

AYDF 25 Program Overview (subject to change)

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 Workshop (75 mins)	
12:30 PM	LUNCH BREAK (60mins)	
	Youth Stream	Professional Development Stream
1:30 PM	Session 1: Youth Dance Workshops x 4 rooms (60 mins) Contemporary 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 4 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 performance night (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 w Performance Medicine (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 4 rooms (60 mins) Contemporary Floorwork Hip Hop 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 Performance Showcase 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 4 rooms (60 mins) Contemporary 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	

SUBJECT TO CHANGE

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

Thursday 17th July (Day 1)		
Le Bop w Deb Cantoni (75 mins) 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.		
Workshop 1: The Starting Point w Adam Wheeler (60 mins) A space for new educators, aspiring youth leaders, and seasoned dance practitioners to meet and reconnect. New and old members of the Youth Dance Community will give introductions, updates and discuss current contexts of the Youth Dance landscape. What are our current challenges in becoming effective leaders within dance spaces, organizations and communities, and what are we doing to navigate these challenges?	Workshop 2: Teaching Skill Set - Youth Dance Focus w Kyall Shanks (1hr 30mins) Ideal for new educators, dance studio owners, teachers, aspiring youth leaders, and experienced dance practitioners, this workshop will deepen your understanding of working with young and emerging dancers. How do we maintain empathy when we teach in all facets of our practice, whilst still challenging and encouraging self-accountability for our students?	
Friday 18th July (Day 2)		
Group warm up w Performance Medicine (30 mins): Warm up for the day, reconnecting yourself and finding your energy.		
Workshop 3: Safe Dance Practices: Building a Secure and Supportive Body w Performance Medicine (50mins) Join this practical workshop focused on	Workshop 4: Mental Health Awareness and Strategies for working with young people w Will Centurion and Cristina D'Agostino (50mins)	Workshop 4: Evolving Child Safety in Dance w The Commission for Children and Young People (Frances Blair and Ashley Turkenburg) (50mins)

<p>safe movement for dancers. Designed for educators, dance teachers, studio owners, and both pre-professional and professional dancers, it covers injury prevention, warm-up, recovery, and stretching. Participants will gain key insights on safe dance practices, foundational anatomy, and receive Performance Medicine resources, plus post-festival access to the Ausdance VIC Safe Dance PD course.</p>	<p>This workshop explores the importance of mental health awareness when working with young dancers. Learn practical strategies to create a supportive environment, recognise signs of mental health challenges, and foster resilience. Through discussion and guidance, gain the tools to promote well-being and positive engagement in dance settings.</p>	<p>This workshop provides a broad overview of child safety across the country, tracing its progression from past practices to current standards. Rather than focusing solely on regulations, we will explore conceptual approaches to working with young people while ensuring a safe and supportive environment. Participants will gain insight into key child safety frameworks, learn how to access essential resources, and engage in facilitated discussions on practical strategies for identifying and managing concerns. This session aims to equip dance leaders, educators and practitioners with the knowledge and confidence to foster safer spaces for young dancers.</p>
<p>Excursion 1: Welcome and introduction to Lucy Guerin Inc at WXYZ Studios. Watch a film on Lucy's 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>Excursion 2: Start with a Street Dance Workshop led by Efren Pamilacan, followed by a chat about Dancehouse and their offerings, youth connections and presenting work.</p>	<p>Excursion 3: Explore Chunky Move with a tour of the venue and enjoy a presentation on the history and current context of Chunky Move. Includes a chat with an award-winning choreographer in residence and Q&A on everything Chunky Move related.</p>
<p>Viewing of "My Black Dog" film by Fling Physical Theatre at Dancehouse in the Sylvia Staehli Theatre</p> <p><i>My Black Dog</i> is a powerful film exploring youth mental health, particularly in regional areas. Co-designed with young</p>		

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.

Saturday 19th July (Day 3)

Workshop 6: Connecting with Melbourne's Street Dance Community w Geoffrey Lim, Carmen Yih and Monique Nightingale (90mins)

Join us for an immersive conversation exploring the culture of Melbourne's vibrant street dance scene. Designed for dancers, educators, and enthusiasts, this workshop delves into the rich culture, history, and community connections that shape street dance. Engage with local artists, discover key events and spaces, and learn how to authentically connect and contribute.

Workshop 7: Respectful Engagement with Aboriginal and Torres Strait Islander Contemporary Dance w Thara Brown (90mins)

This workshop invites participants to respectfully explore cultural and creative processes in engaging with contemporary Aboriginal and Torres Strait Islander dance practices. Through guided discussion and interactive activities, attendees will gain valuable insights into teaching with cultural sensitivity and respect. The session will support educators, artists, and facilitators in fostering meaningful relationships with First Nations communities to honour their stories and practices through dance.

Attend the **AYDF Mix Tape** dress rehearsal and receive a ticket to the full performance as part of your festival experience. Featuring works from Australia's top youth dance companies and a special piece for independent youth dancers, this two-act showcase presents a dynamic mix of contemporary and street dance styles.

Sunday 20th July (Day 4)

Warm up / Partner reconnection / Stretch / Massage / Meditation w Beth Lane & Paddy Meesman (60mins):

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.

World Cafe Event (120mins)

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.

**Workshop 8:
Connection and discussions with Youth Dance Australia (2x30mins)**

This interactive discussion will give participants an opportunity to grow their community, understand more about the companies that make up YDA, and their ethos.

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

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 shift 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.