

ausDANCE
ACT

AUSTRALIAN DANCE WEEK 2026

29 APRIL TO 6 MAY
ausdanceact.org.au

Ausdance ACT proudly celebrates dance in all its forms during Australian Dance Week, hosting the largest program in the country.

This annual celebration shines a spotlight on Canberra's vibrant dance community, showcasing an extraordinary range of events that highlight the diversity and energy of both professional, studio and community dance.

Enjoy a tasting plate of performances, workshops, and activities for all ages, including a variety of low entry fee or free classes and events. Explore the full program in our calendar, keep an eye on updates across our website and social media, and immerse yourself in a week of dance.

Events are listed in date order.

Contact us
ausdanceact.org.au
02 6188 4250 | act@ausdance.org.au

With thanks to our supporters and partners.

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AUSDANCE ACT PRESENTS

**29 April | Ausdance ACT
Australian Dance Week
Opening**



Liz Lea 'Diamond', Photo: O&J Wikner

Join us on top of Mount Ainslie for International Dance Day as we celebrate 2026 Australian Dance Week. Hosted by Ausdance ACT Executive Director Dr Cathy Adamek featuring a special appearance by the Diamonds of Dance Week! Dress in your sparkly best and join us for a celebratory picnic. Traditional welcome and smoking ceremony by Ngunnawal Elder Aunty Serena from Yukkumbruk Dreaming. To be officially opened by Minister for the Arts Michael Pettersson MLA.

**11am | Mount Ainslie Lookout,
Ainslie**

**RSVP essential for catering
purposes by 19 April to
act@ausdance.org.au**

**2 May | Djilba, A Moment in
Time by Floeur Alder and
Virginia Ward**



Photo: Michael Juliff

A powerful solo performance born on Menang Noongar Country, DJILBA: A Moment in Time captures the energy of seasonal change.

Created by Floeur Alder and Virginia Ward, this evocative work weaves dance, poetry and imagery in celebration of Djilba — the time of renewal and transformation.

Inspired by WA's Rainbow Coast and guided by Menang Elders, the performance

honours the spirit of Waychinicup, Many Peaks, Porongurup and Little Beach. An intimate, moving experience of place, culture and season.

"Floeur has family dancing roots deep in the ACT and magical Mirramu on the bank of Lake George, is the perfect setting for Djilba's dance in nature aesthetic" - Dr Cathy Adamek

Presented by Ausdance ACT, staged with the support of Mirramu Arts Centre, produced by Kiri Morcombe.

**3pm | Mirramu Creative Arts
Centre, Bungendore, NSW**

Bookings: events.humanitix.com/djilbaatmirramu

**3 May | Floeur Alder
Floorebarre &
Contemporary Workshop**



Photo: Susanna

Expand your movement horizons this Australian Dance Week with acclaimed artist Floeur Alder.

Enjoy a warm and welcoming class where you'll explore new ways of moving and develop flexibility at your own pace.

The session features the rare Floorebarre technique—a floorbased blend of yoga and classical ballet that builds strength, flexibility, and rotation.

With an international lineage, Floorebarre is taught exclusively in Australia by Floeur, one of only a handful of practitioners worldwide.

Followed by an accessible contemporary technique class and creative elements drawn from Djilba.

Open to participants aged ten years and over with some dance or yoga experience, this workshop supports injury recovery and enhances everyday mobility.

Presented by Ausdance ACT.

**10.30am | D Block,
Gorman Arts Centre**

**Bookings:
bit.ly/4sUFulr**

**3 May | POINTE, Dancing
on a Knife's Edge**



Photo: Jon Green

Dancer Floeur Alder, daughter of ballet luminaries Lucette Aldous and Alan Alder survives a brutal attack. While physical wounds heal, trauma stirs turbulent past memories, sparking a deeply personal quest to find her place in the dance world.

Q&A following the screening with Floeur Alder moderated by Ausdance ACT Executive Director Dr. Cathy Adamek joined by a panel of experts from the ACT. The session will both provide insight into the film as well as explore the power of dance and healing.

A documentary by Dawn Jackson, presented by Ausdance ACT in collaboration with the National Film and Sound Archive.

**2pm | ARC Cinema, NFSA
ACTON**

Bookings: tickets.nfsa.gov.au/Events/POINTE-Dancing-on-a-Knife-s-Edge-Q-A

**6 May | Ausdance ACT
Networking Morning Tea**



Photo: Supplied

Ausdance ACT's popular networking morning tea returns for Australian Dance Week, featuring special guest speaker Shannon Kolak, Chief Executive Officer of ACT Down Syndrome & Intellectual Disability.

Shannon will explore what inclusion in dance means, giving practical advice to studios and teachers.

Inclusion can look different from one studio to another—there is no single "right" way to welcome dancers with disability.

Dance studios, teachers, independent artists, administrators, Ausdance members—everyone is invited to join.

**10.30am | Main Hall,
Gorman Arts Centre**

**This event is free to attend
though RSVPs are essential
for catering purposes:
act@ausdance.org.au**

PERFORMANCES, EVENTS & WORKSHOPS

**29 April | Quantum Leap
Australia: Behind the
Scenes**



Photo: O&J Wikner Photography

You are invited behind the scenes with Canberra's own nationally renowned dance company for young people - Quantum Leap Australia. Join us in our theatre for unique insights into our weekly Creative Lab workshops with our senior dancers, refreshments, and a chat.

**6.30pm | A Block Theatre,
Gorman Arts Centre**

More info: events.humanitix.com/bts-creative-lab-quantum-leap-australia

**30 April | Elevate School
Dance Competition**



Photo: Dania Moje

This is a friendly competition open for all high schools and colleges in the ACT. Students are there to have fun, support one another and build our dance community in Canberra.

Styles: Street/Hip-hop, Contemporary/Lyrical, Jazz, and Open. Group entries only.

**10.30am | Erindale Theatre,
Wanniassa**

**More info:
danialharrison@ed.act.edu.au**

**Register:
bit.ly/4s8jm6W**

**1 May | ZEST Dance for
Wellbeing Let's Dance**



Photo: Lorna Sim

ZEST Dance for Wellbeing is offering a free class for people new to ZEST classes.

Let's Dance, inspired by music from the stage and screen. Try this fun and accessible dance class which includes seated and standing options. Taught by a team of highly experienced and dedicated dance artists, ZEST are leaders in the ACT for mixed ability classes. Bookings not required.

**12pm | Belconnen Arts
Centre**

More info: zestdwb.blogspot.com

**2 May | Folk Dance
Canberra World Dance
Display and Workshop**



Photo: Katerina Kormusheva

Folk Dance Canberra will present a display of folk dances from a variety of countries and then give you the opportunity to join in and try some dances. This free event is open to all ages.

Bookings not required.

**10am | Little Burley Markets,
Commonwealth Place,
Canberra**

**More info:
folkdancecanberra.org.au**

PERFORMANCES, EVENTS & WORKSHOPS COME AND TRY, TRIALS AND FREE CLASSES

2 May | Fizzy Issy presents The Hip Hop Civic Cypher



Photo: James Cubillo

Wanna know what real Hip Hop is? In the heart of the city, we invite everyone to experience hip-hop LIVE - we're talking music, dance, art & culture. Featuring a live band, breakdancing, rapping, battles, DJing & graffiti art-join us for the cypher!

11.30am | Garema Place, Civic

More info:
[@thehiphopciviccypher](https://www.instagram.com/thehiphopciviccypher)

2 May | Debora Di Centa / ISEMS PROJECTS Dance & Healing Workshop



Join international dance artists Debora Di Centa, Fleur Alder, and Grace Peng as they come together to share their unique practices in movement, sound, nature, and healing—a special event open to all experience levels, 18 years plus at Mirramu Creative Arts Centre.

10.30am | Mirramu Creative Arts Centre, Bungendore NSW

Bookings:
bit.ly/4bdv8XI

Photo: O&J Wikner Photography, Danceology, Gordon Becker Photography

2 & 3 May | Shadows from Heart - Street Performance



Photo: Cristian Contreras

Come along with Yazorupa (Perú) and Deni Domínguez (México), explore the scenic possibilities of fusing contemporary dance, improvisation, and shadow theatre, inhabiting and transforming urban space, while light and shadow make the invisible visible: what does your heart hold inside? Free performance, bookings not required.

7pm | City Walk, Ainslie Place, Canberra

3 May | Synergy Styles Movement Meditation - The Artist Within



Photo: Lilah Gow

Lilah & Steve Gow guide a movement meditation weaving intention setting, breath awareness, and somatic exploration with curated music. Move at your own pace, reconnect with sensation, and integrate through embodied practice. We close with grounding, tea, and nourishing nibbles in community.

10am | Praxis Movement Studio, Campbell

Bookings: <https://events.humanitix.com/movement-meditation-the-artist-within>

4 May | Australian Dance Party Professional Class with Pat Hayes Cavanagh



Photo: Lorna Sim

Pat's class will be open to all dancers, and an opportunity to improvise and move along guided pathways. There will be free movement and learned phrases.

10am | A Block Theatre, Gorman Arts Centre

Bookings: australiandance.party/practice/professional-class/

5 May | Deborah Di Centa / ISEMS PROJECTS Somatic Dance Movement Open Class



Photo: O&J Wikner Photography

Join Debora Di Centa to experience, express and explore your body-mind connections. Open yourself to deepen awareness and understanding of yourself through free movement, somatic exercises, cognitive and kinaesthetic connections. Dance and mindful movement bring new understanding, health, and wellbeing. Ages 18+ and above, no experience needed.

7.15pm | Dance Development Centre, Spence

Bookings: eventbrite.com.au/e/adw26-somatic-dance-movement-open-class-tickets-

29 April | FREE Open Class with Fresh Funk



Photo: Martin Ollman

Fresh Funk's Open Class is commercial hip hop and features a different tutor and new routine each week. It is a fun class to work on your choreo pick-up and just enjoy dance! Recommended for dancers 12 years to adult (previous experience required.)

7.15pm | Tuggeranong Arts Centre, Greenway

More info: tickettailor.com/events/tuggeranongartscentre/1990934

29 April & 6 May | DanceFit with Henry



Photo: Supplied

DanceFitness with Henry is a 2-hour inclusive class that combines upbeat fitness routines with a 30-minute freestyle disco at the end. The aim is to build strength, balance and coordination while boosting confidence, independence, and social interaction. No individual support is provided, please bring a support person if required.

Suitable for ages 18+.

4pm | Tuggeranong Southern Cross Club, Greenway

Bookings: dancefitwithhenry@gmail.com

29 April - 6 May | Canberra Dance Theatre FREE Trial Classes



Photo: Peter Hislop

CDT offers classes and performance opportunities for adults in a range of dance styles including Contemporary and Ballet, Contemporary Belly Dance, and Hilal Dance. Have fun while you improve your ability to move your body and explore your creativity.

Canberra Dance Theatre, Canberra City

More info: canberradancetheatre.org

29 April - 6 May | A Week of FREE Classes with Pointe2Pointe



Photo: Natalie Pearce

Ever wanted to try dance classes for the first time or to try a new style of dance? Then get along to Pointe2Pointe's Open Week. Free classes for all (12 months to adult) - take one or take them all!

Pointe2Pointe Dance Studios | Gungahlin

More info: pointe2pointe.com.au

29 April - 6 May | DC Fit - Adult Dance Classes



Photo: Supplied

Join DC Fit for a FREE Dance & Fitness class during Australian Dance Week! Experience the joy of movement in a welcoming community and high-energy studio environment. Choose from a range of fun styles including Heels, Commercial, Lyrical, Hip Hop, K-Pop, Jazz, Ballet, Burlesque, Barre, Limbering and Bounce.

Dance Central Studios | Phillip

More info: dance-central.com.au/workshops-and-events/ausdance-week

29 April - 6 May | Dance Central FREE Classes



Photo: Supplied

Join DC for a FREE dance class during Australian Dance Week!

Experience the joy of movement in a welcoming community and high-energy & positive environment.

Choose from a range of fun styles including Ballet, Jazz, Hip Hop, Lyrical, Contemporary, Acro, Tap and more!

Dance Central Studios | Phillip

More info: dance-central.com.au/workshops-and-events/ausdance-week

29 April - 6 May | Blueberries - Parent + Toddler Program



Photo: Supplied

Join Blueberries for a FREE Dance, Music & Drama class with your 2-4-year-old! Experience our fun-filled, action-packed program in a safe, nurturing environment and vibrant community designed especially for little ones. Each class introduces children to movement and creativity through elements of Jazz, Ballet, Yoga-lates, Music and Drama.

Belconnen Arts Centre + Dance Central Studios | Phillip

More information: dance-central.com.au/workshops-and-events/ausdance-week

29 April - 6 May | 6th Position Open Week



Photo: Billy Dunham

Always wanted to try dance or maybe you did as a kid and always wanted to get back? Come try a FREE class at our inclusive studio. From complete novices to advanced dancers, we have a class for you!

6th Position Studios | Mitchell and Canberra City

More info: 6thposition.com.au

29 April - 6 May | The Training Ground FREE Trial Classes



Photo: Eliza Swiderski

The Training Ground is throwing open the doors — free trial classes across all styles. Contemporary. Jazz. Ballet. Tap. Acrobatics. Tinies Dance. Taught by industry professionals who care. Fun, supportive and seriously good. Come see what sets us apart.

The Training Ground Studios | Phillip

More info: thetraininggroundact.au

30 April, 1 + 5 May | Adult Beginner Ballet at MAK'S Ballet Studios



Photo: MAK'S Ballet Studios

Join MAK'S Ballet Studio Director Matthew Shilling for an adult beginner ballet class. Matt brings a wealth of experience from a career spanning over 30 years as a professional dancer, teacher, and director. Get a free taste of MAK's adult dance program in a nurturing and inspiring environment for dancers to develop their technique and artistry.

**30 April 7.30pm
1 May 12.30pm
5 May 7pm | MAK'S Ballet Studios, Mitchell**

More info: maksballet.com.au/danceweek