

# NEW YORK CITY BALLET

A social narrative for visiting New York City Ballet  
for a Sensory-Friendly Performance on Sunday, May 19, 2024.

I am going to the **David H. Koch Theater**, New York City Ballet's home, at **Lincoln Center**. The Theater is located at 63rd Street and Columbus Avenue. If I park in a parking garage near the Theater, a security guard may ask to look inside the trunk of my vehicle. When I arrive on Lincoln Center's plaza I may notice a large fountain in the middle.



I will enter the David H. Koch Theater and walk through the **security doors**. A NYCB bag checker may ask to look in my bag if I have one.



If I need to pick up my ticket for the performance, I can get in line at the **Box Office**. I will need to say my name and show my ID to the Theater Staff at the Box Office window.



If I already have my ticket, I can go to a **ticket taker** on either side of the Theater lobby and they will scan my ticket.



There are stairs and elevators available for me to use to get around the Theater.

**NYCB Access Volunteers and Ushers** can help me find my seat and direct me to the restrooms, gift shop, and concessions. They will have **fidgets, earplugs, noise reducing headphones, and other sensory supplies available** if I want to borrow an item to take with me into the auditorium.



**Assistive listening devices** are available at the Coat Check on the Orchestra level of the Theater. All restrooms for this performance will be "Family Restrooms."

The **Ushers** will hand me a Playbill program.



Inside the auditorium, I can take photos before the performance begins but not while the dancers are performing, as this could be distracting for them. I can bring **bottled water** inside the auditorium with me and a **safety snack will be allowed**. The temperature might change in the auditorium throughout the performance, so I may wish to bring an extra layer in case I get cold.



The performance begins at 11 AM. I may hear **chimes** ringing a few minutes before the start of the show, letting me know that I should find my seat and get ready for the performance to begin.

The **lights in the auditorium will dim** slightly and a Stage Manager will make an announcement at the beginning of the performance. For this performance I may **enter and exit** the auditorium as needed throughout the event.



Then, the Orchestra in the pit in front of the stage will begin tuning their instruments before the **Conductor** comes out.



The first ballet in this performance is *Scènes de Ballet* choreographed by Christopher Wheeldon to music by Igor Stravinsky.



The ballet starts with the orchestra playing. Then, the curtain will rise and I will see dancers from the School of American Ballet, NYCB's Official School, performing. Throughout this ballet, I will see 64 dancers ranging in age from 14—19. At the end of the ballet the dancers will take a bow.

Some things to look for or notice as you watch this ballet:

- There is a **ballet barre** on stage that helps to create a division between the two sides of the stage.
- The ballet barre also helps to create the illusion of the dancers looking at themselves in the mirror as they practice their ballet steps.
- This ballet is 19 minutes long.

Next, the lights will get brighter in the auditorium for a **20-minute intermission**. This may be a good time to use the restroom, get a snack, and stretch my body.

After intermission, the **auditorium lights will dim** again and I will take my seat for the next ballet: *Glass Pieces*, choreographed by Jerome Robbins to the music of Philip Glass.

This is an **abstract ballet** in that it does not tell a story. There are three distinct sections in this piece and the corps de ballet, or the body of the ballet, play a huge role in creating the dynamic energy onstage.



Some things to look for or notice while you watch this ballet:

- Look for repeating patterns and pathways that the dancers make, matching the repetitive structure of the music.
- The third section of the ballet opens with **bright lights onstage** and drums setting a beat. This section builds in intensity and the **music may get loud** at times.
- [Watch this video](#) to get a glimpse into the different sections in this ballet and hear from Former Principal Dancer Russell Janzen on what it's like to perform in this piece.
- This ballet is 24 minutes long.

If I need a break at any time during the performance, I can go to a **Sensory Break Area** in the Theater. There is one Sensory Break Area located on each level of the Theater. I can ask an **usher or NYCB Access Volunteer** for help in finding these locations.



At the **end of the performance** the dancers will take a bow. The conductor will come onstage to bow and will gesture to the orchestra to take their bow.

On my way out of the Theater I will **return any items** I've borrowed to an Usher or NYCB Access Volunteer. I will exit the Theater the same way I came in.



For more information on getting to the David H. Koch Theater, including information on reserved parking, please visit the [“Getting Here” page](#) on NYCB’s website.

For information on accessibility, please visit NYCB’s [“Accessibility” page](#).

**If you have any questions not answered here or if you need more information before your visit, please email [education@nycballet.com](mailto:education@nycballet.com) or call 212-870-5636. We look forward to welcoming you to New York City Ballet on May 19!**