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# Dance Church®

## at Lincoln Center

### Relaxed Event Sensory Guide



**Event time:** Wednesday, June 17, 2026 at 6:00 pm

**Where:** The Dance Floor at Josie Robertson Plaza

**How long:** Approximately 1 hour 30 minutes

**Recommended age:** All Ages

This sensory guide helps you know what to expect when you come to Dance Church® at Lincoln Center.

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## What is this event?

- Dance Church® is a joyous movement class.
- This is a group dance class designed for every body and all experience levels.
- The audience is encouraged to try new movements and have fun with others.

- You may see professional dance artists demonstrating movements while pop music plays.
- You can choose to watch, move, dance, participate, or take breaks at any time.

## Basic Sensory Information

Here are some sensory moments you can plan for:

### **Sound**

- Overall sound: Often high volume or high-energy. There may be music. Specific loud or surprising moments: none expected.

### **Light & Visuals**

- Lighting: natural light. Visual effects: no intense visual effects.

### **Movement**

- Performers may enter the audience. Audience members may move around and follow a dance.

### **Audience Participation**

- Participation is encouraged. You may be invited to dance with the teacher. It is your choice to participate or to watch.



## **Emotional or Content Notes**

- The event includes themes of joy and celebration. Sensitive content to know about: none expected.

## **Crowd, Space, and Waiting**

- The space may feel busy. There may be a line or waiting period: possible. If the space is full, staff may ask you to wait or come back later.

## **Breaks, Sensory Tools, and Access Services**

- You can ask staff where to take a break.
- Sensory tools such as noise-reducing headphones, earplugs, and fidgets may be available.
- A Chill Out Space or break area is available at David Geffen Hall.
- Access services include: Relaxed Performance.
- Instant ASL interpretation through Convo Access may be available on Guest Experience Representative lanyards.