants near the venue that are usually listed online.

SNACKS

During the whole weekend there will be a bar selling drinks, coffee, tea and a variety of snacks - as well as a selection of freshly made sandwiches.

During Friday and Saturday party, there will be a stand on the terrace with crêpes offered by [Crêperie Chez TonTon!](#)

VENUE + TRAVEL

All the classes and parties take place at **Tanzwerk 101**. Gendered changing rooms and showers are available during the festival. Gender-neutral bathrooms are marked as such. Lockers are available in the changing rooms and require CHF 2.- .

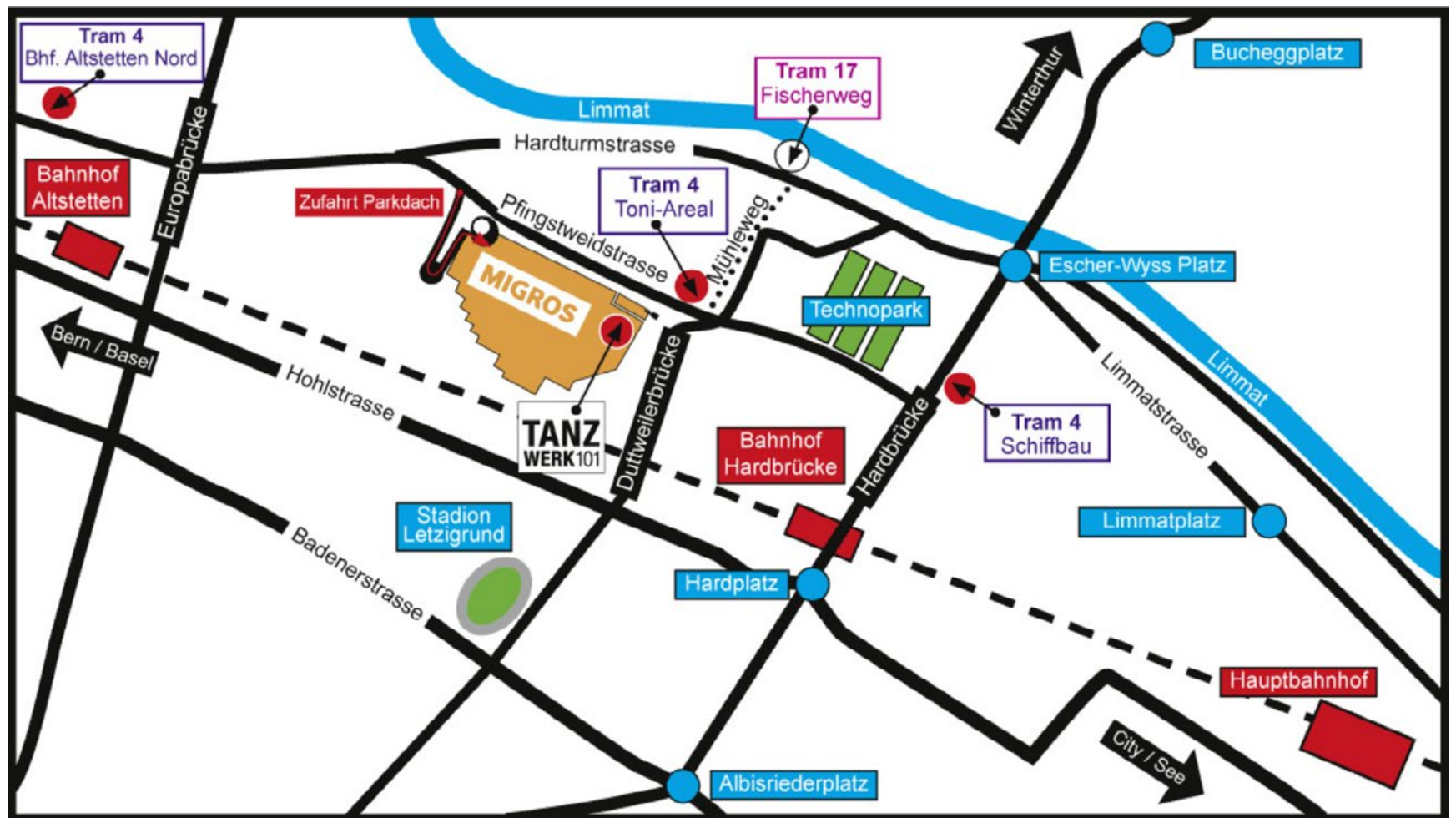
The entrance to the venue is at the glass building next to the big tower with the **M**: -> big glass window doors at ground level -> take the lift/stairs up and follow the signs to Tanzwerk 101 -> The event room is after entering the Tanzwerk 101 on the right side (glass windows).

Address: Tanzwerk 101, Pfingstweidstrasse 101, 8005 Zurich, Switzerland

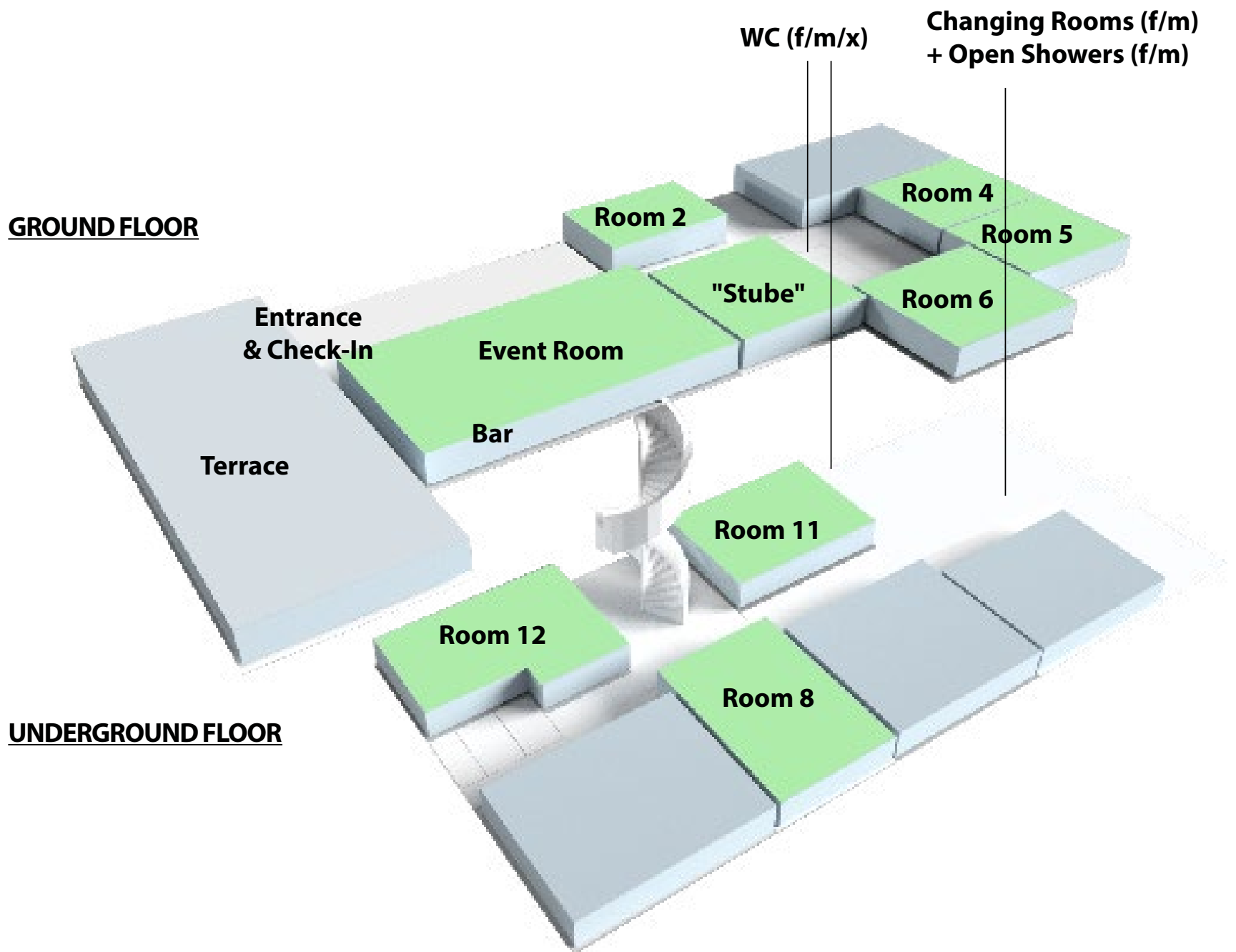
PUBLIC TRANSPORTATION: From ZURICH MAINSTATION station or from HARDBRÜCKE: Take TRAM 4 towards BHF ALTSTETTEN NORD. Get out at the stop TONI AREAL. Cross the road and enter the building with the giant orange M. Transportation schedules are available at www.zvv.ch or www.sbb.ch.

NIGHT TRANSPORTATION: At night, the buses run on Friday and Saturday night from the station HARDBRÜCKE, which is a 10min walk away from the venue building. UBER is available and legal in Zurich.

Open Google Maps



VENUE LAYOUT



DANCER'S DELIGHTS

CLOTHING + SHOE STORE

BY SWING IT! @ Stube

The idea for retro clothes and dancing shoes originated from the necessity of needing them. Swing It! sews garments that they would like to wear themselves and sells them in their stores.

Have a look at their selection of vintage clothing and shoes produced in Poland. Grzegorz and Barbara are looking forward to greeting and helping you find your next favorite piece!



MASSAGE OFFERING

BY RELAAAX MASSAGE @ Event Room + Stube

Dancing and massages have something in common: joy of life and doing something good for yourself. We make both possible together. Give your body and soul some attention during a foot/calf massage, neck massage or back massage with a special discount for Stir it! participants.

Anja and Gregor from Praxis Relaaax are looking forward to meeting you.

CANCELLED
due to illness

The Relaaax and Stir it! team were looking forward to offering you this special and apologize for this circumstance!

CARE TEAM

The concept for the Stir it! festival is to create a safer space for all participants. To do this, we have a team of six people that will be at the festival and that you may chat with at any time (e.g., in case of an injury, questions about the code of conduct, loneliness, etc).

CONTACT

Phone: +41 79 527 80 55

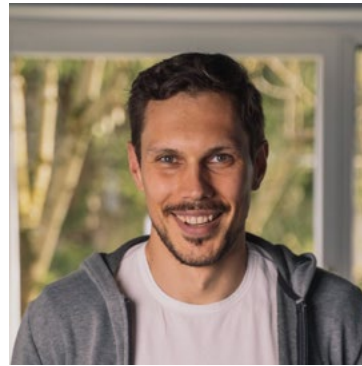
Email: saferspace@stirit.ch

Contact us also via anonymous form.

[CONTACT FORM](#)



ARESKI (they/them)
DE + EN + FR



DIMA (he/him)
DE + EN



HANNA (she/her)
DE + EN



LEVIN (he/him)
DE + EN



SELINA (she/her)
DE + EN



SIMO (she/he/they/none)
DE + EN

What does the Care Team do?

Raise Awareness

By having a Care Team, Stir it! creates awareness about the topics of consent, discrimination and sensitizes all participants to respectful coexistence.

Offering Low-threshold Support

The Care Team is present at the festival site and offers low-threshold ("niederschwellig") services to all participants. Feel free to chat them up at any time about anything.

Enforcing the Code of Conduct

The Care Team enforces the festival's Code of Conduct, which promotes a safer space and comfortable learning and party environment for all participants.

DIVERSITY

Stir it! recognizes that the current constellation of the Care Team does not adequately represent the current Swiss population fully (e.g. lack of people with visible disabilities, black dancers, etc.), possibly creating barriers for support. Nonetheless, we encourage you to take up the offer of the Care Team at your own discretion. You are always free to seek conversations with the team together with a trusted friend or ally. The members of the Care Team will do their best to take into account your needs to the best of their abilities.

USEFUL INFORMATION

EMERGENCY

In case of Emergency and if you can't find us, use these numbers, or go directly to the gate on the First Floor, opposite of the Migros branch. There is Securitas available 24/7.

"Tanzwerk 101" Emergency Number: +41 58 561 51 11

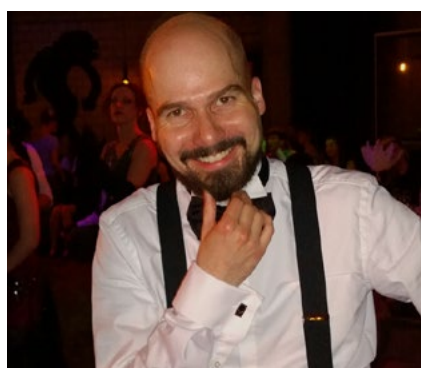
You can also contact us by email or phone:

Michèle +41 79 800 75 87
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Email info@stirit.ch

NATIONAL EMERGENCY NUMBERS

General Emergency 112
Medical Emergency 144
REGA 1414
Fire Safety 118
Police 117

YOUR STIR IT! TEAM



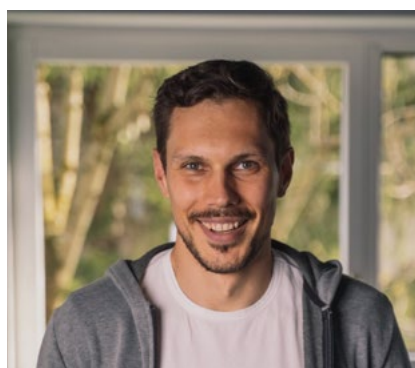
BENI

Volunteering, Hosting



DANJA

Concept, Decoration



DIMA (he/him)

Bar, Food



HANNA (she/her)

MC, Teachers



JOEL

Food



MICHÈLE + CHRISTOPH

Bands, DJs / Registration, Finances



SIMO (she/he/they/none)

Communications

