

The Art of Wellbeing – World at Play

The Art of Footwork

at Lincoln Center

Relaxed Event Sensory Guide



Photo by Urbanshots

Event time: Saturday, July 18, 11am

Where: David Rubenstein Atrium

How long: 1.5 hours

Recommended age: All Ages

This sensory guide helps you know what to expect when you come to The Art of Footwork at Lincoln Center.

For directions, restrooms, security, seating, and other venue information, please see our venue guide for [The David Rubenstein Atrium](#).

What is this event?

- The Art of Footwork is an event that has a soccer player (Nick Seyda) and a tap dancer (John Manzari).
- Nick and John will explore rhythm, footwork, and talk about how talented our feet can be.
- You will learn basic tap steps and some fancy soccer footwork.
- You can choose to watch, move around, participate, or take breaks.

Basic Sensory Information

Here are some sensory moments you can plan for:



Sound

- Overall sound: This event is medium loud. There will be a DJ playing house jazz music and electronic music. There may be sudden sounds of tap dancing and the kicking of soccer balls. There are no specific loud or surprising moments expected.



Light & Visuals

- Lighting: The performance will be well-lit. There will be no visual events.



Movement

- Performers will be on stage, with an interactive portion, where guests will be invited to tap dance and kick soccer balls. Audience members may move around the space.



Audience Participation

- Participation is optional. You may be invited to dance, tap dance, or kick soccer balls. It is your choice to participate or to watch.



Emotional or Content Notes

- The event includes themes of joy, wellness, fun, and family. There is no sensitive content expected.

Crowd, Space, and Waiting

- The space may feel busy. There may be a line or waiting period to get in. 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 the west end of the building.

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- Access services at this performance are a Relaxed Performance.
 - Instant ASL interpretation through Convo Access may be available on Guest Experience Representative lanyards.

What to expect at this Relaxed Performance

- Guests can enter and leave the audience space throughout the event, as needed
- Guests can vocalize or move throughout audience space
- Fellow audience members are asked to create a no “shushing” zone
- House lights adjusted so that venue is never fully dark
- Attention to bright lights, loud noises, and surprise sensory elements, described in advance
- Chill Out Space for guests to take a break and rejoin performance when ready
- Noise-reducing headphones and fidgets available to borrow
- Staff members and artists are trained in access and inclusion best practices