



Classes Open  
To Everyone!

Restless  
Dance  
Theatre

Classes tailored for  
neurodiverse + disabled  
participants.

Since 1991

# DANCE CLASSES

# ABOUT US

Restless Dance Theatre is Australia's leading force in inclusive contemporary dance. On stage, on film and in unexpected spaces, we create bold, visually arresting dance theatre that challenges convention, shifts perspectives and redefines what virtuosity looks like. Through early engagement programs, rigorous training and professional pathways, we build meaningful, sustained careers for neuro-divergent and disabled artists.

No Experience  
Necessary

Everyone  
Is Welcome!

# OUR CLASSES

Our weekly classes cater for participants aged 4 and above. Our foundation classes have been running in the city since 1991, and we are now expanding across South Australia.

Classes provide a social, recreational, and creative space where people come together to explore, grow, and have fun. Participants will discover their creative abilities and learn basic dance techniques. These classes involve creative movement exploration in a safe and fun environment where the student's ideas become dance.

We nurture each participant's unique creative voice and encourage authentic self-expression in true 'Restless' style. Our approach celebrates individuality, placing less emphasis on strict technique and competition.

Participating in our classes provides therapeutic benefits which encourage independence and social inclusion. Participants gain confidence, life-long friendships and potential career pathways in the arts.

**“I feel like confidence is the biggest strength everyone comes away with. Even just one workshop, they walk away standing taller and smiling larger.”**

— Bonnie Williams, parent

# WHY DANCE?

Our program evaluations highlight multiple positive outcomes:

## Physical



Improved fitness, coordination, range of movement, sensory integration and body awareness.

## Artistic



Through the artistic process, dancers develop powers of creativity and their imaginations are stimulated.

## Emotional



Restless is a safe place where dancers can express and process complex emotions and learn to manage thoughts and feelings.

## Intellectual



Restless dancers develop their working memory, imagination, generation of ideas, concepts and sequencing events.

## Social



A sense of belonging. Development of interpersonal and relationship skills within an inclusive yet supportive environment.



“Thank you Restless Dance Theatre for creating a space that has truly welcomed, embraced & captured my son’s heart. He continues to grow in this space.”

— Bianca Luraschi, parent

# ACCESSIBILITY



We are a team of highly trained and experienced tutors who are flexible in meeting individual access needs. We create a safe space for participants and can customise classes.



We welcome participants with physical and intellectual disability and can support those with mild to moderate support needs. If you would like to discuss individual access requirements, we encourage you to get in touch.



All Restless Studios, and the venues we use for our classes, have accessible entrances, bathrooms and parking.

## NDIS

While we are not a registered NDIS provider, 99% of our participants use their NDIS plans to access our programs.

Our classes align with the *Social and Community Participation* category and can be funded through Core Supports. As public classes, they are open to everyone with or without NDIS funding.



Join Us at a Location Near You

- @ ADL City
- @ Aberfoyle Park
- @ Mount Barker
- @ Port Noarlunga
- + More Upon Request

ENROL TODAY

“I really appreciate what Restless Dance Theatre has done for my son. He thoroughly loves being part of Junction. He has shown talents that were hidden and is developing friendship outside of his time with Restless.”

— Virginia Dolphin, parent

# WEEKLY CLASSES PROGRAM

Each semester, our classes are centred around a professional work from our repertoire, culminating in two annual showcases for friends, family and supporters. These shared performance experiences foster confidence and celebrate each participant's growth in a safe and supportive environment.

Try Your First Class For Free!

Contemporary Dance Classes

Performance Opportunities

“Absolutely fabulous performances as always. Wonderful to see the progress over time.”

— Ingrid, grandparent

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## Wonder

Ages 4 - 7

🕒 1 Hour

A playful introduction to dance. Through music, storytelling and movement games, children develop coordination, balance and refine their gross and fine motor skills. For those with sensory sensitivities, *Wonder* allows safe exploration of movement, touch, and spatial awareness, supporting sensory processing and self-regulation.



PHOTO BY RADHÉ OSBORN

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## Links

Ages 8 - 14

🕒 1 Hour

*Links* is your first step into the exciting world of Restless Dance Theatre. Through playful dance and theatre games, creative storytelling, and movement exploration, you'll discover new ways to express yourself and build confidence. It's all about making connections within your own body, with others, and with the joy of movement!



PHOTO BY ALEXANDER MITCHELL

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## Central

Ages 15 - 26

🕒 1 - 1.5 Hours

In *Central*, you'll explore contemporary dance, develop coordination, and boost your physical fitness—all while learning exciting techniques and improvisation skills. This class is a social, recreational, and creative space where friendships are formed, confidence grows, and self-expression is celebrated.



PHOTO BY ALEXANDER MITCHELL

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## Junction

Ages 27+

🕒 1 - 2 Hours

*Junction* nourishes healthy minds and bodies through creative tasking, improvisation and experimenting with different stimuli for movement and self-expression. Participants are supported to stay active while exploring movement in ways that are expressive, enjoyable and accessible.



PHOTO BY ALEXANDER MITCHELL

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GET IN TOUCH  
Find out more about our public  
dance classes program.

**restless**  
DANCE THEATRE

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RESTLESS ACKNOWLEDGES THE FAMILY CLANS OF THE KAURNA NATION  
AND WE SHALL WALK SOFTLY AND WITH RESPECT AS WE FEEL THE FOOTPRINTS OF THEIR ANCESTORS.