



ALL BODIES DANCE PROJECT



CLASS INFORMATION PACKAGE



WHAT IS ALL BODIES DANCE PROJECT?

All Bodies Dance Project (ABDP) is a radically inclusive contemporary dance company based on the unceded territory of the Musqueam, Squamish, and Tsleil-Waututh Nations (Vancouver, BC, Canada). Since 2014, ABDP has been working at the intersection of community and professional dance practice through a process that questions “who has access to dance?” as makers, performers, and audience members.

ABDP invites dancers of all kinds to engage in the endless possibilities of individual and collective movement through classes, performance and mentorship opportunities. In our work differences are regarded as creative strengths as we explore the choreographic possibilities of mobility devices, access needs, and celebrate different ways of moving and perceiving.

ABDP celebrates diversity in all its forms—body, mind, age, gender, background, and experience—and redefines who belongs in dance.



OUR VALUES

Joy

Artistry

Collaboration

Care

Community

Accessibility



INCLUSIVE DANCE CLASSES

All Bodies' accessible and inclusive dance classes are for movers of all abilities, genders, sizes, and backgrounds.

Our goal is to create an open, safe, and fun environment where everyone can experience the joy of moving and creating within a diverse community where differences are celebrated. Classes focus on improvisation and collective composition.

Absolutely no experience or skill is required.

CLASS TIMES AND LOCATIONS

Trout Lake Community Centre

3360 Victoria Drive, Vancouver

Thursday 6:30 pm - 8 pm

The Roundhouse Community Arts & Recreation Centre

181 Roundhouse Mews, Vancouver

Saturdays 2:30 pm - 4 pm

Ready Dance Youth Project at The Roundhouse

181 Roundhouse Mews, Vancouver

Sundays 12:30 pm - 2 pm

Carnegie Community Centre

401 Main St, Vancouver

Saturdays 12 pm - 2 pm

Online in partnership with ConnecTra Society

Online via Zoom

Fridays 12 pm - 1 pm (every other week)

For specific session dates and registration information visit allbodiesdance.ca/classes or scan the QR code





WHAT ARE CLASSES LIKE?

Every class is different, but they often follow a similar structure: an opening circle, warm up, moving through the room, solo, small group and ensemble improvisations, a short break, composition, sharing, and a closing circle.

Classes include music, most often played through speakers, but occasionally live. For those with sensitivities we have ear plugs and noise reducing headphones available. We encourage everyone to have fun, explore, take risks, be silly, and express themselves. During class, you can move as much or as little as you'd like.



Our classes are a place where we all agree to respect, honour, and celebrate our differences, which include differences in our access needs, comfort levels, and desires. We encourage everyone to take care of their own bodies while respecting the choices of others.

ACCESSIBILITY



All Bodies Dance Project celebrates and uplifts all bodies and their access needs. We are committed to being as accessible as possible and we welcome your feedback, questions, and concerns. If you have a specific access request please contact us and we will do our best to meet it. We know that accessibility is an ongoing negotiation.

PHYSICALLY ACCESSIBLE

All our classes are offered in physically accessible locations, including washrooms. We welcome both seated and standing dancers and those who use a mobility device. Everything we do in classes can be adapted to your own body.

ASL INTERPRETATION

We welcome d/Deaf and hard of hearing persons. **ASL interpretation is available upon request** for our in-person classes. Interpreters typically need 2 to 3 weeks notice so please request early. Regardless, we will always try to find an interpreter for you, even at the last minute.

HEALTH AND SAFETY

In order to help stop the spread of germs and keep our community safe, **please stay home if you are sick or have symptoms of sickness**. If you are visibly ill (coughing, sneezing, running nose) in class, you may be asked to leave or step out of the class space. Masks and hand sanitizer are provided.

GENDER INCLUSION

All Bodies Dance is a gender inclusive and trans positive space. We use **gender neutral** language in our teaching and ask participants to practice doing so whenever possible.

Our classes take place in locations that offer either gender neutral washrooms, "gender diverse people welcome" signage, and/or single stall washrooms.

MOBILITY DEVICES AND FOOTWEAR

Wheelchair users are asked to clean and dry off their wheels and chair before entering the studio to keep the floors clean. Standing dancers can wear clean, indoor shoes, socks or bare feet to class. Be aware that there may be wheels moving around you and each location has a different type of floor.

SUPPORT WORKERS

Participants who require one-to-one support must provide their own worker or care-aide. We ask that everyone who is in the room be prepared to dance and participate fully.

SCENT-REDUCTION

Every ABDP class is intentionally scent-reduced. Some dancers, teachers and community members deal with chemical sensitivities/MCS, so please come to ABDP classes and events scent-free.

Scents include but are not limited to things like: cologne, perfume, hair spray, deodorant, dryer sheets, scented laundry detergent, fabric softener, cigarette smoke, essential oils, and so on. **If you come scented, you may be asked to leave for others' safety.**

REGISTRATION, WAITLIST, & LATENESS

Registration for classes at The Roundhouse and Trout Lake Community Centres is done through with the Vancouver Park Board system. It can be done over the phone, in person, or online.

We regularly have waitlists for our classes, so **if you are no longer able to attend please let the community centre know so that someone from the waiting list can join the class in your place.**

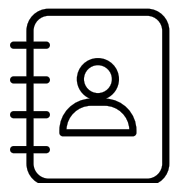
Please arrive on time to that everyone is present for the opening circle. This is when we do introductions and share our access needs for the class. This practice helps us to do our best to safely dance together.

If you arrive late, you may be asked to observe until a moment arises when everyone can check-in. If lateness becomes consistent for any reason you may be asked to discuss whether continuing the class is right for you.

COST

All of our classes are offered for **free** as a way to reduce barriers to participation.





CONTACT



Facebook: @allbodiesdancepage



Instagram: @allbodiesdance



Spotify: All Bodies Dance Project



Website: www.allbodiesdance.ca



Email: info@allbodiesdance.ca



Scan for Website





DID YOU ALREADY TAKE A CLASS?

We'd love to hear how it went!
Please consider taking a short survey

Scan this QR code
to take class survey

