

Sydney Dance Company

Make Your Move

Sydney Dance Company's dance program for adults with mobility restrictions.

15 May – 3 July



‘Over the eight weeks I learnt to trust myself again. I found a new range of movement that I had not previously experienced. I really loved the health benefits. I feel like I trust myself more, I feel like my language is unique and my body has definitely grown because of the program. I could only highly recommend Make Your Move to my friends.’ – Tom, Make Your Move 2017 pilot program participant

[Make Your Move](#) is a series of creative workshops designed to get participants with mobility restrictions moving, making and participating in contemporary dance.

Over the course of the 8 weeks, participants develop skills and confidence in dance movement, and will explore some of the creative processes used in rehearsal at Sydney Dance Company. Sessions include a gentle warm up and a range of creative dance activities in a safe and fun environment.

Participants are encouraged to bring along a friend, family member or carer to dance with them.

Make Your Move is open to adults over 18 years who would like to participate in a dance class, but feel their mobility restriction may currently be preventing them from doing so. Prior dance experience or training is not a pre-requisite and wheelchairs, walkers and mobility aids are welcome.

“We are delighted that after the success of the pilot Make your Move program in 2017, we are able to run 3 more programs in Sydney starting in May. We were overwhelmed with the positive responses from participants about their experiences and personal development through the dance classes. This program plays an important role for Sydney Dance Company in creating accessible classes for all people.” - Caroline Spence, Director of Education & Outreach

Weekly dance sessions are free of charge and run for 8 weeks at three locations:

Strathfield Town Hall, 65 Homebush Rd, Strathfield
Dates: Tuesdays 15 May - 3 July, 10am - 11am

Fitzroy Hall, 22 Church St, Burwood
Dates: Wednesdays 16 May - 4 July, 11.30am - 12.30pm

Fairfield School of Arts, 19 Harris St, Fairfield
Dates: Mondays 14 May - 1 July, 1pm - 2pm

For more information on [Make Your Move](#)

ABOUT SYDNEY DANCE COMPANY

Sydney Dance Company is Australia's leading contemporary dance company, presenting new works in Sydney, around Australia and internationally, under the Artistic Direction of Rafael Bonachela. Since 1985 the Company has been resident in purpose-built studios at Pier 4 in Sydney's Walsh Bay, minutes from the city's famed Harbour Bridge. Its studios house the largest public dance class program in Australia, attracting nearly 80,000 participants each year. A legendary force in contemporary dance in Australia, Sydney Dance Company will celebrate its 50th year in 2019. More information, www.sydneydancecompany.com

Make Your Move is made possible with the support of the [Jibb Foundation](#).

[Check out some images from the 2017 Make Your Move Pilot Program](#)

MEDIA CONTACT

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