

# Más Tropical with **QUITAPENAS** at Lincoln Center

## Relaxed Performance Visual Guide



Show time: Saturday, March 14, 2026 at 11:00 am

Where: The David Rubenstein Atrium

Address: 1887 Broadway, New York, NY 10023

How long: Approximately 1 hour

Recommended age: All ages.

This visual guide helps you know what to expect when you come to **QUITAPENAS** at Lincoln Center.

Performance Guide ..... 2

    What is a Relaxed Performance? ..... 2

    About This Performance ..... 3

    Sensory Guide ..... 4

Venue Guide ..... 6

    Getting to Lincoln Center/The Atrium ..... 7

        By Subway ..... 7

        By Bus ..... 8

        Access-A-Ride / drop-off ..... 8

        Parking at Lincoln Center ..... 8

    Entering the Building ..... 9

    When You Arrive ..... 10

        Security check ..... 11

        PAGEREF \_Toc223340270 \h Tickets / Entry ..... 11

    Inside the Atrium ..... 11

        Restrooms ..... 12

        The Chill Out Space ..... 12

        Food & Drink ..... 14

        Seating ..... 14

    The Performance Space ..... 15

    Who You’ll Meet ..... 16

    Before the Show – What You Can Do ..... 17

    Access Services & Accommodations ..... 19

Feedback ..... 20

# Performance Guide

## What is a Relaxed Performance?

At Lincoln Center, we believe the arts are for all.

Relaxed Performances are open to everyone, and especially welcoming to people with autism, sensory or communication disabilities, or learning disabilities.

The performance itself stays the same. We make small changes to the theater's social and sensory environment and expectations, so the space feels more comfortable and flexible.

Relaxed Performances can also be helpful for neurodivergent people, families with young children, and anyone who finds traditional theater rules do not work for their needs.

### At this performance:

- You can **enter and leave** the theater during the show, if you need to.
- You can **move, make sound, and respond** to the performance in your own way.
- We ask everyone to help create a **no “shushing” zone**.
- The **house lights are kept on at a low level** so the space is never completely dark.
- If there are **bright lights, loud sounds, or surprising sensory moments**, we describe them in this visual guide. Please keep reading below.

- We share key reminders in the pre-show announcement.
- A **Chill Out Space with sensory support materials** is available if you need a break—you can return when you're ready.
- **Noise-reducing headphones** and **fidgets** will be available to borrow.
- Staff are trained in inclusive and accessible practice.

For more relaxed performances, visit [lincolncenter.org/relaxed](https://lincolncenter.org/relaxed)

## About This Performance

What is **QUITAPENAS** about?



Más Tropical with QUITAPENAS is a live music performance.

Born under the warm California sun, QUITAPENAS celebrates the rhythms of Afro-Indigenous communities across Latin America. The band performs Música Tropical — high-energy tropical dance music rooted in Afro-Latin traditions.

The music features strong rhythmic grooves and moments of call-and-response. The atmosphere is celebratory and energetic.

## Sensory Guide

If you need support with sensory moments, you can borrow noise-reducing headphones and fidgets in the lobby or take a break in the Chill Out Space.

Here are some sensory moments you can plan for:

### **Sound**

The overall sound world is often high-volume or high-energy.

There will be Sudden changes to sound

The performance includes:

Singing and amplification

Drums

Saxophone

Electric guitar

Synthesizers

### **Light**

The house is well-lit. There will be additional lights for the stage.

There will be images on the screen behind the stage.

### **Movement**

The band will move around on stage and may briefly speak to the audience.



## **Emotional content**

It is joyful, playful, and includes the theme of family and belonging.



## **Audience participation**

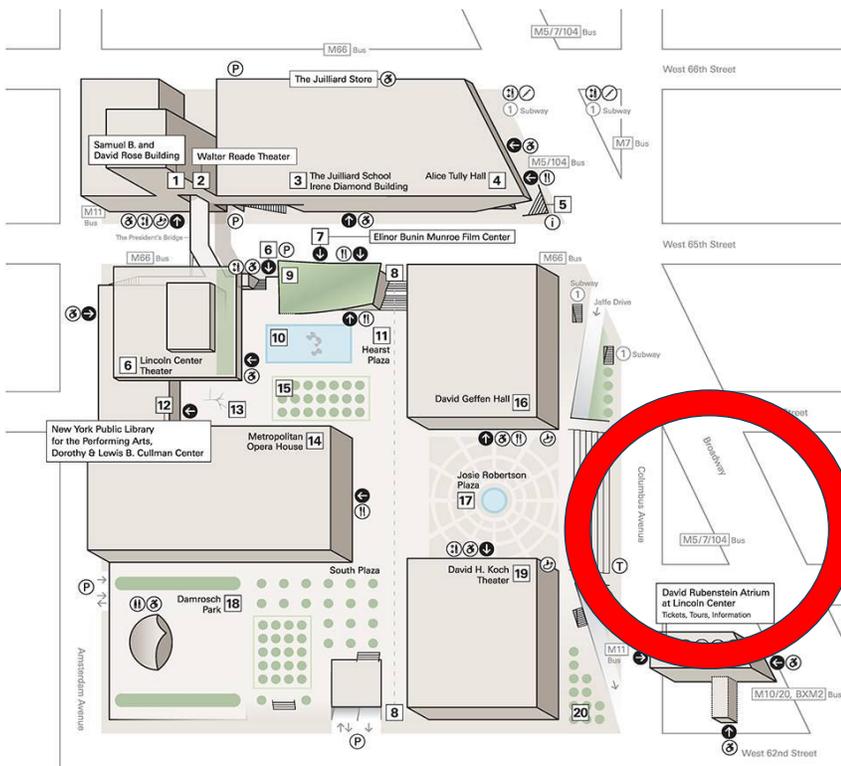
The performers will invite you to clap along and sing along.

It is your choice to participate or stay seated and watch.

# Venue Guide

## Getting to Lincoln Center/The Atrium

**Address:** The David Rubenstein Atrium is located on Broadway between West 62<sup>nd</sup> and West 63<sup>rd</sup> Street. The audience entrance is at 1887 Broadway.



## By Subway

- You can also take **A / B / C / D / 1** trains to **59 St–Columbus Circle** (with shorter distance)
- You can take **1** train to **66 St–Lincoln Center** (with slightly longer distance)
- Both subway stations are accessible via the elevator.



## By Bus

You can take: **BXM2, M5, M7, M10, M11, M20, M66, M104**. (within one block of the David Rubenstein Atrium.)

## Access-A-Ride / drop-off

Access-A-Ride drop-off and pick-up is at: **1887 Broadway**, between 62<sup>nd</sup> and 63<sup>rd</sup> Streets.

## Parking at Lincoln Center

Lincoln Center partners with Metropolis.

If you can, register before you arrive. You can add your payment information and license plate number on your phone (through this [link to the Metropolis website](#) or app.)

Or, when you arrive, scan a QR code in the garage to sign up.

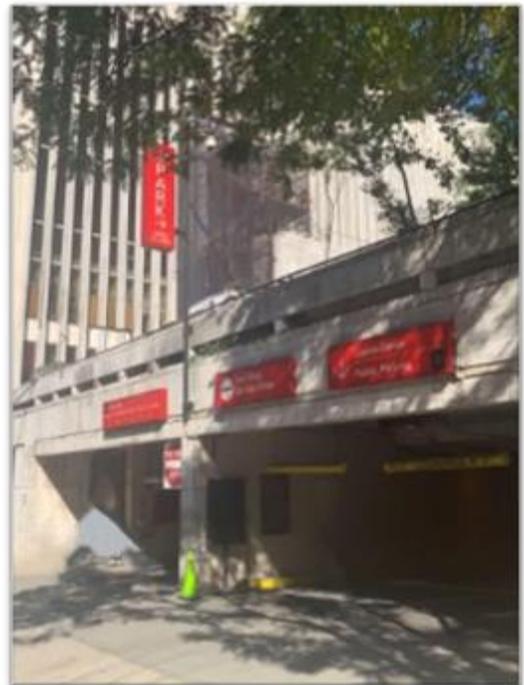
When you enter, cameras scan your license plate. When you exit, payment is processed automatically.

Daily and monthly reservations are available to book online.

**The 62nd Street (between Columbus Ave and Amsterdam Ave)** is best for southbound and westbound traffic. The entrance is mid-block on the right. It is open 24/7.

**The Amsterdam Ave (just past 62nd Street, near 63rd St)** is best for northbound traffic. The entrance: about 100 feet on the right past 62nd St. It opens 6:00 am–midnight, daily.

**Designated accessible spaces** are in the Blue Section of the Plaza Garage. The recommended entrance is at 64th Street for accessible parking.



## Entering the Building

You can reach the entrance of the David Rubenstein Atrium on the West side of **Broadway between West 62nd and West 63rd Street** (not on West 62nd Street).

The Broadway entrance is accessible and has **automatic doors**.



## When You Arrive

### Security check



When you walk into the David Rubenstein Atrium, you will go through a quick, touchless security check (a scan for weapons).

You may need to wait in a short line.

### Tickets / Entry

You do not need a ticket to attend—admission is free and open to the public.

Seating is first-come, first-served. **We recommend coming early if you really want to attend. If the Atrium reaches capacity, we may not be able to let more people in.**

If the Atrium is close to capacity, a line may form outside the Broadway entrance.

If you are unable to stand in line due to a disability, please reach out to Lincoln Center Access Team: [access@lincolncenter.org](mailto:access@lincolncenter.org) or 212-875-5375 for an accommodation.

## Inside the Atrium

### Restrooms

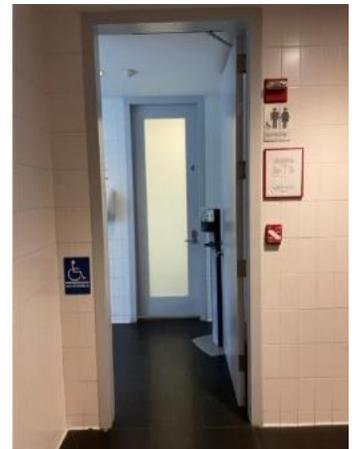
Accessible, gender-neutral restrooms and changing tables are available inside the Atrium.

Where to find them:

- **First floor:** There is a restroom inside the Atrium on the first level behind the desk.



- **Second floor:** Additional restrooms are on the second floor and are accessible by elevator. You can ask a Lincoln Center staff member for directions.



We welcome you to use the restroom that best aligns with your gender identity or expression.

## The Chill Out Space



The Chill Out Space is on the west side of the Atrium, closest to Columbus Avenue.



You can take a break and return when you're ready.



There are noise-reducing headphones, earplugs, fidgets and more sensory tools to borrow.

You can always ask staff for help at anytime.

## Food & Drink

The Independent Café is inside the Atrium.

You can buy food and drinks, and you may be able to enjoy beverages during the event.



## Seating

For this show, you can choose to sit on:

- Armless chairs are arranged in several rows on three sides of the stage.
- You are welcome to sit in any open seat or stand if you prefer.
- You may also sit farther to the sides on the large public benches in the Atrium.
- Some seats may be held for guests with access needs (for example: accessible seating, aisle seating, or extra space).
- If you need help finding a seat, or you're not sure where to sit, please ask a staff member.

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- You are welcome to leave the Atrium during the performance. If you leave, we cannot guarantee you will be able to come back in. If the Atrium is at capacity, you may not be able to re-enter. We recommend taking a break in the chill out space or near one of the exits instead of fully leaving the space.

## The Performance Space



The performance takes place on a raised stage.

This stage is for the performers only. Before and during the show, please do not step onto the stage or touch the performance items next to it unless a performer invites you to do so.

## Who You'll Meet

During your visit, you may see:

Guest Experience staff wearing red shirts and khaki pants, with a black name badge on their chest.

They can help you with:

- Finding the restrooms, or the Chill Out Space
- Finding a seat that works for you (including accessible seating)
- Borrowing sensory tools (headphones, fidgets, etc.)
- Taking a break and returning to your seat



**Security staff** wearing a dark blue uniform.

## Before the Show – What You Can Do

- We recommend arriving at the David Rubenstein Atrium early, as the venue has limited capacity. You are welcome to come as early as you'd like. (The house opens at 9:00am)
- Once the house is open, you can enter Atrium and take a moment to look around the space, but please stay in the audience seating area. Do not step onto the stage.
- If you arrive too early, you can explore some public spaces on campus. Please note that if you leave the Atrium and the venue reaches capacity, you will not be permitted to re-enter.

## Welcome Center at David Geffen Hall



A place to get information about programs, ask questions, book tickets, or get a coffee or light snack.

## Hearst Plaza



An outdoor area with green space and seating where you can sit, relax, or have a quiet moment before the performance.

Staff can help you find these spaces if you are not sure where they are.

## Access Services & Accommodations

At Lincoln Center, we offer several access services that may be helpful during your visit:

### Accessible routes and seating

This venue has accessible routes, with designated wheelchair and companion seating.



### Assistive listening

FM assistive listening devices with headsets and neck loops are available for all performances.



### Chill-out space

A chill-out space is on the west side of the Atrium, closest to Columbus Avenue.



### Sensory tools

We offer noise-reducing headphones, earplugs, and small fidgets. You can borrow them from staff.

### Instant American Sign Language Interpretation

Convo Access, a free instant ASL interpretation service, is available on personal devices by scanning QR codes on Guest Experience Representative lanyards.

3

**You can always ask any staff member if you would like help finding these services.**

## Feedback

If you would like to share feedback about your experience, you can:

- Scan the QR code
- Fill out the survey at <https://forms.office.com/r/EESB5719dC>
- Talk with a staff member if you would like help sharing feedback.

Your comments help us improve future Relaxed Performances and visual guides.

Visual Guide Feedback – Relaxed  
Performance at Lincoln Center

