

Minty Fresh Circus at Lincoln Center

Relaxed Performance Pre-Visit Guide



Relaxed Performance Show times: Saturday, May 16, at 2:00 pm

Where: Alice Tully Hall

Address: 1941 Broadway, New York, NY 10023

How Long: Approximately 1 hour (there's no intermission.)

Recommended Ages: Age 5+.

This pre-visit guide helps you know what to expect when you come to **Minty Fresh Circus** at Lincoln Center.

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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

About This Performance

What is **Minty Fresh Circus** about?



Minty Fresh Circus is a circus and dance show celebrating the healing power of Black music and movement.

The show is performed by an all-Black and Brown cast. It is inspired by abolitionist Harriet Araminta Tubman and by generations of African Americans who survived the Transatlantic Slave Trade.

The show asks: What does freedom feel like and sound like when you can only imagine it?

You will see circus skills, dance, music, acrobatics, and moments of call-and-response. The performance explores freedom, imagination, joy, family, identity, and belonging.

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 volume varies between quiet and loud.
- There will be drums or percussion.
- Before the show, there will be live drumming in the lobby, which may be loud at times.



Light

- The stage is well-lit. The audience's seating area has low light.
- There are brief dark moments or blackouts.
- There are also bright spotlights on performers.



Movement

- This is a circus performance. You may see dance, acrobatics, and aerial movement onstage. Performers may move in high-energy ways.



Emotional Content

- The show is joyful, playful, and adventurous.
- It explores freedom, imagination, family, identity, and belonging.



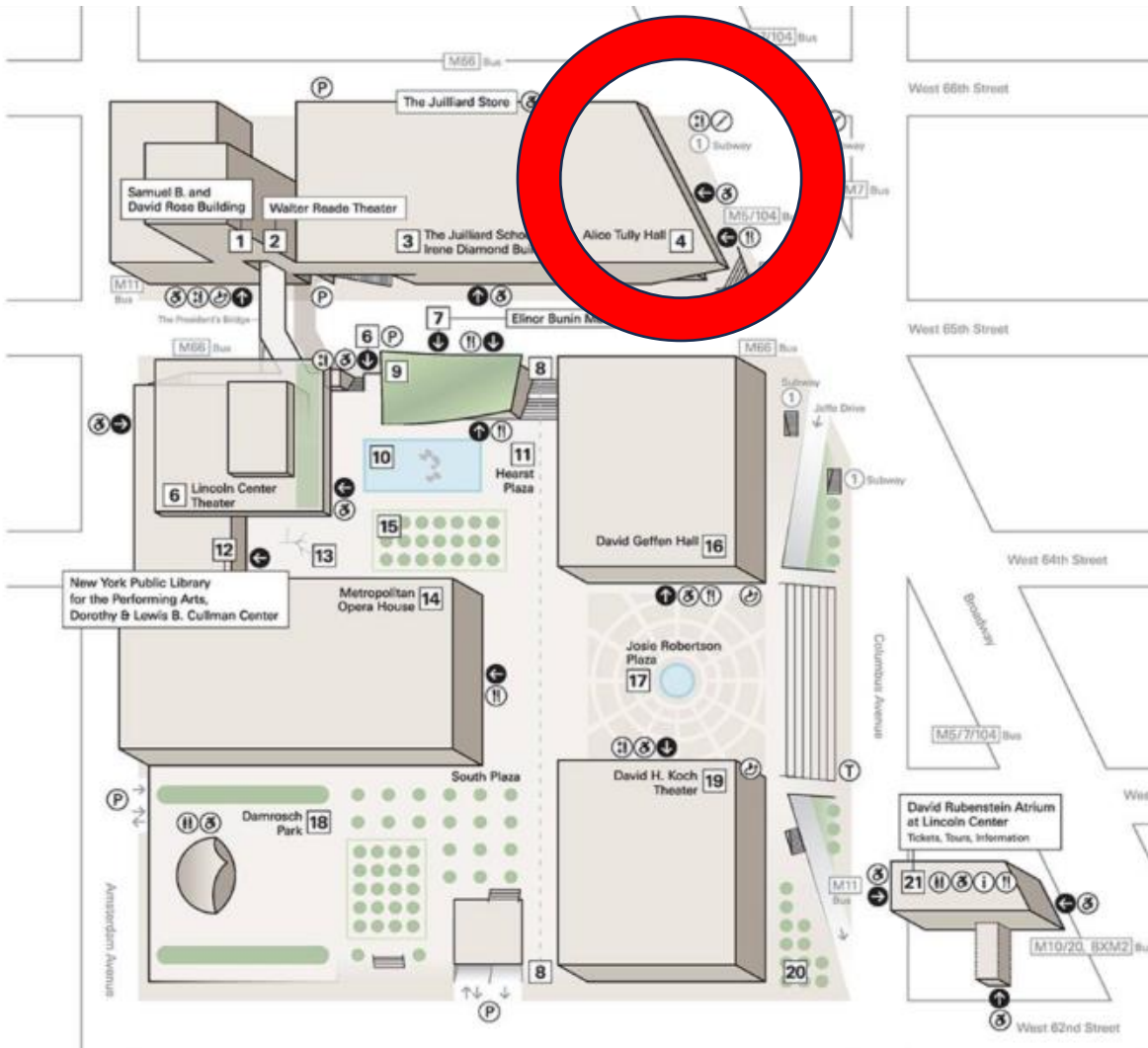
Audience Participation

- There is a call-and-response moment during the human sculpture garden, when the cast is introduced. This is an invitation for the audience to respond to a call. It does not require individual volunteers.
- Before the show, there will be a procession with drummers and dancers in the lobby. The performers may invite the audience to follow them into the theater after the lobby performance. You can choose whether or not to participate. You can also stay where you are, watch, or enter the theater later.

Venue Guide

Getting to Lincoln Center/ Alice Tully Hall

Address: Alice Tully Hall (circled in red) is located at 1941 Broadway, on the West side of Broadway between West 65th and 66th Streets.



By Subway

You can take **1 train** to **66 St–Lincoln Center** (with shorter distance)

You can also take **A / B / C / D / 1 trains** to **59 St–Columbus Circle** (with slightly longer distance)

Both subway stations are accessible via the elevator.



By Bus

You can take: **M5, M7, M10, M11, M20, M66, M104**. (within one block)

Access-A-Ride / Pick-up & Drop-off

Access-A-Ride drop-off and pick-up is 1941 Broadway between West 65th and West 66th 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 the Metropolis 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.



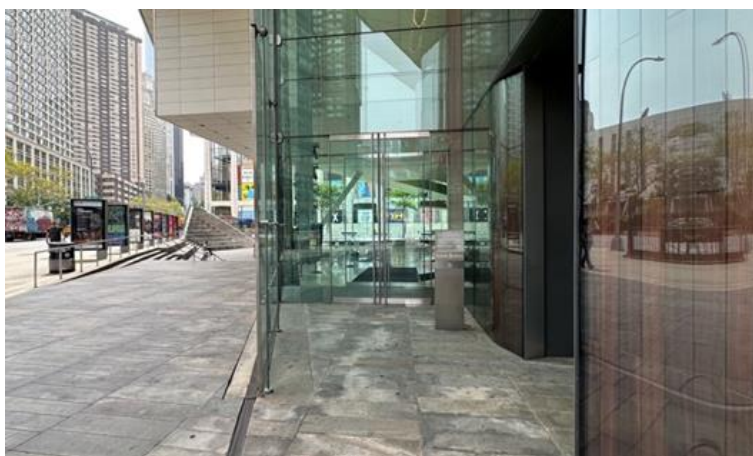
The 62nd Street entrance (between Columbus Ave and Amsterdam Ave) is best for southbound and westbound traffic. The entrance is mid-block on the north side of the street. It is open 24/7.

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

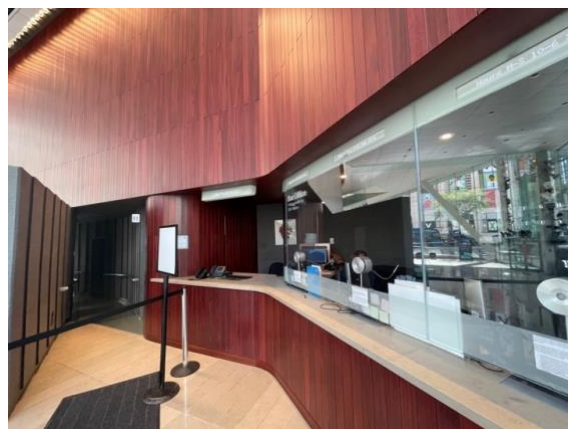
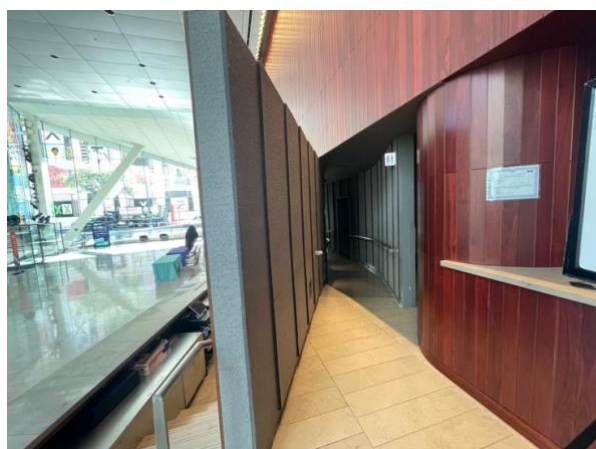
Designated accessible spaces are in the Blue Section of the Plaza Garage. The recommended entrance is at 62nd Street for accessible parking.

Entering the Building

Guests may enter either at the corner of Broadway and 65th Street, down a flight of stairs, or at the accessible entrance on Broadway between West 65th and West 66th Streets, nearest the box office, with a button available to open automatic doors.



Once inside, there is a ramp available inside the lobby leading from the box office to the entrance of the theater.



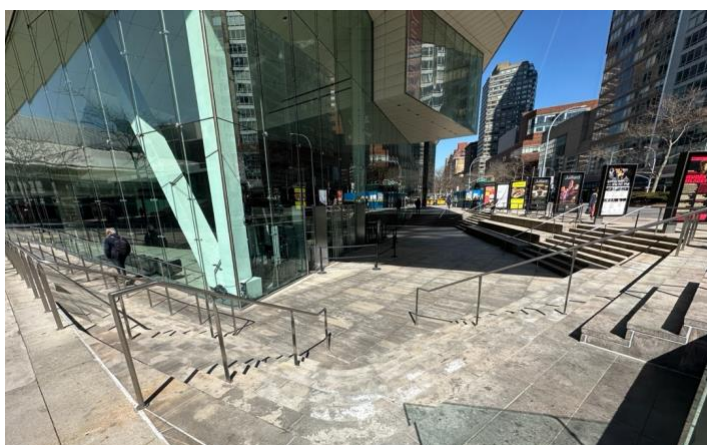
There are elevators available inside the theater to reach accessible seating locations on the balcony.

When You Arrive

Entrance and Security Gate

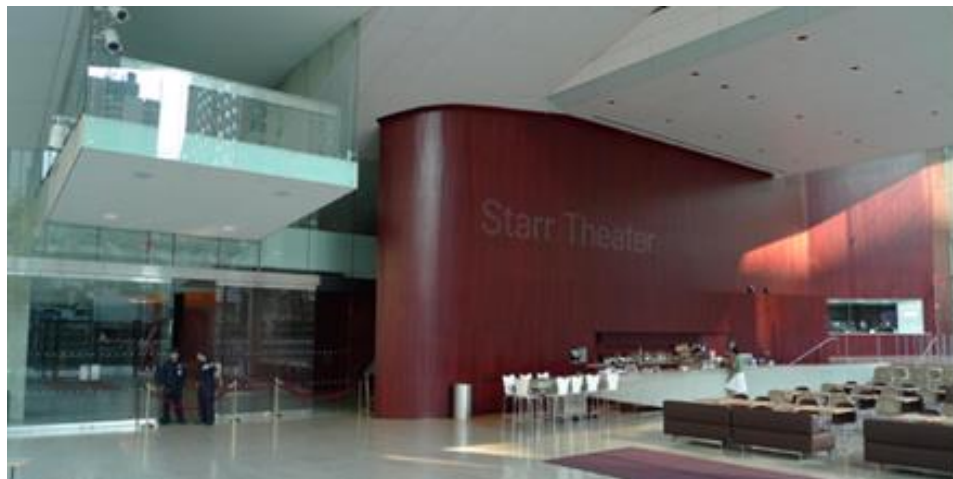
You will be greeted by Lincoln Center staff and will be directed through a security checkpoint in a quick and touchless manner to reach the Starr Theater.

This checkpoint will be located outside of the venue and can be accessed either by stairs or through the lower lobby accessible doors.



Before the Performance Starts

If you arrive before doors open, you are welcome to sit in the lobby outside the theater and eat or drink a beverage.



The hall has a three-story glass lobby which features a café and bar. It is open to ticket holders 30 minutes before event start times. Water fountains are available in the lobby.

At 1:30 pm, when the house opens, Creative Outlet Dance will perform in the Alice Tully Hall lobby.

There will be 10–15 student performers. The performance includes 3 drummers and dance routines. The performers will be in African attire and barefoot.

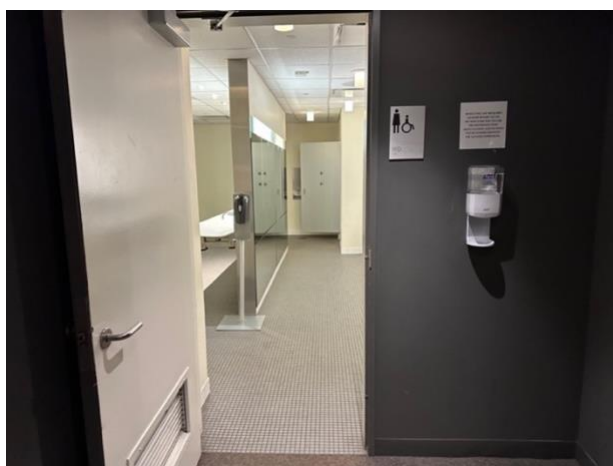
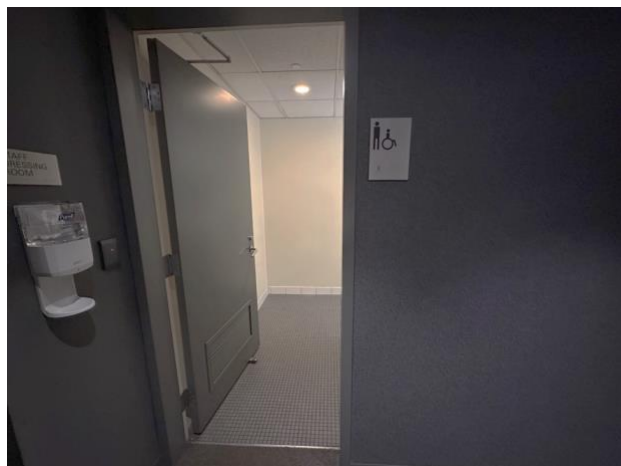
The performers will begin with a procession through the house and into the lobby. The drums will lead the procession, and the dancers will follow in a line. At the performance area, the drummers will sit and the dancers will perform solo and group dances.

The lobby performance will end around 1:55 pm. After the lobby performance, the performers will play the drums and walk back through the house and invite the audience to enter the theater.

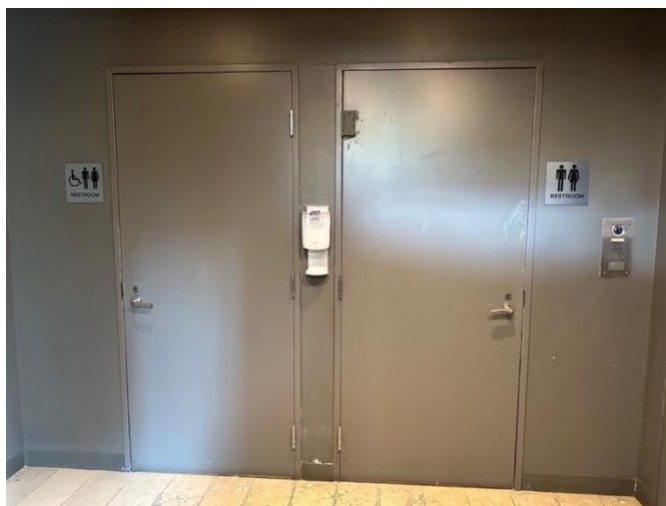
You can choose to follow them into the theater, or you can enter the theater in your own time.

Restrooms

Gendered restrooms with accessible stalls are located inside the venue, near the orchestra level.



There are also gender-neutral single occupancy accessible restrooms located in the lobby, nearest the accessible entrance and box office.



Food & Drink

Snacks and drinks are available for purchase at the bar area in the lobby of Alice Tully Hall.

Chill Out Space

The Chill Out Space is located one level above the lobby in Hauser, accessible by elevator.

You can take a break and return when you're ready. If there is a screen in the chill-out space, it will be turned off and there will be no music playing.



We have noise-reducing headphones, earplugs, fidgets

You can always ask staff for help anytime.

When the House Opens

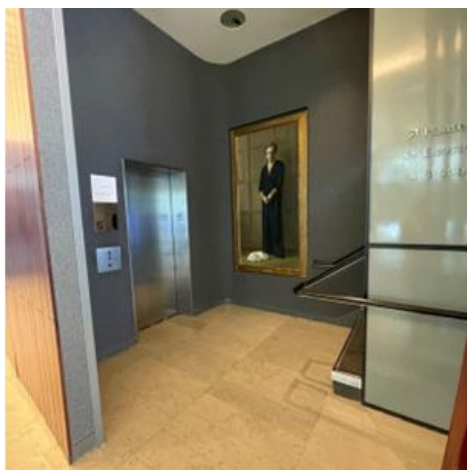
The house will open approximately 30 minutes before the show starts.

Once the house is open, you can go into the theater.

Inside the Theater

Minty Fresh Circus takes place on the Adrienne Arsht stage, inside the Starr Theater. Seating is general admission for this performance, which means:

- You can sit anywhere with an open seat.
- Accessible seating is available. If you need an accessible seat, an aisle seat, or help find a seat that works for you, please ask a staff member wearing red shirts to assist.
- Accessible seating locations, companion seats, seats reserved for guests with disabilities and ASL-viewing seats are marked with bands on the chairs.



Elevators, located by the large painting in the lobby, are available to reach accessible seating locations.

The Performance Space



Performances at Alice Tully Hall take place on the Adrienne Arsht stage, inside of the **Starr Theater**. The theater has an orchestra, with long rows of seating and steps between most rows, and a balcony with seating that wraps around three sides of the theater. This is a ticketed performance with general admission seating.

Who You'll Meet

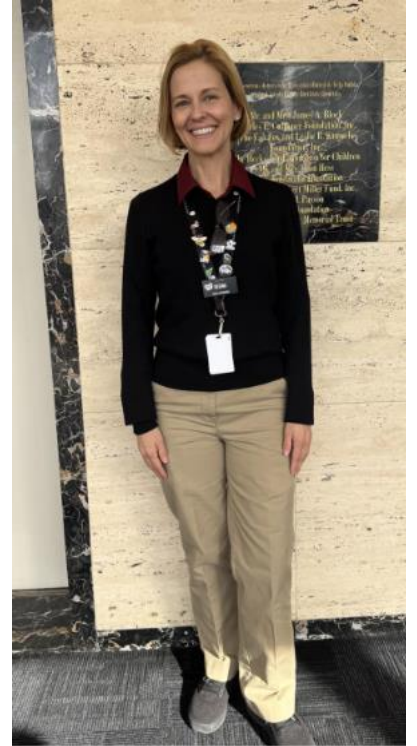
During your visit, you may see:

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

They can help you with:

- Finding the theater, 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 Alice Tully Hall about 30 minutes before the show starts.

Once the house is open, you can enter the theater and find your seats. Do not step onto the performance area.

If you arrive earlier than 30 minutes before the show, you can explore some public spaces on campus:

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

The venue is on an accessible route, has elevators, and designated wheelchair and companion seating.



Assistive Listening

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

You are also welcome to bring your own standard-jack headphones.



Chill Out Space

A Chill Out Space is available at one level above the lobby, accessible by elevator.



Sensory Tools

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

Audio Description (AD)

Audio Description provides live verbal descriptions of visual elements during the performance.

Pick up headsets from Guest Experience staff as you enter the venue, available at all performances.



American Sign Language (ASL)

An ASL interpreter will be visible from designated seating areas for the shows. ASL-Viewing seats will be marked with a black band and read "Reserved for ASL Interpretation."



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.

Access Concierge Service

You can request 1:1 support from our Access Reps. To learn more or schedule this service in advance, contact: **212-875-5456** or

guestexperience@lincolncenter.org.



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

