

SYDNEY DANCE COMPANY

**Adult Classes
Visual Story**

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.

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.



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

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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.



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.

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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

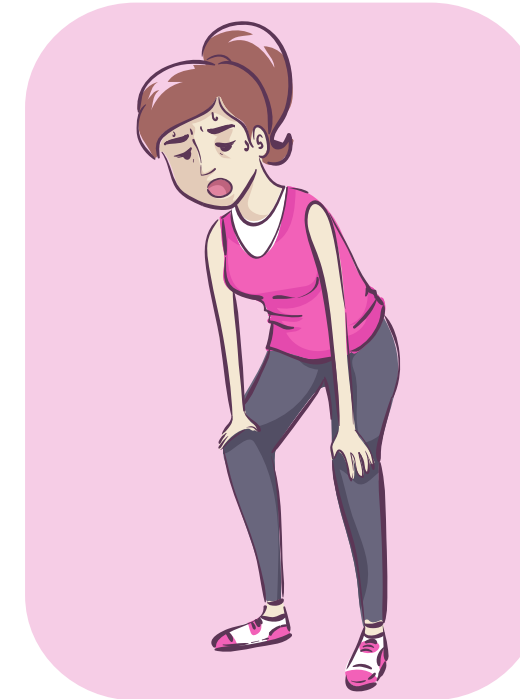
Sensory Information



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



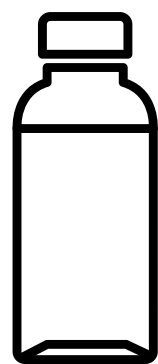
Some of the classes will have music that might be loud



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!**