

SYDNEY DANCE COMPANY

Adult Classes
Visual Story

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What is a Visual Story?

Visual stories are written in an easy to read format and use pictures to provide greater accessibility for everyone.

This Visual Story has been developed in collaboration with Autism Spectrum Australia.

Visual stories are used to prepare people for a new environment or situation. Visual stories help me to become more familiar with a situation or event, and know what to expect before I attend.

Being prepared and knowing what to expect can help to reduce my anxiety and stress.

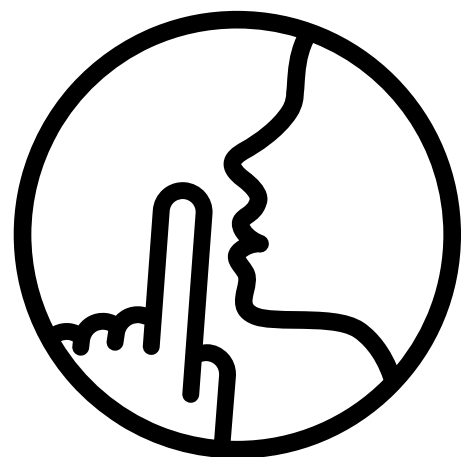
Using this Visual Story

Throughout this visual story you will see icons on pages.

The icons represent different sensory elements of classes.

You can use these icons to help inform which class will be best for you.

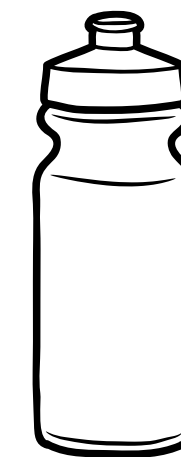
These icons are:



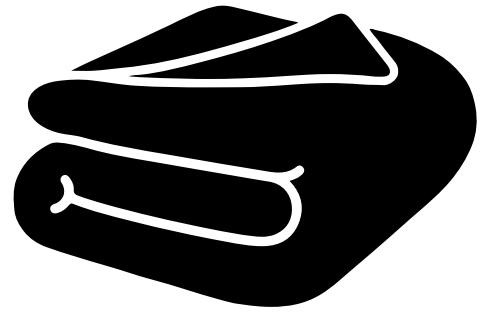
This is a quiet class with no music



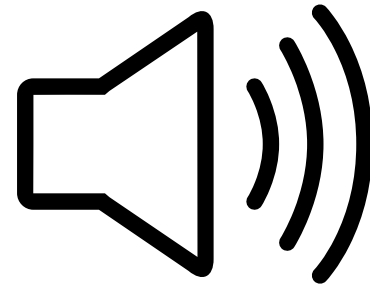
I need a yoga mat for this class



I should bring a bottle of water to this class



I should bring a towel to this class.



This class might be loud with multiple audio.

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This class may involve physical correcting (touching) if I give consent.



I can wear ballet shoes to this class.



This class involves floorwork.



This class involves music.



I can wear tap shoes to this class.

Acknowledgement of Country

Sydney Dance Company is located on Gadigal Country.

Sydney Dance Company is based in Walsh Bay Sydney.

Our studios are situated on the lands and over the waters of the Gadigal of the Eora Nation.

We recognise their continuing connection to the land and waters, and thank them for protecting this coastline and its ecosystems since time immemorial.

We pay our respects to Elders past, present and future, and extend that respect to all First Nations people.

Dance is for everyone!



Everybody is welcome at Sydney Dance Company.

Sydney Dance Company has a broad community beyond the practice and performance of our Company dancers (17 professional dancers in the ensemble).

We believe in the universality of dance, and with the largest public dance class program in Australia, there are more than 70,000 attendances in our dance classes, connecting people with the grace, strength and creativity that lives within all of us.

Everyone can dance at Sydney Dance Company.



About Sydney Dance Company

Sydney Dance Company is a place where anyone can dance.

Professional Dancers known as 'The Company' work at Sydney Dance Company and travel all over the world to perform.

Sydney Dance Company offers adult classes from Beginner to Advanced.

Sydney Dance Company also offers a range of programs for children and young people to experience and learn dance.



Your teachers

My teacher will depend on the style of dance, time and date of class. Sometimes your regularly scheduled teacher might be away. A cover teacher will be there to take your class. You can check the app or the screens when you arrive for class to see who your teacher is.

There are many different teachers at Sydney Dance Company.

Choosing a class

Sydney Dance Company offers a wide range of dance classes.

The levels go from absolute beginner - advanced.

There are classes that focus on different styles of dance.

If I am not sure what level I should book I can contact Sydney Dance Staff who can help me by:

Phone: +61 2 9258 4818

Email: sdcsdc@sydneydancecompany.com



Choosing a level

Open

For anyone to join. There will be a mix of people who are very experienced and absolute beginners.

Introduction

For people who would like to learn the basics of a particular style of dance. Absolute beginners welcome.

Beginner

Classes for people who have little or no experience in dance.
NOTE: sometimes dancers of higher levels join Beginners classes.

It is good to try a level lower if I am not sure
which level is right for me.

Choosing a level continued

Elementary

For people with 2+ years experience dancing this style.

Intermediate

For people with 2-3 years experience dancing this style.

Int/Advanced

For people with 3+ years experience dancing this style.

Advanced

For people with 5+ years experience dancing this style.

ALL LEVELS

I will see this on the page of styles that offer classes at all levels.

Introduction Courses

Short courses teach the basics of a particular style.

Introduction courses run over several weeks (usually 4 or 8 weeks).

There is one class per week.

I can attend an introduction course if I have never danced before, or if I am trying a new style of dance for the first time.



Choosing a style of dance

Sydney Dance Company offers a wide range of dance classes.

The levels go from absolute beginner - advanced.

There are classes that focus on different styles of dance.

If I am not sure what style of dance to book I contact Sydney Dance Staff who can help me by:

Phone: +61 2 9258 4818

Email: sdcs@sydneydancecompany.com



Stretch Class

Stretching is all about moving my body into different positions to improve my flexibility and strength.

My teacher will show me what positions to move my body into.

Sometimes teachers touch students to help them into the right spot. The teacher will ask me if that is ok. If I don't want to be touched I can let my teacher know.

Some of the stretching will be in a sitting position, lying position or from standing up.

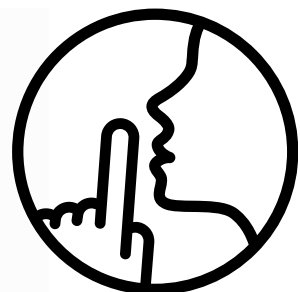
Some stretching feels uncomfortable, and some stretching feels nice. Stretching should not feel painful. If I feel pain I should stop and let my teacher know. I should try to take big deep breaths when I am stretching to help my body relax.

Stretch Class

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Open



Ballet (Classical)

Classical Ballet is a style of dance with steps, poses, and movements including pointed feet, jumping, stretching and spinning.

First, I will warm up my body. Next, my teacher will show me some exercises at a ballet barre. Then, my teacher will show me some sequences to try in the middle of the floor.

Ballet uses a lot of French words to describe things and this is because Ballet was made in France a very long time ago. If I am not sure what a word means, I can ask my teacher to explain it.

Some students might wear ballet shoes to class, I can choose whether I want to wear ballet shoes. If I don't have ballet shoes I can wear socks to class.

If I need to buy some ballet shoes, I can buy them at Sydney Dance Company reception for \$20.00. I don't have to buy shoes if I don't want to.

Ballet (Classical)

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ALL LEVELS



Contemporary

Contemporary is a style that combines different movements from other styles like ballet and jazz. These classes have floorwork, spins and choreography.

First, I will warm up my body. Next, my teacher will show me some exercises that will help me learn the choreography (routine).

Then, my teacher will show me some choreography to try in the middle of the floor.

Contemporary dance has floorwork. This means I will have to get up and down from the floor. If this is difficult for me, my teacher can give me alternative movements.

I shouldn't push myself through pain - it is very important to listen to my body so that I don't get injured.

Contemporary

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ALL LEVELS



Hip Hop

Hip Hop is a street style dance that came from the Bronx in New York City. It is a funky style, with a combination of sharp and fluid body movements.

Hip Hop style dance is used in music by artists like Beyonce, Cardi B, Missy Elliott, Jason Derulo, Kendrick Lamar and Rihanna.

First, I will warm up my body. Next, my teacher will show me some exercises that will help me learn the choreography (routine).

Then, my teacher will show me some choreography to try in the middle of the floor.

If there are movements I find difficult, I can ask my teacher for alternatives.

Hip Hop

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Beginner

Intermediate



Jazz

Jazz dance has changed a lot over the years and is influenced by what is popular.

Jazz dance can be seen in concerts and video clips for pop-stars like Kylie Minogue, Lady Gaga, Beyonce and Dua Lipa.

First, I will warm up my body. Next, my teacher will show me some exercises that will help me learn the choreography (routine).

Then, my teacher will show me some choreography to try in the middle of the floor.

If there are movements I find difficult, I can ask my teacher for alternatives.

Jazz

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ALL LEVELS



JFH (Jazz, Funk & Hip Hop)

JFH is a style performed by dancers who often appear in music videos. It combines elements from jazz, funk and hip hop. JFH routines are choreographed to the latest popular dance songs like Beyonce & Rihanna.

First, I will warm up my body. Next, my teacher will show me some exercises that will help me build strength and learn the choreography (routine).

Then, my teacher will show me some choreography to try in the middle of the floor.

If there are movements I find difficult, I can ask my teacher for alternatives.

JFH (Jazz, Funk & Hip Hop)



Beginner

Intermediate



Latin Funk

Latin Funk combines elements of Latin styles with Hip-Hip and Funk. This class is more about working-out than it is about learning a particular technique.

I will be taken through a range of dance sequences influenced by Latin styles and Salsa.

This class moves at a fast pace because the aim of the class is to get a good cardio work out. This means that I will be copying what the teacher does, rather than learning the routine.

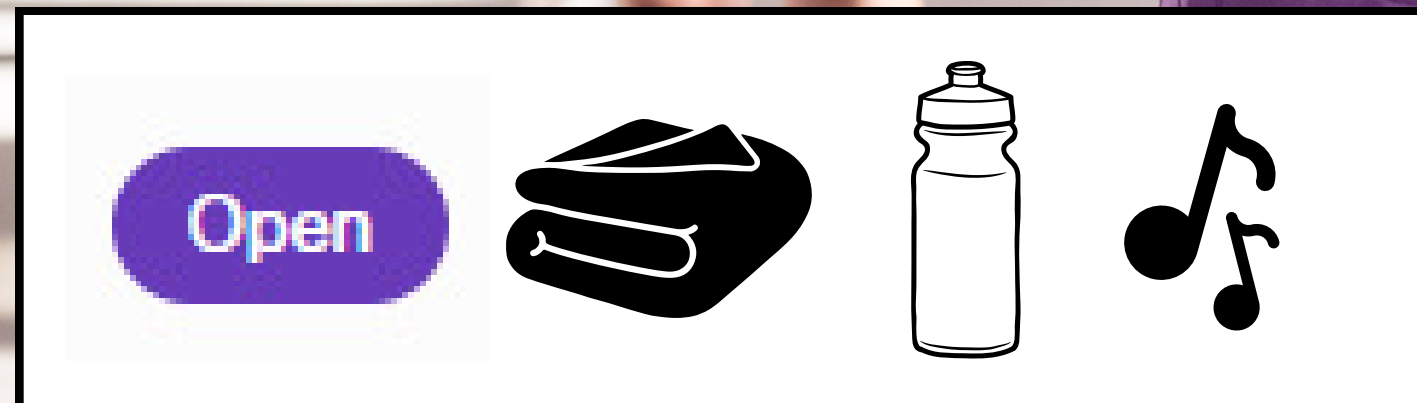
This means I will sweat and might feel out of breath.

I can take a break any time I need.

It's OK if I don't copy the sequences perfectly or miss a step - I can rejoin when I am ready.

Latin Funk

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Lyrical

Lyrical is a slower style of dance that combines Ballet with elements of Jazz. Usually Lyrical style is danced to a slower song or ballad.

First, I will warm up my body. Next, my teacher will show me some exercises that will help me build strength and learn the choreography (routine).

Then, my teacher will show me some choreography to try in the middle of the floor.

Lyrical dance can have floorwork, this means I will have to get up and down from the floor. If this is difficult for me, my teacher can give me alternative movements.

If my class is very busy, my teacher might split the group into two or three smaller groups. This is so that everyone can have enough space to dance.

Lyrical

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Beginner

Intermediate



Pilates

Pilates is not a style of dance, but Pilates classes can help me to build the strength and body awareness to be a better dancer.

Pilates class involves following my teacher through a range of exercises on a yoga mat. Pilates can help me to build my core (middle of my body) strength and flexibility.

Sometimes teachers touch students to help them into the right spot. The teacher will ask me if that is okay. If I don't want to be touched I can let my teacher know.


I can attend a small group Pilates class or book in for a private class where I will be alone with my instructor. The team at reception can help me book this in.

Pilates

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Open



Tap

Tap Dance is a style that uses a particular kind of shoe to flick your feet and create a sound. This means that the class might be quite loud with tapping shoes and music. I might have seen tap dance in musicals or theatre.

First, my teacher will take me through some exercises to warm up my knees, ankles and feet.

Then, my teacher will take me through some sequences and combinations of movements in the style of tap. I might spend some time at the barre and in the centre of the floor.

I will need to wear shoes for tap class. If I don't want to buy a pair of tap shoes I can use shoes with a leather sole and small heel.

Tap

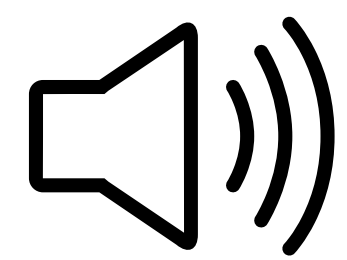
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Beginner

Intermediate

Elementary



55+ years Tap & Jazz

This class is for people aged 55 years and over only.

There is a Saturday Jazz class, and a weekly class on Tuesday that rotates styles, with two weeks of tap and two weeks of jazz style rotating.

I don't have to have dance experience to attend this class, but if I have no experience of tap dance I will find it challenging.

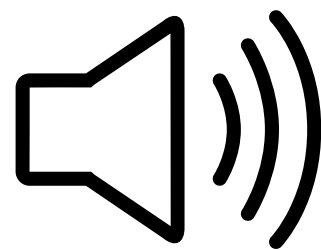
I might spend some time at the barre and the centre of the floor.

I will need to wear shoes for tap class. If I don't want to buy a pair of tap shoes I can use shoes with a leather sole and small heel.

55+ years Tap & Jazz

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Open



Theatre Jazz

Theatre Jazz is a style that came from Broadway in the 1950's. It is a style that is very popular in theatre, especially in musicals like Wicked, Grease and Fame,

First, I will warm up my body. Next, my teacher will show me some exercises that will help me learn the choreography (routine).

Then, my teacher will show me some choreography to try in the middle of the floor.

Routines will usually be choreographed to popular musical songs.

Theatre Jazz

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ALL LEVELS



Pricing



I can choose to purchase one class, multiple classes or a membership to attend classes at Sydney Dance Company. Some of the options for buying classes are;

Single Class (this means I can book into one class)	\$28
5 class pass (this means I can attend any 5 classes as long as they are within 6 months of purchasing the pass)	\$120
10 class pass (this means I can attend any 10 classes as long as they are within 6 months of purchasing the pass)	\$220
In-Studio Membership: Unlimited (this gives me access to unlimited in-studio classes)	\$280 per month
In-Studio Membership: Active (this gives me access to 10 in-studio classes a month)	\$180 per month
In-Studio Membership: Lifestyle (this gives me access to 4 in-studio classes a month)	\$80 per month

How to book

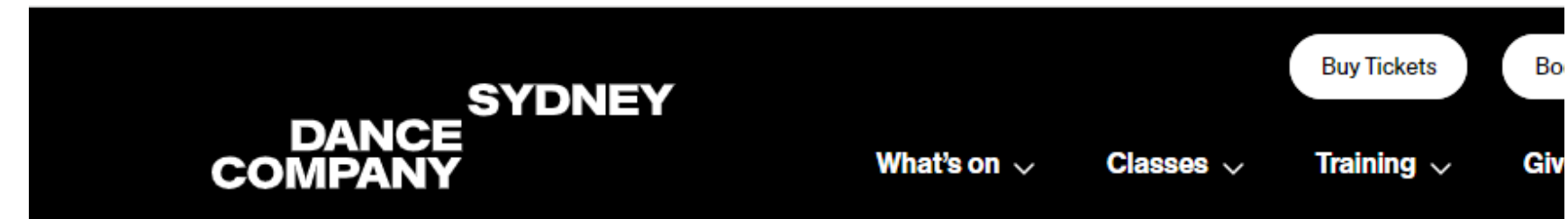


I must book online to attend a class at Sydney Dance.

I can book using the Sydney Dance website, or I can download the Sydney Dance app.

I can book on the Sydney Dance website by [clicking here](#).

I can download the Sydney Dance App by [clicking here](#).



What's on Class Calendar

< > September 2023

Wednesday September 20, 2023

Private Pilates

Open

08:00am - 09:00am

Teacher: Felicity McGee

Class Type: Pilates



What to Wear

I should wear clothes that feel comfortable and are easy to move in to my class.

I can wear a t-shirt and shorts or leggings - similar to gym wear.

The most important thing is that I feel comfortable in what I am wearing.

Depending on what style of dance class I attend, I might need to wear a certain kind of shoes.

If I am not sure I can contact Sydney Dance at:

Phone: +61 2 9258 4818

Email: sdcsydneymdancecompany.com

Hidden Disabilities Sunflower Lanyard

The Sunflower is a globally recognised symbol for Hidden Disabilities

The lanyard is a way that people with Hidden Disabilities can indicate to staff that they may need extra support time and understanding.

It is OK if I don't have a lanyard, I can still get help if I need.

If I already have a Sunflower lanyard I can bring it with me.



Where to find Sydney Dance Company

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Sydney Dance Company is located at
Wharf 4/5 15 Hickson Rd Dawes Point.

The Company is in an old building on a
wharf surrounded by water.

It is important to take care on the wharf so
that I don't trip.



How to get to Sydney Dance Company using Public Transport

I can take the bus to Sydney Dance.

The 324 and 325 buses run from the CBD and stops just outside the Sydney Dance Company Studios. I can check bus timetables by [clicking on this link.](#)

I can travel to Sydney Dance Company by ferry or train. Circular Quay Station and Wynyard Station are a 20-25 minute walk from the studios. (approximately).



How to get to Sydney Dance Company - Parking

Parking at Sydney Dance Company is limited so it is recommended to take public transport or a rideshare like Uber.

There is limited metered parking on the street at Walsh Bay.

There are also parking stations along Hickson Road.

These are:

- Bond One, 26 Hickson Road, Walsh Bay
- Wilson Parking, Barangaroo
- Barangaroo Reserve, 5 Towns Place, Barangaroo



Entering Sydney Dance Company

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When I enter Sydney Dance Company I will walk past a cafe.

The cafe might be loud, busy and have smells of food and coffee.

There might be people having lunch and meetings in this space.

I can wear my headphones while I walk past the cafe if I need.



The Cafe - Mr Jones Walsh Bay

Mr Jones Walsh Bay Cafe is open:
Monday – Saturday
7am – 3pm

The cafe sells tea, coffee and soft drinks as well as sandwiches and salads.

I can buy something to eat or drink from the cafe if I like.

I must finish my food or drink in the cafe area as the studios are food-free areas.

 Wifi available

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Sign In

When I am ready to sign in for my class, I can make my way to the Sydney Dance Company reception desk.

I can use the ipads available at the reception desk to find my class, and my name to sign in.

If I am not sure, I can ask a reception staff member for help.



Toilets & Ammenities

Toilets are located past the reception desk, on the opposite side to the dance studios.

There are lockers inside the toilets, these are for full time students only.

There is a water bubbler available, I can use this to refill my water if I need.



Sydney Dance Company

Studios

Sydney Dance Company have many rooms called 'studios'.

Each studio has a number, this is to help people know where to go. Sydney Dance Company staff will tell me which number studio my class is in. Digital signs outside the studios will also tell me what class is happening in each room.

The studios have mirrors and there are fans inside to keep it cool. They make noise, if I don't like it I can wear headphones.



Entering the studio

When I enter the studio I will take off my shoes and socks.

Inside the studio there is a white, storage unit with cube shaped shelves.

This is where I can put my socks, shoes and belongings.

This is to keep my things safe while I am dancing.

Sydney Dance Company staff can help me if I am not sure.



What is expected

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I AM
KIND

I AM
SAFE



I TRY MY
BEST

I TRY TO
LISTEN



I INCLUDE
EVERYONE



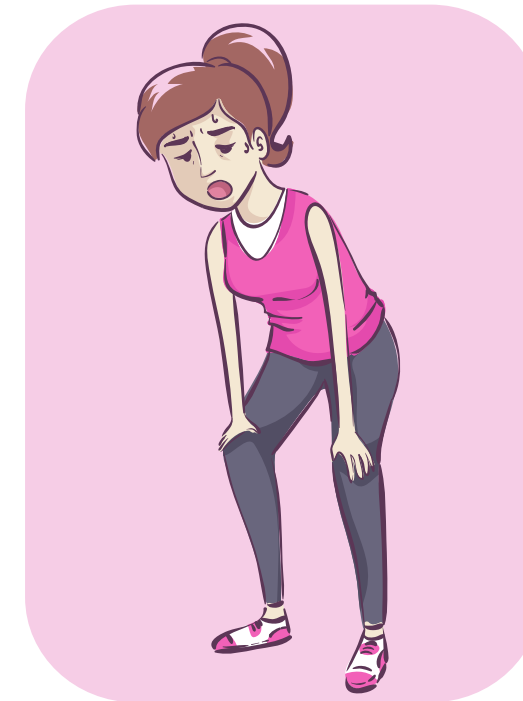
Sensory Information



I might feel hot and sweaty during my dance class. This is normal.



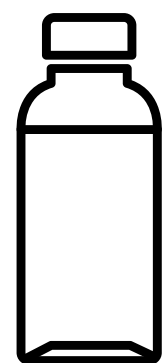
Some of the classes will have music that might be loud



I might feel tired and my body might feel sore after class.



I might move my body in new ways - it is important to let my teacher know if anything hurts.



I can take a break anytime I need to.
I should drink plenty of water.
I can use my headphones if it is too loud.

Leaving Class

When class is finished, I can make my way out of the studios.

I can travel home by car or public transport.

It might be dark when I leave the studios, and public transport routes might have changed.

It is a good idea to plan my trip home before I go to class so I know what to expect.



SYDNEY DANCE COMPANY

**We hope you
enjoy dancing
with us!**