



[www.allirishdance.com](http://www.allirishdance.com)

## INCLUSIVE ADAPTIVE CÉILÍ – DANCE LEADER TRAINING PROGRAMMES

### Overview

Our evidence-based training is designed to provide participants with the knowledge, skills, and confidence to lead All Irish Dance's inclusive adaptive céilí dance activities for all ages, all levels and all abilities in communities and care settings including, but not limited to:

- Céilí Recall © (for older adults)
- Reels on Wheels © (for wheelchair users)
- Some Dance to Remember © (for people living with dementia and their support networks)
- Y-Céilí © (for teenagers and young adults).

### Who?

The training is suitable for people, ***with or without prior experience of Irish or any other form of dance/movement***, who are passionate about inclusion, accessibility and/or community engagement and may include:

- Caregivers
- Community Development Officers/Workers/Facilitators
- Community Programme Co-ordinators
- Dance Movement Therapists
- Occupational therapists, physical therapists, physiotherapists, recreational therapists, and other rehabilitation specialists
- (Qualified or training to become qualified) Teachers of Irish and other forms of dance/movement
- School Teachers
- Social Care professionals
- Special Needs Assistants (SNAs)
- Sports Coaches & Leaders (e.g. GAA)
- Volunteers in the community
- Youth workers

**Please note:**

- No previous experience of Irish or any other form of dance/movement is required to participate in the training.
- Participants must be aged 18 or older by the start of the relevant course.
- Minimum number of participants: 8 per course option.
- Maximum number of participants: 16 per course option.

**Upcoming Training Programmes**

	<b>Option A – In Person</b>	<b>Option B – Online &amp; In-Person</b>
<b>Level 0:</b> <b>Introduction to Inclusive Adaptive Céilí Dance (theory &amp; context)</b>  Cost: €200	<b>Dates</b> 12 <sup>th</sup> & 13 <sup>th</sup> May 2024  <b>Time</b> 10am to 4.30pm daily  <b>Venue</b> Greenhills Hotel Ennis Road Limerick  <b>Note</b> Attendance required on both days	<b>Dates</b> 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> May 2024 4 <sup>th</sup> & 11 <sup>th</sup> June 2024  <b>Time</b> 7.30pm to 9.30pm each evening  <b>Venue</b> Online (Zoom)  <b>Note</b> Attendance required at all 6 sessions
<b>Level 1: Practical &amp; experiential training in Inclusive Adaptive Céilí</b>  Cost: €300	<b>Dates</b> 25 <sup>th</sup> & 26 <sup>th</sup> May 2024* 22 <sup>nd</sup> June 2024*  <b>Time</b> 9.30am to 5.30pm daily  <b>Venue</b> Clonlara Community Sports & Leisure Centre (Limerick City outskirts) Clonlara Co. Clare  <b>Note</b> Attendance required on all 3 days	<b>Dates</b> <i>Online:</i> 25 <sup>th</sup> June 2024; 2 <sup>nd</sup> & 23 <sup>rd</sup> July 2024 <i>In person:</i> 29 <sup>th</sup> & 30 <sup>th</sup> June 2024**  <b>Time</b> <i>Online:</i> 7.30pm to 9.30pm each evening <i>In-person:</i> 9.30am to 5.30pm daily  <b>Venue</b> Clonlara Community Sports & Leisure Centre (Limerick City outskirts) Clonlara Co. Clare  <b>Note</b> Attendance required at all 3 Zoom sessions and both in-person days

**\*For those who have chosen Option A**

**\*\* For those who have chosen Option B**

## **Training Content**

Modules include:

- Understanding Inclusivity and Accessibility
- Understanding Disabilities & Conditions affecting participation in dance/movement activities
- Inclusive Dance Practices and the Person-Centred Approach
- Introduction to Irish Dance: History & Culture
- Music and Rhythm
- Adaptation and Modification Techniques
- Effective Teaching Methods
- Communication and Interaction
- Feedback Strategies
- Activity Planning & Delivery
- Safety & Risk Management
- Evaluation & Reflection
- Self-care for Dance Leaders

## **Certification**

It is mandatory to successfully complete both Level 0 (theory and context) and Level 1 (practical and experiential workshops) to achieve certification as an Inclusive Adaptive Céilí Dance Leader. Participants who successfully complete both levels will have access to a Dance Leader Handbook, video and music resources, and a support network of certified inclusive adaptive céilí Dance Leaders through membership of All Irish Dance.