



ausDANCE ACT AUSTRALIAN DANCE WEEK 2025

28APRIL TO 5MAY

ausdanceact.org.au

Ausdance ACT celebrates and promotes dance in all its forms during Australian Dance Week and is proud to host the largest program in Australia.

Australian Dance Week turns the spotlight on our incredible local dance scene, with an extraordinary range of events highlighting the diversity and popularity of dance, both professional and community.

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

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

With thanks to our supporters and partners.



AUSDANCE ACT PRESENTS

29 April | Ausdance ACT
Australian Dance Week
Opening



Join us on International Dance Day as we celebrate 2025 Australian Dance Week. Welcome to Country by Ngunnawal elder Auntie Serena from Yukkumbruk Dreaming and opened by Minister for the Arts Michael Petterson MLA. Hosted by Ausdance ACT Executive Director Dr Cathy Adamek featuring: The Stellar Company's Stars in 3D and a special salsa social dance experience with Kokoloco Dance Studio.

6.30pm | Gorman Arts Centre,
Braddon

RSVP by 19 April to
act@ausdance.org.au

29 + 30 April | Stars in 3D by
The Stellar Company



Take a 3-dimensional trip through dance, space, and time. Featuring world first simulations of the universe, Stars in 3D is an exquisite immersive experience founded in extraordinary science featuring the Chamaeleon Collective with special guests Hilal Dance Australia. Presented by The Stellar Company and Chamaeleon Collective, supported by Ausdance ACT through artsACT and Inspiring Australia. 30th April bonus preshow talk by Dr Brad Tucker & Distinguished Professor Susan Scott

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

Bookings: thestellarcompany.com

30 April | Ausdance ACT
Networking Morning Tea



Ausdance ACT's popular and FREE networking morning tea is back during Australian Dance Week! With special guest speaker ACT Public Advocate and Children and Young People Commissioner, Ms Jodie Griffiths-Cook. Jodie and her team will provide advice and guidance regarding the implementation of the ACT Child Safe Standards Scheme.

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

RSVP for catering no's to
act@ausdance.org.au

5 May | Dance Film Workshop
for Schools with Peng Hsiao-
yin Danceecology Taiwan



Learn how to film an original and creative self-portrait video in the form of dance film: the power of using body language and cinematic skills to express yourself. Through the creative process, Peng Hsiao-yin, will guide the participants to design or choreograph movements and gesture to express themselves, and film the choreography with professional filming techniques. The workshop is suitable for students aged 12-18 years and their teachers

10.30am – 12.30pm | Gorman
Arts Centre, Braddon

Bookings: events.humanitix.com/ausdance-act-dance-film-workshop-for-schools?hxchl=hex-pfl

28 April | Australian Dance
Party Professional Class



Bring mobility aids, fidgets, whatever you need. Expect an introduction to the other dancers and the space, exercises and warmups that can be adapted for you, guided improvisation, and a chance to discuss and stretch at the end. All ages, access inclusive.

10 - 11.30am | QL2 Dance
Studio, Gorman Arts Centre,
Braddon

Bookings:
events.humanitix.com/adp-professional-class-2025

29 - 30 April & 1 May |
Canberra Dance Theatre
presents Spiced Lunch



Enjoy vibrant performances by CDT dancers while savouring delicious, affordable vegan lunches at the Food Co-op Café. Then, go next door and check out CDT's timetable of evening and weekend dance classes, during Dance Week free for first time participants.

12.30pm | The Food Co-op
Cafe, 3 Kingsley St, Acton

More information:
canberradancetheatre.org

PERFORMANCES, EVENTS & WORKSHOPS

1 May | Menagerie of
Misfits - Tease Taster



Get ready to unleash your inner sass with Tease Tasters, a fun, flirty, and empowering burlesque workshop series! Hosted by the fabulous Menagerie of Misfits instructors, Scarlett Mustang, Mishka Mink and Callisto Blue, these workshops give you a taste of the art of burlesque while supporting your journey towards body confidence, self-love, and self-awareness. Suitable for 18+ and all inclusive, Tease Tasters is all about celebrating YOU!

5.30 - 8.30pm | F Block
Gallery, Gorman Arts Centre,
Braddon

Bookings:
events.humanitix.com/tease-tasters-ausdance-week

2 May | Loitering & Leaping
in the Library with ZEST



A FREE, fun one hour ZEST: Dance for Wellbeing class at the National Library of Australia. The class is for adults who want to keep their body and brain active and healthy, regardless of their mobility, skill, or age. Everyone welcome - especially older Canberrans. All mobilities welcome. Bookings not required.

Arrive 10.30am, 11am - 12pm
class | National Library of
Australia, Parkes

More information:
zestdwb.blogspot.com

2 May | Dale's Ballroom
Dancing presents Friday
Night Kids Disco



An hour of fun, movement, and socialisation to use the last of your kid's energy for the week!

Expect dances like the Macarena, Nutbush and Cha Cha Cha.

5 - 6pm under 9yrs
6.15 - 7.15pm 9yrs - 14yrs
| Wanniasa

More information:
dalesballroomdancing.com

2-3 May | Rond-De-Jambe
by Mia Rashid



A free public contemporary dance performance, interrogating the borders created between the body and its environment. 'Rond-De-Jambe' - meaning "circle of the leg" - Mia's performance incorporates circularity, whilst exaggerating and subverting its technicality as a balletic movement. No bookings required.

2 May 7pm,
3 May 5.30pm | City Walk,
Ainslie Place, Canberra

3 May | Australian Dance
Party Immerse Labs:
Omer Backley-Astrachan



This workshop will follow a string of tasks and exercises to increase our capacity for attention and open a multiplicity of layers of awareness. We will amplify internal feedback mechanisms and discuss the line between following and rebelling. Suitable for adult current and past dancers.

10am - 1pm |
QL2 Dance Studio,
Gorman Arts Centre,
Braddon

Bookings:
events.humanitix.com/immerse-labs-omer-backley-astrachan

3 May | Folk Dance
Canberra Performance
and Audience
Participation Dancing



Folk Dance Canberra will be performing dances from countries across the globe followed by participation dancing that anyone can join in. Enjoy dancing to the wonderful music and different rhythms of the world!

11am | Little Burley Market,
Queen Elizabeth Terrace,
Commonwealth Place,
Canberra

More information:
folkdancecanberra.org.au

**3 & 4 May | Be reborn by
Deni Dominguez**



A FREE street performance that combines contemporary dance, butoh and improvisation. Inspired by the cycles of nature and the imagery of rebirth it evokes, it's an invitation to consider how else we can perceive this rebirth—through ideas, experiences, or the healing of wounds. Bookings not required.

5pm | City Walk, Ainslie Place, Canberra

3 & 4 May | QL2 Dance presents Garden



Garden - a living, breathing exploration of lineage, rebellion, and resilience. Join us for an immersive double bill of new contemporary dance performance created by James Batchelor (Berlin), Alice Lee Holland (Kamberri) and a cast of young collaborators.

**3 May 6pm & 8:30pm
4 May 2pm & 6pm | The Fitters' Workshop, Kingston**

Bookings:
www.ql2.org.au/garden



Disclaimer: Details correct at the time of publication.

**4 May | Debora Di Centa/
ISEMS Projects Contact Improvisation Event**



Dive into a world of movement and connection at the beautiful Mirramu Creative Arts Centre for an afternoon filled with exploration, creativity, and joy. Whether you are a seasoned dancer or just starting out, this event is open to all levels (18+). Experience the magic of Contact Improvisation in a welcoming and supportive environment. Do not miss this opportunity to connect with others through movement, presence, and expression.

1.30 - 4.30pm | Mirramu Creative Arts Centre, NSW

Bookings: eventbrite.com.au/e/australian-dance-week-2025-contact-improvisation-event-tickets-

5 May | Australian Dance Party Professional Class



Join Sara Black, who will be leading an advanced contemporary class. There will be floorwork and travelling phrases, as well as the opportunity to improvise. This class is suitable for those who have or have had formal dance training.

10 – 11.30am | QL2 Dance Studio, Gorman Arts Centre, Braddon

Bookings:
events.humanitix.com/adb-professional-class-2025

COME AND TRY, TRIALS AND FREE CLASSES

28 - 29 April | FREE Wiggles World of Dance Party



Come and Wiggle and Learn at The Studio International. We are proud to exclusively offer the Wiggles World of Dance in Canberra. Watch your little one learn with us through exploration, confidence, education, coordination, musicality, and passion. Suitable for 18 months - 6 yrs.

11am – 12pm | The Studio International, Fyshwick

More information:
the-studio.international

28 April - 2 May | ZEST Dance for Wellbeing



ZEST classes are for adults wanting to keep their body and brain active and healthy, regardless of mobility, skill, or age. We start sitting on a chair, with options to stand and travel. Previous dance experience or partner not required. Everyone welcome - especially older Canberrans. Bookings not required.

Various times and locations across the ACT are available for you to try - for FREE!

More information:
zestdwb.blogspot.com

28 April - 3 May | Free Trial at The Training Ground



Join experienced dance teachers for a taster in a wide variety of dance classes. For ages 3 years to adults, beginner to advanced, in contemporary, jazz, ballet, acro, tap and street dance!

The Training Ground Studio, Phillip

More information:
thetraininggroundact.au

28 April - 3 May | Bom Funk Studio Free Trial Week



Bom Funk Dance Studio will be hosting free trial classes during Dance Week - come along and try a class or a new style! 18 months through to adults.

Bom Funk Studios | Jerrabomberra and Queanbeyan

More information:
bomfunk.com.au/trials

28 April - 3 May | Free Blueberries Classes



Choose from 15+ morning dance, music, and drama classes for parents and toddlers! Celebrate 20 years of Canberra's most trusted toddler program! Suitable for 2–4-year-olds and their parents.

Join us for a FREE dance class with your toddler! Email your class of choice, and you could win a FREE Term! Exclusive offer for new customers only. Hurry only thirty spots available.

Belco Arts Centre & Dance Central, Phillip

More information: dance-central.com.au/classes/adult-adult-timetable/

28 April – 3 May | Free Classes at Dance Central



Over one hundred dance classes to choose from in hip hop, jazz, ballet, contemporary, lyrical, and tap. Whatever your level or style, we have got something for everyone – do not miss out! Email your classes of choice, and you could win a FREE Term! Exclusive offer for new customers only! Hurry only one hundred free spots available. Suitable for 4- to 17-year-olds.

Dance Central | Phillip

More information: dance-central.com.au/classes/

28 April – 3 May | DC Fit at Dance Central



Over thirty dance and fitness classes to choose from heels, commercial, lyrical, hip hop, sass jazz, to Broadway, ballet, burlesque, tap, and barre. Whatever your style, we have got something for everyone. Join a FREE Dance & Fitness class using the code AUSDANCE25 at checkout, and you could win

a 10-class pass! Exclusive offer for new customers only! Hurry only one hundred free spots available. Suitable for 18+.

Dance Central | Phillip

More information: dance-central.com.au/classes/adult-adult-timetable/

29 April - 3 May | A week of free classes with Pointe2Pointe



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

Pointe2Pointe | Gungahlin

More information:
www.pointe2pointe.com.au

29 April - 3 May | Trial Classes at Canberra Dance Theatre



CDT offers classes and performance opportunities for adults in a range of dance styles including ballet, belly dance, Hilal Dance and contemporary. Have fun while you improve your ability to move your body and explore your creativity. Adults 16 years and over.

Canberra Dance Theatre, Acton

More information:
canberradancetheatre.org

29 April - 3 May | Trial classes at MAK'S Ballet Studios



Join MAK'S Ballet Studios and get a free taste from our youngest MAK'S Mini Movers to our seniors and aspiring elite dancers, we offer exceptional training in classical ballet, contemporary dance, jazz, tap, hip hop, across, and lyrical styles. MAK'S provide a nurturing environment for students of all ages and levels.

MAK'S Ballet Studios, Mitchell

More information:
maksballet.com.au

29 April - 3 May | Adult trial classes at MAK'S Ballet Studios



Whether you are new to dance, returning after a break, or looking to refine your technique at an advanced level, MAK'S is ready to welcome you. Dance offers incredible benefits for both mental and physical well-being, and it is never too late to experience the joy of dance.

MAK'S Ballet Studios, Mitchell

More information:
maksballet.com.au/

29 April – 4 May | Free trial classes at 6th Position



Explore what Canberra's leading adult dance studio has to offer you!

During Dance Week we are providing new students with one free trial class, and for existing students: a discount on all ten-class passes. Code: DANCEWEEK25. Adult dancers aged 16-106!

6th Position Studios, Mitchell and Canberra City

More information:
6thposition.com.au

30 April | Inclusive Dance Fitness with ACT Down Syndrome & Intellectual Disability



Inclusive Dance Fitness is for everyone (aged 16 years plus), especially people with intellectual disability. No individual support is provided, please bring a support person if required. For info, booking or a free class email admin@actdisd.org.au.

4pm – 6pm | Pearce

More information:
downsyndrome.org.au/act

30 April |Free Open Class with Fresh Funk



Come and join in the fun of Fresh Funk's open class! A new commercial hip-hop routine each week, in our unique and energetic Fresh Funk style. For intermediate-advanced dancers 14 years plus (not suitable for beginners).

7.15 - 8.30pm | Tuggeranong Arts Centre Greenway

Bookings:
tickettailor.com/events/tuggeranongartscentre/1483305