**Welcome to All Bodies Dance Project!**

**Class Information Package 2025**

What is All Bodies Dance Project?

All Bodies’ accessible and inclusive dance classes are for adults of all abilities, genders, sizes, 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!

Core Values

Joy

Collaboration

Artistry

Care

Community

Accessibility

What will the class be like?

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 begin by asking everyone to introduce themselves and tell the group what we need to know in order to dance with you today. During class you can move as much or as little as you'd like.

We ask that everyone please be understanding and compassionate of people’s individual circumstances and personal choices as we cultivate a community of care within All Bodies Dance Project.

Our classes are a place where we 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.

Classes include both live musical accompaniment and recorded music. We encourage everyone to have fun, explore, take risks, be silly and express themselves.

We are thrilled to have you dance with us!

Accessibility

All Bodies Dance Project celebrates and uplifts all bodies and their access needs. We are committed to being as accessible as possible to the most people and we welcome your feedback, questions, or concerns. If you have a specific access request please contact us and we will do our best to meet it.

**Physical Accessibility**

All our classes are offered in physically accessible buildings, including washrooms.

We welcome both seated and standing dancers and anyone who uses a mobility device.

**ASL Interpretation**

ASL interpretation is available upon request for our classes, and we welcome d/Deaf and hard of hearing persons. This means that an interpreter may be present in classes to interpret all 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 another) to make the interpreter’s job easier.

**Gender-Neutral Washrooms**

Whenever possible we choose locations that offer either gender neutral washrooms, "gender diverse people welcome" signage, and/or single stall bathrooms.

**Pronouns**

In the opening circle of each class, we invite everyone to state their name and their pronouns. Common pronouns are she/her, he/him, and they/them. Some people may want to be referred to only by their name.

We ask that participants in All Bodies Dance Project classes try to not assume anyone’s gender pronoun, and use gender neutral language whenever possible. No one will be required to provide pronouns.

**Scent-Reduction**

Every ABDP class, performance, and event is intentionally scent-reduced.

Many of our dancers, choreographers, audiences, and workers 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, freshly painted nails (please do them at least 24 hours before the show), essential oils, things marked with "fragrance" and "natural fragrance," and so on.

If you come scented, you may be asked to leave for others' safety.

**COVID-19 Precautions**

While we are not able to mandate masks at public facilities, we do ask that people who are able to wear masks during class please do so. We want to help stop the spread and we want to help keep each other and our communities safe.

**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.

Wheelchair users: please clean and dry off your wheels and chair before entering the studio to keep the floor clean.

Registration, Waitlist and Lateness

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.

If you decide that you are no longer able to continue with the class, please notify the community centre right away so that someone from the waiting list can join the class in your place.

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.

Contact

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

Email: info@allbodiesdance.ca

Website: www.allbodiesdance.ca

Instagram: @allbodiesdance

Facebook: @allbodiesdancepage

Podbean: All Bodies Dance Project