



## **What is All Bodies Dance?**

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!**

Classes begin in a circle where we ask everyone to let us know if there is anything we need to know in order to dance with them. At this time we learn about how best to dance with other bodies and keep everyone safe. Do not worry, there will be plenty of examples. We then do a warm-up, which leads into various dance activities, a short water break and then we finish with a closing circle. You can move as much or as little as you'd like in class and should always take care of your body.

## **Registration**

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 our 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. This is to ensure that our classes are a safe space for everyone.

## **ASL Interpretation**

Our Thursday and Sunday classes are ASL interpreted and welcome Deaf/hard of hearing persons. This means that an interpreter will be present in classes and will interpret all of the dialogue that takes place during that time. 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 interpreters job easier.

## **Pronouns**

In the opening circle of each class we ask people to state their name and their preferred 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 their preferred pronoun.

## **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.

## **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 make what we do inclusive of everyone!

## **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!