

QB Teen Unite Immersion – Moreton Bay

Day One

9.00am - 9.30am

USC Venue Tour

Be led by USC Student Ambassadors on a campus tour and discover the limitless possibilities that can be discovered at USC Moreton Bay.

9.30am - 10.45am

Ballet Foundations Workshop led by Queensland Ballet

The fundamental of every dance style, immerse yourself in introductory ballet workshops where you will learn foundational steps and repertoire in a fun and vibrant way.

Break

11.00am - 12.15pm

Contemporary Class & Repertoire Workshop led by Queensland Ballet

Unleash your creative flair in this contemporary movement class for all-skill levels. Be led for Queensland Ballet's world class instructors where you will expand your body, but also your mind to unlock creative practice. After learning fundamental contemporary movement, you will explore movement phrases through dance moves inspired by Queensland Ballet contemporary repertoire.

Lunch

1.15pm - 1.30pm

Wellbeing Session led by Queensland Ballet

Centre yourself and find balance in this bite sized well being sessions. From stretch, yoga and mindfulness be lead by Queensland Ballet's team to feel refreshed, energised and ready to tackle your three day immersion.

1.30pm - 2.30pm

Brain Booster Workshop led by Dr Karen Hands, Lecturer/Program Coordinator Creative Industries, USC

New, exciting ideas are the starting point for any creative work. How can you train your brain to think outside of the box to inspire new ideas? This one-hour warm-up will boost your thinking, get your creative ideas flowing, and leave you ready for the workshops ahead!

Break

2.30pm - 4.00pm

Hip Hop Foundations & Repertoire Workshop

This session will unleash your groove and enable you to find your inner hip hop style in this foundational workshop for all skill-levels. You'll also work as a team to build a dance that showcases your new hip hop skills.

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Day Two

9.00am - 10.15am

Body Energizer & Contemporary Dance Workshop led by Queensland Ballet

Continue building on your foundational Contemporary technique and finesse the repertoire in this dance style that enables freedom of movement.

Break

10:30am - 12.30pm

Performance Design Workshop with Deborah Fisher, Lecturer in Design, USC

What magic happens behind the scenes? Get insight into what happens before the curtain is raised to understand how design is critical to any performance. Learn the role of costume design, make-up (stage and screen) and set design in creating a ballet. You will develop an understanding of the challenges and triumphs that professional creators experience in the lead-up to the curtain rising.

Lunch

1.30pm - 2.30pm

'Ballet Foundations 2' Workshop led by Queensland Ballet

Keep building on your foundational ballet skills and start applying technique and refining the repertoire.

2.30pm - 4.00pm

Peak Performance Workshop led by Queensland Ballet Performance Health Team

Have you ever wondered how Queensland Ballet dancers manage peak performance? This workshop will enable you to discover how to perform at your best through key exercises and insights from Queensland Ballet's Physiotherapy team and apply them to your daily life.

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Day Three

9.00am - 10.30am

Showcase Rehearsal

Rehearse, Refine and continue building upon your dance toolkit and experience what a professional rehearsal feels like, whilst understanding the importance of teamwork and working as an ensemble.

10.30am - 12.00pm

360° Video x Dance Workshop with Deborah Fisher, Lecturer in Design, USC

Experience the exciting world of performing for 360° cameras. Using innovative technology, 360°footage builds a deeper connection to audiences and adds a new dimension to your performance. The workshop will result in a short 360-degree video you can view on your phone.

Lunch

1.00pm - 2.00pm

Showcase Rehearsal

Rehearse, Refine and continue building upon your dance toolkit and experience what a professional rehearsal feels like, whilst understanding the importance of teamwork and working as an ensemble.

Break

2.15pm - 3.00pm

Showcase & Presentations

Display your new skills to friends and family in this informal showcase of all of the new skills you've learnt over the immersion.

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