

	AYDF 25 Program Overview <i>(subject to change)</i>	
	Thursday 17th July (Day 1)	
8:30 AM	ARRIVE @ The Space Dance and Arts Centre	
8:30 AM	Registrations (90 mins)	
10:00 AM	Welcome To Country (30 mins)	
10:45AM-11:15AM	Official Welcome (45 mins)	
11:15 AM	All: Festival Buddy activity + Le Bop (75 mins)	
12:30 PM	LUNCH BREAK (60mins)	
	Youth Stream	Professional Development Stream
1:30 PM	Session 1: Youth Dance Workshops x 5 rooms (60 mins) Contemporary House Afro Dance Litefeet Contemporary	Workshop 1: The Starting Point (60 mins) Workshop 2: Teaching Skill Set Youth Dance Focus (90 mins)
2:30PM-2:40PM	Break & Swap Spaces	
2:40 PM	Session 2: Youth Dance Workshops x 5 rooms (80 mins) Partnering Acrobatics at NICA Flinta Contact Improvisation Improvisation	
4PM-4:15PM	Break & Swap Spaces	
4:15 PM	Independent Attendees: Learn a work for AYDF Mix Tape (1 hour, 45 mins)	Company Attendees: Rehearsal time (35 minutes) + The Spark Lab (60 mins)

6:00 PM	END OF DAY		
	Friday 18th July (Day 2)		
	Youth Stream	Professional Development Stream	
8:30 AM	ARRIVE @ The Space Dance and Arts Centre		
9:00 AM	All: Group Warm up (30 mins)		
9:40AM-10:40AM	Session 3: Youth Dance Workshops x 5 rooms (60 mins) Countertechnique Floorwork Musical Theatre/Jazz w_acking Hip Hop	Workshop 3: Safe Dance Practices Building a Secure and Supportive Body (50 mins) Workshop 4: Mental Health Awareness and Strategies for Working with Young People (50 mins) Workshop 5: Evolving Child Safety in Dance (50 mins)	
10:40AM-10:50AM	Break & Swap Spaces		
10:50AM-11:50AM	Session 4: Youth Dance Workshops x 5 rooms (60 mins) Contemporary Floorwork Hip Hop Locking Breaking		
11:50AM-12PM	Come together & then split into 3 x groups for travel		
12PM-1:30PM	Travel to venues (90 mins)		
1:30PM-2:30PM	Excursion Stream 1: Lucy Guerin Inc at WXYZ Studios	Excursion Stream 2: Dancehouse and Street Dance Workshop	Excursion Stream 3: Chunky Move Venue Tour and History
2:30PM-4PM	Travel to venues (60 mins)		

4PM-5PM	Excursion Stream 1: Lucy Guerin Inc at WXYZ Studios	Excursion Stream 2: Dancehouse and Street Dance Workshop	Excursion Stream 3: Chunky Move Venue Tour and History
5PM-6PM	Travel to Dancehouse (60 mins)		
6PM-7PM	All: Watch the "My Black Dog" film at Dancehouse in the Sylvia Staehli Theatre		
7:00 PM	END OF DAY		
	Saturday 19th July (Day 3)		
	Youth Stream	Professional Development Stream	
8:30AM	ARRIVE @ The Space Dance and Arts Centre		
9AM-2PM	Technical Rehearsal for AYDF Mix Tape Session 5: Youth Dance Workshops x 2 (105 mins each) Stephanie Lake Repertoire 4/4 Repertoire	Workshop 6: Connecting with Melbourne's Street Dance Community (90 mins) Workshop 7: Respectful Engagement with Aboriginal and Torres Strait Islander Contemporary Dance (90 mins)	
2PM-3PM	LUNCH BREAK (60 mins)		
3:15 PM	AYDF Mix Tape Dress Rehearsal		
5:30PM-6:15PM	DINNER BREAK (45 mins)		
7:30PM-9:30PM	AYDF Mix Tape Performance (2 hours including 10 minute interval)		
9:30 PM	END OF DAY		
	Sunday 20th July (Day 4)		
	Youth Stream	Professional Development Stream	
9:00 AM	Arrive @ The Space Dance and Arts Centre		
9:15AM-10:15AM	All: Warm up / Partner reconnection / Stretch / Massage / Meditation (60 mins)		

10:15AM-10:30AM	Break & set up for World Cafe Event	
10:30AM-12:30PM	All: World Café Connection Event (120 mins)	
12:30PM-1:30PM	LUNCH BREAK (60 mins)	
1:30PM-2:30PM	Session 6: Youth Dance Workshops x 5 rooms (60 mins) Contemporary Hip Hop (Choreography) Contemporary Krump Improv vs Freestyle	Workshop 8: Connection and discussions of Youth Dance Australia (60 mins)
2:30PM-4:30PM	All: Cypher Event (120 mins)	
4:30PM-5:30PM	All: Festival Wrap Up Session (60 mins)	
5:30PM-6PM	END OF FESTIVAL	

AYDF 2025 Youth Stream Workshop Descriptions *(subject to change)*

Thursday 17th July (Day 1)				
<p style="text-align: center;">Le Bop w Deb Cantoni (75 mins):</p> <p>Le Bop, also known as Modern Jive, has origins that can be traced back to France in the 50's. It was very popular in the nightclubs of Europe. Over time the style has developed to encompass an eclectic mix of hot moves from Jive, Lambada, Dirty Dancing and many other styles of dance.</p>				
<p>Contemporary w Georgia Rudd (60 mins):</p> <p>Designed to activate the mind and body and focus on activation points, isolations and body awareness. Get introduced to ways of moving and challenging coordination, finishing with phrase work.</p>	<p>House with Monique Nightingale (60 mins):</p> <p>Inviting and fun, this class is suitable for beginners and people new to House dance. It's a social, club dance style about freedom, improvisation and feeling the music. Utilising swift footwork, this class is a great introduction to House.</p>	<p>Afro Dance w Grace Kwabo (60 mins):</p> <p>Using west and central afro dance styles from the Congo, Ghana, Togo, Ivory Coast and Angola, this workshop is designed to push people out of their comfort zone. An evolution from traditional African dance styles following the creation of Afrobeats music, come learn the steps & their origins with lots of call & response or following.</p>	<p>Litefeet w Rob Aspinall (60 mins):</p> <p>Developed in the early-mid 2000s in Harlem, New York, Litefeet is an energetic street dance art form that evolved from and includes multiple party dances including the Tone Whop, Bad One, and Harlem Shake. With a fun vocabulary of foundational moves, many of the moves are fast, high-energy, and athletic.</p>	<p>Contemporary w Carly Sheppard (60 mins):</p> <p>This class will engage your muscularity and limber you up for the week. Practice your skills in learning phrase work and movement patterns quickly, all in a fun and positive environment.</p>
<p>Partnering Acrobatics at NICA Studios (80 mins):</p>	<p>FLINTA+ w Naddie (80 mins):</p>	<p>Improvisation w Siobhan McKenna (80 mins):</p>	<p>Contact Improvisation w Emily Bowman (80 mins):</p>	<p>The Spark Lab w Jac Maida (60 mins):</p>

<p>An introduction into connecting with another body and sharing weight. Learn the building blocks to flying/basing and how to use momentum and the body to fly & swirl.</p>	<p>This space is exclusively for FLINTA* dancers— Female, Lesbian, Intersex, Non-binary, Trans, and Agender participants. Learn concepts and create new movement with your own perspective, and in a safe space facilitated by female street dance community leaders of Melbourne.</p>	<p>Go deeper into your improvisation practice. Learn about habits and how to disrupt them/lean into them. How to listen to your impulses. How to make decisions on the fly while focusing on the whole picture.</p>	<p>mins): Learn the basics of contact improvisation. What is it? Where do you start? Learn to listen to your own body and then others, communicating through touch, finding balance and play.</p>	<p>“Finding commonality and prep for the World Cafe” Facilitated by AYDF 2025 Festival Emerging Director Amelia Minh Vu and Yellow Wheel Executive Assistant Jacqui Maida, this session will focus on the dance attendees sharing and discussing common thoughts and issues as the next generation of emerging artists. This session will also work to refine questions in preparation for a segment of Sunday’s World Cafe event. These questions will then be posed to the attendees of the Professional Development stream.</p>
<p>Dance work creation w Rachel Coulson: Choreographic Workshop for Independent Attendees (1 hour 45 minutes)</p> <p>This workshop is designed specifically for independent attendees—</p>			<p>Dance Work Revision: Rehearsal and Connection Time for Youth Dance Company Attendees (35 minutes)</p>	

<p>dancers who are not part of a youth dance company attending the festival as a group. You'll work under the guidance of Rachel Coulson to develop a unique performance piece, which you will showcase as part of the Saturday night AYDF Mix Tape performance. This workshop offers a fantastic opportunity to collaborate, push your artistic boundaries, and perform on stage with fellow independent dancers.</p>			<p>This session is dedicated to Youth Dance Company attendees, offering valuable rehearsal and revision time to revisit, refine, and perfect your performance pieces ahead of the Saturday night show. Under the guidance of experienced instructors, you'll fine-tune your choreography, ensuring your best performance. This workshop also provides a chance to connect with fellow dancers from the YDA community, strengthening friendships, building camaraderie, and enhancing the sense of unity and collaboration as you prepare for an exciting week of festival activities.</p>	
<p>Friday 18th July (Day 2)</p>				
<p>Group warm up w Performance Medicine (30 mins):</p> <p>Warm up for the day, reconnecting yourself and finding your energy.</p>				
<p>Countertechnique w Chimene Steele-Prior (60 mins):</p> <p>Introduction to contemporary dance countertechnique. Learn its origins and how it can assist your body. Work on the 'toolbox' with strengthening and</p>	<p>Floorwork w Rachel Coulson (60 mins):</p> <p>Time to get familiar with the floor and how it holds you. Surrender your weight and let gravity guide the way. Build your skills and practice softening to</p>	<p>Musical Theatre/Jazz w Madeleine Mackenzie (60 mins):</p> <p>Get your spirit fingers out! Have some fun, get loose and inject character and story into your dancing. Learn a bit of Jazz 101 and then put on those leg warmers... it's time to</p>	<p>w_acking w Carolyn Ooi (60 mins):</p> <p>A street dance style with origins from punking; a dance created in the gay clubs of Los Angeles during the 1970s disco era. The style is mainly</p>	<p>Hip Hop w Oliver the Unguided (60 mins):</p> <p>Hip hop is a street dance style that evolved from breaking. This class will cover hip hop freestyle, typically characterised by bounce, rock, groove and isolations.</p>

stretching to progress through the class to end up moving fearlessly through the space.	build your comfort with the floor.	show us what you got.	recognisable by its rotational arm movements and posing, with emphasis on expressiveness and improvised performance.	
Contemporary w Darci O'Rourke (60 mins): Get juicy and get swirly. Work from the ground up, mobilising all the joints in the body. Get lubricated and work through some phrases to feel like you are boneless.	Floorwork w Rachel Coulson (60 mins): Movements performed on the floor, incorporating elements like rolls, slides, sweeps, and transitions between lying, sitting, or kneeling. Explore the relationship between your body and the ground.	Hip Hop w Oliver the Unguided (60 mins): Hip hop is a street dance style that evolved from breaking. This class will cover hip hop freestyle, typically characterised by bounce, rock, groove and isolations.	Locking w Sayo (60 mins): A funk dance style, with the name based on the concept of locking movements, which means going from a fast movement and "locking" in a certain position. It relies on fast and distinct arm and hand movements combined with more relaxed hips and legs.	Breaking w Brian Hong (60 mins): A street dance style and an essential element of hip hop culture, often characterised with top rock, floorwork, footwork, freezes and power moves.
Excursion 1: Welcome and introduction to Lucy Guerin Inc at WXYZ Studios. Watch a film on Lucy's		Excursion 2: Start with a Street Dance Workshop with	Excursion 3: Explore Chunky Move with a tour of the venue and enjoy a presentation by Hannah	

<p>history of work and join Lucy herself in conversation on the history of LGI & WXYZ, plus an opportunity for a Q&A. Bring your questions!</p>	<p>Efren Pamilacan, followed by a chat about Dancehouse and their offerings, youth connections and presenting work.</p>	<p>Brown on the history and current Chunky Move world, chat with an award-winning choreographer in residence and Q&A on everything Chunky Move related.</p>
<p>All-Watch the “My Black Dog” film by Fling Physical Theatre</p> <p><i>My Black Dog</i> is a powerful film exploring youth mental health, particularly in regional areas. Co-designed with young people, it offers an honest portrayal of the struggles adolescents face, from self-worth and body image to social media pressures and unstable homes. The film blends narrative, text, movement, and physical theatre to express both the challenges of mental illness and the connections that support young people. Following a tight-knit Year 10 class, it highlights personal struggles, generational gaps, and under-resourced systems. Rather than offering resolutions, My Black Dog encourages conversation and connection, serving as a catalyst for change in youth mental health discussions.</p>		
<p>Saturday 19th July (Day 3)</p>		
<p>Stephanie Lake Contemporary Repertoire w Stephanie Lake, Kimball Wong and Tra Mi Dinh (105 mins):</p> <p>Get stuck into the choreography of one of Australia’s hottest choreographers. Learn all the moves from a work that has toured the world by one of Australia’s best.</p>	<p>Independent Performance Piece Rehearsal (60 mins)</p> <p>Revise and refresh your choreography and learnt piece before the big performance.</p>	<p>4/4 Repertoire w Kyall Shanks & Nikki Tarling (105 mins): 2 x workshops</p> <p>Boy, I hope you like numbers. Learn about Antony Hamilton’s drifting number-based choreography. How do you isolate body parts and how do numbers become choreography? Learn all about it from some of Hamilton’s finest dancers and then launch into 4/4 rep. A work fresh back from an international tour, relish in having the opportunity to get stuck in</p>

<p>The AYDF MixTape Performance Night-Tech/Dress and Show</p> <p>A glimpse into the variety, talent and breadth of the emerging dance artists entering and contributing to the arts culture of Australia.</p>				
<p>Sunday 20th July (Day 4)</p>				
<p>Warm up / Partner reconnection / Stretch / Massage / Meditation w Beth Lane & Paddy Meesman (60 mins): Relax and regenerate after an adrenaline-fueled performance night. Work in pairs or solo to reconnect with the body and give it some love. If you are comfortable, give and get a bit of touch, stretch out the body and then start doing some light free-thinking movements. Work with a partner to open up new avenues for movement.</p>				
<p>Contemporary w Kimball Wong (60 mins):</p> <p>One last push. Get all the energy you have left out. Dance your heart out. Go nuts. Take it all in then throw it all out.</p>	<p>Hip Hop (choreography) w Nak Assavatheptavee (60 mins):</p> <p>Challenge yourself with integrating hip hop foundations into fun, groovy and intricate choreography.</p>	<p>Contemporary w Tra Mi Dinh (60 mins):</p> <p>One last push. Get all the energy you have left out. Dance your heart out. Go nuts. Take it all in then throw it all out.</p>	<p>Krump w Troi-Sarah (60 mins):</p> <p>Learn about Krump. What is a session? What is hype? Learn the basics and then start doing rounds. Build up your comfortability and then bring that energy onto the floor.</p>	<p>Improv V Freestyle w Zoe Marsh (60 mins)</p> <p>Take your learning and practice, and create from your imagination - movement that is untamed, unfamiliar, yet uniquely made by you.</p>
<p>World Cafe Event (120 mins)</p> <p>World Café Connection Event is a structured, interactive discussion format designed to foster meaningful conversations and idea-sharing in a relaxed, café-style setting. Participants rotate between small groups, engaging in multiple rounds of dialogue on key topics, with facilitators guiding discussions. The goal is to encourage collaboration, diverse perspectives, and the exchange of insights in an inclusive and engaging way.</p>				

CYPHER Event w Oliver TheUnguided and Rob Aspinall (120 mins):

A big last energy exchange. Reflect on everything you have learnt through the week, the styles, the techniques, the energies and the practices. They are now yours, carry them with you and allow them to grow your understanding of dance. Work within your new expanded toolkit to unlock your freestyle, and then share with the group. Watch other people's learnings and progress and hype them up. Move from small cyphers to big cyphers to a free space of exploration. Lead, follow, observe, play, create, explore, guide, embellish, reflect, hype, enjoy and love.