



What is All Bodies Dance Project?

All Bodies' accessible and inclusive dance classes are for adults of all abilities, genders and backgrounds. We strive 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 absolutely no experience or skill is required. Anyone who requires one-to-one support must bring their own worker and we ask that EVERYONE who is in the room participate. **No one is just a spectator!**

Class Structure – What to expect

Each class follows a similar structure (opening circle, warm up, travelling through the room, solo and group improvisations, break, composition, sharing, closing circle) We always begins in a circle where we ask everyone to introduce themselves and tell the group what we need to know order to dance with you today. During class you can move as much or as little as you'd and you should always take care of your own body. Classes include both live musical accompaniment and recorded music. We encourage everyone to have fun, explore, take risks, be silly and express themselves.

Accessibility

Our classes are taught in Vancouver Park Board facilities which are all physically accessible buildings including washrooms. We welcome both seated and standing dancers and anyone who uses a mobility device. If you have any accessibility concerns, please let us know so that we can learn how to make our work more inclusive!

Registration and waitlist

Registration for our classes is run through the community centres that we work in and can be done over the phone, in person or online. Everyone must be registered for class. If you decide that you are no longer able to continue with the class, please notify the community centre right away as we regularly have a waiting list for our classes and would like to offer your spot to someone else.

Scent Free Space

All Vancouver Park Board facilities are scent reduced. As some of are participants experience severe scent sensitivities we ask that people come to class as scent free as possible. This means no perfumes, colognes, hairspray, scented creams and deodorants including essential oils. If you are wearing scents you may be asked to leave in order to ensure that our classes are a safe space for everyone.



Lateness

It is important that participants arrive on time so that everyone is present for the opening circle to hear introductions and access needs from all participants. This practice allows us to establish how 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 feasible.

Pronouns

In the opening circle of each class we ask everyone to state their name and their pronouns. Common pronouns are She/Her, He/Him or They/Them or some people may want to be referred to only by their name. We ask that participants in All Bodies Dance Project make an effort to not assume anyone's gender pronoun and use gender neutral language whenever possible.

ASL Interpretation

ASL interpretation is available upon request for our classes and we welcome Deaf/hard of hearing persons. This means that an interpreter may be present in classes to interpret all of the dialogue. If you wish to communicate with an ASL user, simply speak to them as you typically would and the interpreter will step in. We ask that people try and speak one at a time (and not over top of one and other) in order to make the interpreter's job easier.

Footwear and wheelchairs

Please bring clean, indoor shoes to class whenever possible. Bare feet or socks are also welcome, but just know that there may be wheels moving around you. We ask that wheelchair users do their best to clean and dry off their wheels and chair before entering the studio in order to keep the floor clean.

Keep in touch

Please communicate any concerns or questions you have about classes in person or via email. We are thrilled to have you dance with us!