



29 APRIL TO 5 MAY

ausdanceact.org.au

Canberra's dance scene is abundant and thriving and Ausdance ACT celebrates and promotes dance in all its forms every year during Australian Dance Week. Hosting the largest Australian Dance Week program in Australia, Ausdance ACT throws the spotlight on a diverse local dance scene from studio classes, workshops, and activities for all ages with a range of free classes and events.

Plan your week here with the calendar, check for updates on our website and social media and immerse yourself in dance!

29 April | Ausdance ACT Australian Dance Week Opening

Join us on International Dance Day as we celebrate Australian Dance Week. To be officially opened by Minister for the Arts Tara Cheyne MLA.

Featuring Australian Dance Party's Co_Lab:24, the premiere screening of 'Hillscape', with short films from Dance.Focus and Dancecology.

From 6pm | Canberra Museum and Gallery, Cnr London Circuit and City Square

Strictly limited availability. RSVP essential by April 24 to act@ausdance.org.au

AUSDANCE ACT PRESENTS

30 April and 1 May | Co_Lab:24 presented by Australian Dance Party



Photography: Andrew Sikorski

In a movement, sound and visual feast, ADP dancers and guests, music and visual collaborators, transport you into the deep listening and abandon of live, improvised performance.

Co_Lab: 24 is a commission for Ausdance ACT's Australian Dance Week with support from Canberra Theatre Centre's New Works Program and Australian Dance Party.

6.30pm | Courtyard Studio, Canberra Theatre Centre

Bookings: canberratheatrecentre.com.au/show/co_lab-24

1 May | Ausdance ACT Networking Morning Tea



A great opportunity for our sector to gather, exchange ideas and experiences. Everyone is welcome!

Hosted by Ausdance ACT Director Dr Cathy Adamek. We will be chatting about the current hot topic, Safe Dance ® practice.

10.30am - 12pm | Main Hall, Gorman Arts Centre, 55 Ainslie Ave, Braddon

The is a free event. RSVP to act@ausdance.org.au

4 May | Ausdance ACT presents Fabulous Fan Veil Dancing with Jazida



Photography: Captivatae Photography

Join Jazida in this open workshop where we will explore dancing with silk fan veils.

These beautiful props will be provided in class to borrow and will bring a fun burst of dynamic colour to the room.

1pm - 3pm | Ralph Wilson Theatre, Gorman Arts Centre

This is a FREE event, registration required via Humanitix

29 April - 3 May | ZEST Dance for Wellbeing Tasters



Photography: Lorna Sim

Try a ZEST Dance for Wellbeing class for FREE during Dance Week. Classes are designed for adults who want to keep their body and brain active and healthy, regardless of their mobility, skill, age or experience. Have fun, feel good!

Various times and locations across Canberra

See full list of classes at: ausdanceact.org.au/zest-dance-for-wellbeing

COME AND TRY, TRIALS AND FREE CLASSES

29 April - 5 May | Bom Funk Free Trial Week



Photography: LB Portraits

Bom Funk Dance Studio is offering FREE trial classes during Dance Week!

Bom Funk Dance Studio (Queanbeyan & Jerrabomberra)

Registrations required: bomfunk.com.au/trials

29 April - 5 May | Trial Classes at Canberra Dance Theatre



Photography: Andrew Sikorski

CDT offers a range of classes and performance opportunities for adults. Have fun while you improve your ability to move your body and explore your creativity.

CDT, 1 Kingsley St, Acton (cnr Barry Drive)

**For more information: canberradancetheatre.org
29 April - 5 May | Free Trial Classes at Dance Central**



Photography: Dance Central

Enjoy a FREE class for you and your friends at Dance Central! We offer inclusive, positive and encouraging classes in a high-energy environment.

Dance Central Studios, 13-15 Altree Court, Phillip

For more information: dance-central.com.au

29 April - 5 May | Free Blueberries Class



Photography: Dance Central

Enjoy a FREE class for you and your child at Blueberries, Canberra's homegrown; dance, music and drama program! It's the most fun you can have with a toddler in a jam packed hour! There are over 20 weekly classes to choose from across Woden & Belconnen.

Dance Central Studios, 13-15 Altree Court, Phillip and Belconnen Arts Centre, 118 Emu Bank

For more information: dance-central.com.au/classes/blueberries/

29 April - 5 May | Free Trial Classes at Dance Central



Photography: Dance Central

Enjoy a FREE class for you and your friends at DC Fit, dance and fitness classes for adults! Discover your favourite style by trialling Hip Hop, Heels, Sass Jazz, Burlesque, Commercial, Ballet, Contemporary, Tap, Broadway Jazz & Limbering! Why not try the signature fitness class like Bounce or Barre? DC Fit offers inclusive, positive and encouraging classes in a high-energy environment.

Dance Central Studios, 13-15 Altree Court, Phillip

For more information: dance-central.com.au/classes/adult/

29 April - 5 May | Free Trial Classes at The Training Ground



Photography: Eliza Swederski

Free Trial Classes for all Junior, Beginner and Intermediate Classes.

Attend 2 classes for the price of 1 - Beginner Latin & Fit to the Core.

The Training Ground Junior Technical Program Taster. Come and enjoy a range of dance styles in one convenient taster class.

14 Colbee Court, Phillip

For more information: thetraininggroundact.au

29 April - 5 May | Half Price Trial Classes at 6th Position



Photography: Billy Dunham

New to dance, or maybe you want to get back into it?

To celebrate Australian Dance Week, 6th Position are welcoming and offering brand new students a 50% discount on their 3 week unlimited trial pass.

Use code DANCEWEEKTRIAL at checkout.

6th Position Dance Studios, Level 1, 83 Petrie Plaza and 54 Northbourne Ave, Canberra City

Sign up at 6thposition.com.au/sign-up

29 April - 5 May | Free Trial Classes at MAK'S Ballet Studios



Photography: ESPhotography

MAKS Ballet Studios is offering FREE TRIAL classes for all levels and genres of dance during Dance week!

7.15pm - 8.30pm | MAK'S Ballet Studios, 1/56 Heffernan St. Mitchel

Registration: maksballetstudios@hotmail.com or go to website for timetable

1 May | Open Classes with Fresh Funk



Photography: Tuggeranong Arts Centre

Fresh Funk's OPEN CLASS offers a new choreographic combo each week in commercial hip-hop. Learn a short routine and have lots of fun!

7.15pm - 8.30pm | Tuggeranong Arts Centre, 137 Reed St, Greenway

For more information visit freshfunkdancecanberra on Instagram

30 April | Contact Improvisation Class with Debora Di Centa



Join Debora Di Centa for a Contact Improv Class! Class is open to beginners and experienced dancers. The class will take you through Contact Improv warm-ups, solo improvisation, duo and group exercises.

6.30pm - 8pm | Dance Development Centre, 55 Crofts Crescent, Spence

Bookings via [Eventbrite](#)
30 April | Night of Afro Dance!

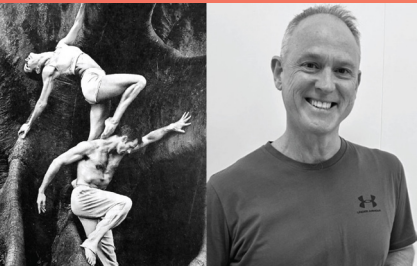


Come and unlock the vibrant rhythms of Afro Dance! Join us and explore the dynamic world of Afro House, Afro Fusion, Amapiano, and more. It's all about the vibes, music and community.

6.30pm | Harrison School, 20 Wimmera Street, Harrison

More information via [email](#)

30 April | Adult Beginner Ballet at 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.

7pm - 8pm | MAK'S Ballet Studios 1/56 Heffernan St, Mitchell

For more information: [maksballet.com.au](#)
1 May | Inclusive Dance Fitness



Inclusive Dance Fitness is suitable for everyone, especially people with an intellectual disability. No prior dance experience necessary, just come along in comfortable clothes and have fun!! No individual support provided, so please bring support person if required.

4pm - 5pm & 5.30pm - 6.30pm | Pearce Community Centre, Collett Place, Pearce

(Located on 1st floor. No wheelchair access.)

Bookings via [Humanitix](#)

PERFORMANCES, EVENTS & WORKSHOPS

1 and 2 May | FREE Beginner World Dance Classes at Folk Dance Canberra



Travel the world of exotic music and dance. Suitable for all levels of dance experience, these two beginner classes offer a wonderful pathway into dance cultures across the globe. Enjoy physical and social well-being through world dance. No partner necessary.

1 May at 7.30pm - 9pm
2 May at 10.30am - 12pm | Folk Dance Canberra Hall, 114 Maitland Street, Hackett

For more information: [folkdancecanberra.org.au](#)

3 May | The Deaf Butterflies ACT



Join the Deaf Butterflies ACT Dance Group, led by dance artist Debora Di Centa, for a fun, inclusive, and creative dance session!

The class will consist of dance exercises, creative and choreographic tasks.

1.30pm - 2.30pm | Belconnen Arts Centre, 118 Emu Bank, Belconnen

Bookings via [Eventbrite](#)

3 May | You Tell Me by Dení Domínguez



An improvisational piece determined by random elements in the environment that surrounds it, instant composition that addresses the topic of migration with contemporary language.

4pm | City Walk

More information via [email](#)
4 May | Escape From Plastika by Australian Dance Party



Australian Dance Party's 'Escape From Plastika' during Dance and Tree Week!

Join dance heroes: Alpha, Delta and Pi, time travel to planet Plastika – formerly known as Earth, and otherwise known as Haig Park, to explore the problem of plastic! Performances are free.

11.30am & 1pm | Haig Park, Masson Street, Turner

For more information: [australiandance.party](#)

5 May | Intro to Kizomba with Kmotion Dance Studios



Originating in Angola, Kizomba will have your hips moving and your bodies swaying to the African rhythms, creating connection with your partner and exploring musical interpretation. No partner or experience necessary.

3.30pm - 6.30pm | 6th Position, Level 1, 83 Petrie Plaza, Civic

For more information: [kmotiondance.as.me](#)

5 May | SHOW US YOUR SAUCE with The Jam Cabinet



Canberra's electrifying street dance community, The Jam Cabinet invites you to 'SHOW US YOUR SAUCE'. Whether you're a seasoned pro or love to groove, everyone's welcome to battle, jam, or simply soak in the atmosphere. Welcome to the Cabinet!

4pm | 12 Garema Place, Canberra City

For more information, visit [Facebook](#)

5 May | Bom Funk Squad Show



Join the Bom Funk Performance Squad to celebrate a decade of 'Squad Life' with the first presentation of their latest routines for the 2024 season! Joined by special guests from Kix Arts Productions - High Kix Cabaret & Tap Kix!

4pm | Erindale Theatre, McBryde Street, Wanniasa

Bookings via [Trybooking](#)

- act@ausdance.org.au
- ausdanceact.org.au
- [ausdanceact](https://www.instagram.com/ausdanceact)
- [Ausdance ACT](https://www.facebook.com/AusdanceACT)
- [@ausdanceact](https://twitter.com/ausdanceact)

BECOME A MEMBER

Join the Ausdance community. Your membership fee goes towards advocacy in dance as well as our programs to strengthen, grow and develop the dance sector.

For more information: ausdanceact.org.au/memberships

Supported by



AUSTRALIAN DANCE PARTY

