

# Centre of Creative Arts

## Contemporary Dance



# Contemporary Dance



## THE ACTIVITY

The Centre of Creative Arts (COCA) Contemporary Dance/ Movement module is a series of 24 sessions that will assist you to discover your potential as a performer in a fun and supportive environment.

These sessions will be offered for 6 hours one day a week at your Community Hub.

The first 12 weeks is the Contemporary Dance/ Movement Primary Elective, where you will experiment and learn techniques in:

- Understanding different types of contemporary dance/movement/circus via video examples
- Warming up exercises
- Inspirations/themes
- Music/sound inspirations
- Mirroring movement
- Improvisation
- Rehearsing pieces.

You can then begin a follow up 12 week Secondary Elective such as Organising a Performance Event.

At the end of the 25 weeks you will:

- Perform in a community event
- Develop your own characters
- Prepare 3 performance pieces
- Understand how to perform as a group
- Collaborate with musicians
- Be familiar with types of performance venues and festivals
- Be familiar with performance stage craft.



## BENEFITS

- Assisting functional therapeutic goals
- Cognitive stimulation
- Memory development
- Appreciation of rhythm and timing
- Emotion regulator
- Development of range of movement
- Experimenting with choreography
- Sense of belonging
- Development of gross movements and fitness
- Improved attention and concentration
- Knowledge of different movement styles
- Coordination skills
- Experimenting with body movement
- Express emotions and imagination
- Working as a group /collaborating and communication with others
- Confidence/self expression



## MORE INFORMATION

For more information talk to your Multicap Hub Service Leader, call 1300 135 886 or email [coca@multicap.org.au](mailto:coca@multicap.org.au)



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HIGH NEEDS DISABILITY SUPPORT

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