

auSDANCE
WA

Act-Belong-Commit

DANCE **100**

100

**opportunities to
dance!**

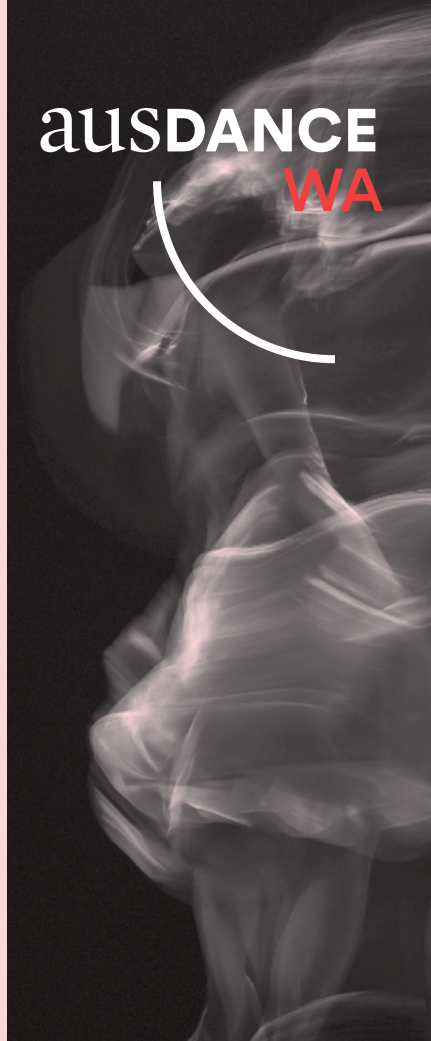


ausDANCE
WA

Proudly brought to you by the team at Ausdance WA.

The leading advocacy and service organisation for dance in Western Australia, Ausdance WA works tirelessly for the sector. Advocating for increased access to and participation in dance, supporting dance artists in their careers and educating the industry to deliver best practice.

As a membership driven organisation, Ausdance WA requires the support of our members in order to maintain effective advocacy and services for dance in Western Australia.



Download a QR code reader to easily access the links throughout the Act-Belong-Commit Dance 100 program!



Scan Code



Concession



Individual



Organisation

100 free chances TO DANCE IN 2019

Ausdance WA acknowledges that the Act-Belong-Commit Dance 100 Program is being held on the ancestral lands of the Whadjuk Noongar people. We acknowledge the First Australians as the traditional owners of this land and pay respect to their Elders both past and present.

The Act-Belong-Commit Dance 100 program is a large-scale community dance project spanning more than 100 days and offering 100 free opportunities to participate in dance. In metropolitan, outer metropolitan, regional and remote localities across Western Australia, Ausdance WA offers people of all ages and abilities a vibrant range of free classes, workshops and

events. Ausdance WA has been partnering with Healthway to deliver the Act-Belong-Commit Dance 100 program for over many years. This partnership is built on our shared passion for dance and our belief in the health benefits dance can provide. Being active, having a sense of belonging, and having a purpose in life all contribute to happiness and good mental and physical health and

wellbeing. Our theme for the 2019 program is that everybody has the ability to dance, they just need the opportunity to release this spirit. This spirit is represented in the colourful dancing silhouettes featured throughout the program. Ausdance WA also acknowledges the generous support and sponsorship provided by the City of Perth.

Act-Belong-Commit Dance 100 Activities

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PRINCIPAL ACADEMY

OF DANCE & THEATRE ARTS

**ADVANCED DIPLOMA OF
PERFORMING ARTS**

52749WA

**DIPLOMA OF
PERFORMING ARTS**

52748WA

ABOUT US

Our courses are tailored to provide students with the technical and performance skills needed to strengthen their abilities in all three disciplines, thus ultimately producing true 'triple threat' performers.

DANCE - MUSICAL THEATRE - ACTING

PRINCIPAL ACADEMY

187 CARR PLACE, LEEDERVILLE, WA

WWW.PAD.WA.EDU.AU





TRIGGERED

Participation Opportunity
Recommended for: Adults 16+

TRIGGERED is supported by Healthway, promoting the Act-Belong-Commit message, and the City of Perth, to provide an extended opportunity to engage with dance.

TRIGGERED partners with *The MOVEs Dance Studio* and *King Street Dance Studio* to open up their beginners classes to the public for FREE to learn a choreographic commission at King Street Arts Centre.

The classes run weekly over a two month period, culminating in a performance at **Trigger** on Friday, 3 May at the Perth Cultural Centre.

Each dance studio has been commissioned to create a specific choreographic work for **Trigger**, and is designed specifically for beginners or those new to dance.

The program is designed for adults aged 16+.

Class Schedule:

Beginners Kpop

14 March: 7:30 - 9:00 p.m.
21 March: 7:30 - 9:00 p.m.
28 March: 7:30 - 9:00 p.m.
4 April: 7:30 - 9:00 p.m.
10 April: 7:30 - 9:00 p.m.
17 April: 7:30 - 9:00 p.m.
24 April: 7:30 - 9:00 p.m.
1 May: 7:30 - 9:00 p.m.

Beginners Hip Hop

14 March: 5:00 - 6:00 p.m.
21 March: 5:00 - 6:00 p.m.
28 March: 5:00 - 6:00 p.m.
4 April: 5:00 - 6:00 p.m.
11 April: 5:00 - 6:00 p.m.
2 May: 5:00 - 6:00 p.m.



Scan Code

KING STREET



THE MOVES





DANCEDAY

Date: Sunday 28 April 2019

Time: 3:00 - 5:00 p.m.

Location: Forrest Place, Perth



Scan Code

Viewing Opportunity
Recommended for: Everyone

The single largest event in the *Act-Belong-Commit Dance 100* program is **Dance Day** – taking place on the Forrest Place stage on Sunday 28 April 2019.

The launch event for Australian Dance Week and preceding International Dance Day, **Dance Day 2019** will bring audiences together to celebrate the physical, creative and social benefits of dance. The free family-focussed main stage event will take place from

3:00 p.m. showcasing multiple dance styles and featuring performers across all ages and both professional and non-professional dancers.

This event appeals to a wide range of ages and backgrounds due to the diverse program and emphasis on celebration and social inclusion. At the conclusion of the performance the Principal Academy of Dance and Theatre Arts will lead a festive finale for all to

join in and celebrate.

Other Dance Day performers include:

- K2 Dance
- AusAsia Creative Art Academy
- Jhoom Dance Crew
- Ancestrais Capoeira
- Dance In Perspective
- Made In Asia
- The Dance Collective
- Elan Dance Est.
- Danza Viva Spanish Dance Company
- Zhidan Chang Dancing School



Date: Friday 3 May 2019

Time: 5:00 - 9:00 p.m.

Location: Northbridge Piazza

Viewing Opportunity Recommended for: Everyone

The grand finale to Australian Dance Week, Trigger is a visual and interactive spectacular held at the Northbridge Piazza.

The event features interactive software that projects your grooving body live onto the LED screen in a variety of cartoon-like forms. This engages passers-by to dance with the performers and see their movement projected to the big screen. The emphasis of this event is social, active

and creative engagement with dance in an alcohol and smoke free environment.

Trigger collects 'trigger songs' from both the crew and general public alike to create the event playlist, and encourages people to consider what their 'trigger song' might be to get them up and dancing. New in 2019 will be performances from our TRIGGERED choreographic commission partners The MOVEs Dance Studio and

King Street Dance Studio. Trigger will also feature performances from:

- Elan Dance Est.
- Bollywood Dance Studio
- STRUT Dance



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Act-Belong-Commit **Monkeyfunk**



Act-Belong-Commit Monkeyfunk is a workshop series bringing parents and their children together to dance in a positive and safe environment. Exploring creative ways to be active together in all parts of their lives and to build confidence in their interactions.

Facilitated by an experienced dance teacher and live musician, the workshops encourage creative and physical engagement and the development of healthy habits from a young age. The workshop model is flexible and tailored to suit the individual

needs of each community. In 2018 the program was held in Kwinana, Gosnells, Broome and the remote community of Wakathuni.

The program engaged with an audience of over 1500 individuals, spreading the positive message that being active, having a sense of belonging, and having a purpose in life all contribute to happiness and good mental health and wellbeing. Act-Belong-Commit MonkeyFunk

Date: From July 2019

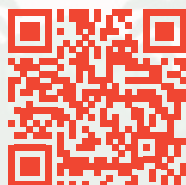
Location: Broome, Kwinana, Gosnells and Wakathuni

**Participation Opportunity
Recommended for: Pre-school aged
children and parents**

even has it's own theme song from composer David Pye, which is danced to at every class!

All programs are due to start in July in the following locations: Broome, Kwinana, Gosnells and Wakathuni.

Registrations directly to wa@ausdance.org.au



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Dance Fit

Date: 17 June - 21 June 2019

Time: Classes in AM & PM

Location: King Street Arts Centre

**Participation Opportunity
Recommended for: Adults 16+**

Dance doesn't have to just be for dancers. Dance Fit is a new pilot project launching in 2019 offering one week of FREE dance-inspired fitness classes to anyone who is aged 16+ and is interested in starting a new healthy habit.

Dance Fit is supported by Act-Belong-Commit and the City of Perth and will bring some of Perth's best fitness instructors into the city to run a diverse range of daily fitness classes.

Scheduled for both before and after work time slots at King Street Arts Centre.

This new pilot project is an evolution and new focus for Ausdance WA to diversify the engagement with dance to the wider community.

No dance experience is required to participate so don't miss out on this free, accessible and positive experience with dance in 2019.

Registrations open May through:
ausdancewa.org.au/dancefit/



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Dance In Country Week

Date: 1 - 5 July 2019

Time: 9:00 a.m. - 5:00 p.m.

Location: King Street Arts Centre

Ausdance WA in partnership with School Sport WA present an annual week-long dance program at King Street Arts Centre for regionally based students.

The dance program offers regional students and their accompanying teachers the opportunity to learn from highly experienced dance artists in a range of challenging dance activities scheduled during the week which include warm up classes, workshops, information sessions, tours and

performances.

The key aim of Dance in Country Week is to provide regional young people with the opportunity to engage in dance development and physical activity with highly experienced dance artists in a safe learning environment that promotes team work and collaborative skill development and a healthy competitive environment where each team member is challenged to achieve their personal best.



Create your own wellbeing



Mentally Healthy WA

Keeping mentally healthy through being creative is just as easy as A-B-C: **act-belong-commit!**

act

paint, play music, read a book, write a poem or create a story, sing, dance, perform, knit a scarf, scrapbook your favourite photos...

belong

join a band, an arts and craft group, book club or drama club, attend performances or galleries with a friend...

commit

enrol in a dance, music, creative writing or drama course, volunteer for an arts organisation or festival, enter a creative competition, commit to rehearsals, learn how to use design editing software...



auSDANCE WA

Level 1, King Street Arts Centre
357 - 365 Murray Street
Perth WA 6000
PO Box 7452 Cloisters Square
Perth WA 6850
T: (08) 9322 6101
F: (08) 9322 6100
E: wa@ausdance.org.au

www.ausdancewa.org.au

