

# Relaxed Performance Visual Guide



I am going to see a  
**YOU dance Performance**  
at the **Betty Oliphant Theatre.**

# Welcome to The National Ballet of Canada!

This visual guide was created to help you prepare for the YOU dance performance you will be attending.

Relaxed Performances are for anyone who would like a more gentle approach to a performance, anyone living on the autism spectrum and/or with developmental and/or learning delays or disabilities, anxiety and anyone who feels a more relaxed atmosphere will make their visit to the ballet more enjoyable and approachable.



# YOU dance Performance



I am going to see a dance performance by The National Ballet of Canada.

# Theatre



The performance is at the Betty Oliphant Theatre.

# Getting There



I can take the subway to the streetcar or our personal vehicle to the performance.

# Getting There



If I take the subway and/or the streetcar I may see people I do not know. These people won't all be going to the performance but some might be.

# Subway



If I take the subway, I will get off at College Station and transfer to the eastbound Carlton streetcar.

# Streetcar



If I take the streetcar, I will get off at the corner of Jarvis and Carlton Streets. I will have to walk north on Jarvis Street to get to the theatre. The theatre is on the west side of Jarvis Street. If I need to cross the street, I should do this at the traffic lights.

# Car/Vehicle



If we take our personal vehicle, we can park at many places around the theatre, including street parking if it is available. There are Green P parking stations along the street where we can pay for our parking.

# Parking Lot



There is a public parking lot north of the theatre on the west side of Jarvis Street, beside The Keg restaurant, approximately two sets of traffic lights north of the theatre. It costs \$5 to park on Saturday evenings, but we should come prepared to pay more just in case.

# Traffic Lights



Once the car is parked, I will walk back to the theatre. If I need to cross the street, I should do this at the traffic lights.

# Entering the Theatre



Once we have arrived at the theatre we can go inside and wait in the lobby if we like. We can also go inside to use the bathrooms. I can take the stairs or the ramp into the theatre.

# Stairs



There are many floors at the Betty Oliphant Theatre. To get between them I can take the stairs. When I take the stairs, I will walk slowly and carefully and hold on to the handrail.

# Box Office



Unlike other shows or other times I go to the National Ballet, I do not need a ticket for this YOU dance performance. We were invited especially to see this show and we can enter the lobby without showing a ticket or telling anyone our names.

# Ushers



I can ask any of the ushers to tell me where the washrooms, water fountains, quiet room and the seats are. All ushers at the performance are there to help me and everyone else who has come to see the performance.

# Lobby



The lobby at the Betty Oliphant Theatre is directly outside of the auditorium. If everyone were in it at once it might feel quite full. If it feels too full I can go downstairs where the washrooms are or I can go to the quiet room or, if the weather is nice, I may decide to wait outside.

# Time to Take Our Seats



When it is time to find our seats, the ushers will open the doors to the auditorium. They will let the audience know the doors are open and I will go into the auditorium and find my seat.

# Hallways



I will use one of the hallways to get to the seating area.

# General Seating



Seating at the YOU dance performance is “General Seating”, that means that I can choose where I would like to sit. I cannot choose a seat where someone else is already sitting or has claimed as their seat nor can I choose to sit in the accessible seats unless my family/group needs them.

# Seats



The seats at the theatre fold down so we can sit on them. When they are closed it helps make more room for walking down the aisle. There are many areas of seats in the theatre – some are in long rows and some are in short rows. I can pick a seat where I feel comfortable with my family/group.

# Main Floor



The seats at the front of the auditorium where I will enter from the Hallway are lower than those at the back. I will use the stairs to get to my seat if I need to.

# Balcony



Some of the seats at the back of the auditorium are a little higher than the rest – this is called the balcony. The balcony is a little further away from the stage and a little darker. There are also stairs in the balcony.

# Boxes



There are more seats on the side of the auditorium and up one level – these are called the boxes and they are even more removed from the stage and other seats than the balcony.

# Accessible Seating



There are seats at the front of the auditorium which can be removed to make room for a wheelchair. Beside these seats are seats for family members of wheelchair users.



The theatre only has 260 seats so I know that I will be able to see the performance no matter where my seat is.

# Stroller and Mobility Device Parking



If I or someone in my family/group uses a stroller or mobility device (such as a walker), the usher will take these and put them in a safe place during the performance. I can ask an usher to get my device for me if I want to leave the auditorium. This is done because the theatre cannot have strollers and walkers in the aisles during the show. I won't be worried as I know that the usher will bring it back to me whenever I need it.

# The Stage



At the front of all the seats is the stage. I can walk towards the stage but I cannot touch the stage or go under or up onto the stage before or during the performance.

The stage is where the dancers will perform.

# Spotting Light



At the back of the balcony in the centre is a red light. This light is called a spotting light and it helps the dancers when they are moving, turning or doing complicated dance moves. I can see the spotting light if I turn around in my seat.

# Video & Camera



During the performance I may see a photographer and videographer. The performance is being recorded and photos will be taken during it. I may see the camera during the performance but it will not stop my enjoyment of the performance. If I do not want to be in the video or photos I can turn away, cover my face and/or let the usher or host know when I arrive at the theatre.

# The Dancing Begins!



When it is time for the performance to begin the lights will dim but not go out. I can tell the performance is starting because the hosts will come out and welcome the audience to the performance.



# The Hosts



There are two hosts for the YOU dance performance. They will talk to the audience and introduce the performances. The hosts are experts on ballet and are here to help us enjoy the performance.

# During the Performance



During the performance I can sit in my seat and watch the dancing. I can also dance in my seat or stand. If I stand I need to make sure the people around and behind me can still see. If they cannot I will sit back down.

# During the Performance



If I feel the dancing is too close to my seat, I can take a break by using the aisles to get to the hallways and the lobby.

# Quiet Room



If I need to use the quiet room, I can ask an usher to show me where it is.

# Quiet Room



The quiet room is located in the Rotunda. The Rotunda is off of the lobby.

It is bright in the Rotunda as there are many windows but there are table forts and I can colour or relax there until I am ready to go back to the performance.

# Washrooms



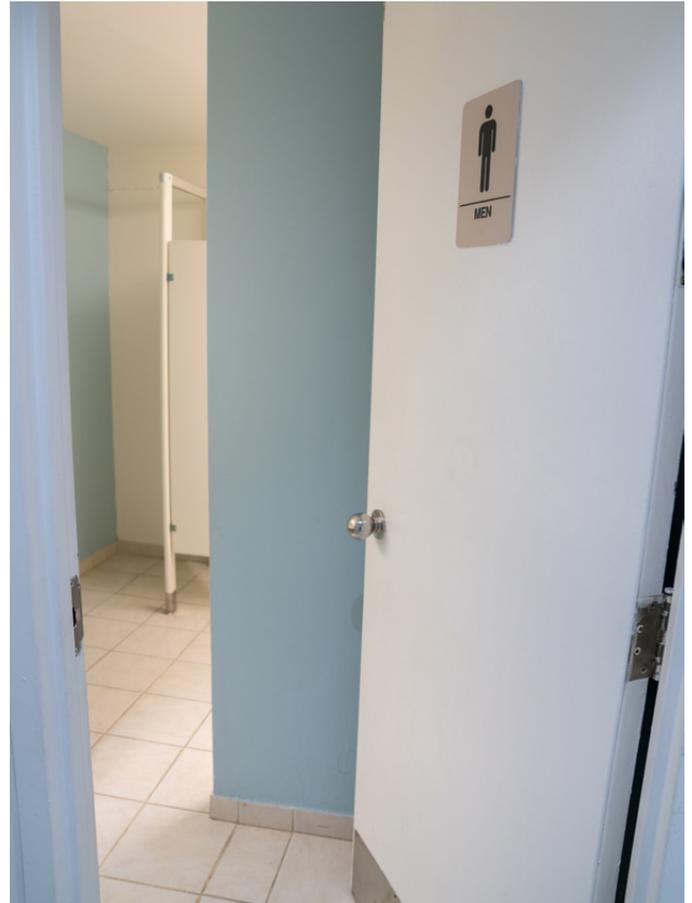
If I need to use the washroom during the performance, I can. My seat will be saved for me when I come back.

# Washrooms



To get to a washroom I will need to go back up the hallway to the lobby. From the lobby I can take the stairs down to a washroom.

# Washrooms



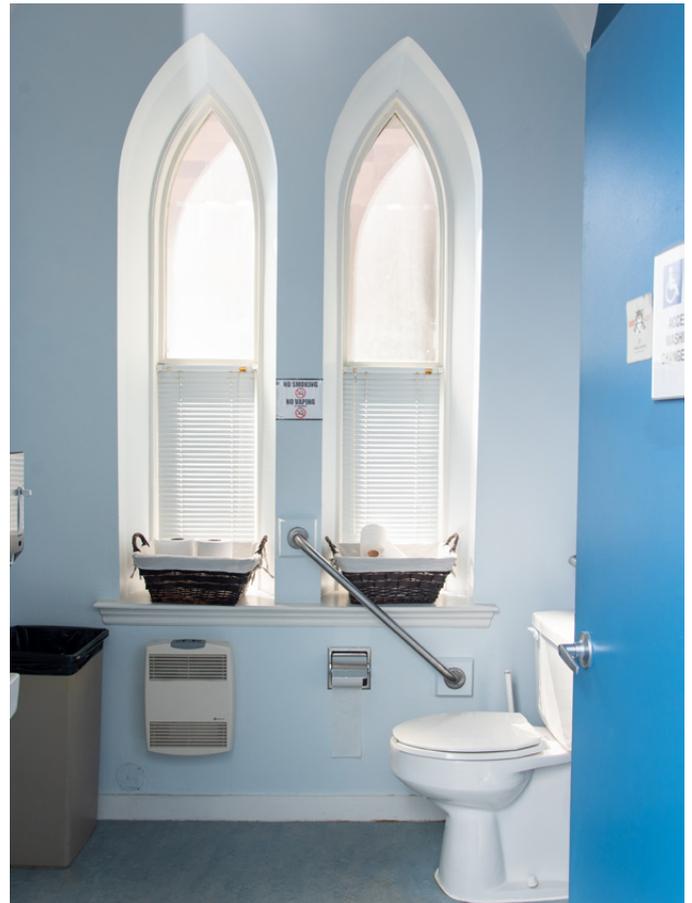
There are washrooms for men and washrooms for women. There are also washrooms where I can go in with my family. We will choose the washroom we are comfortable using and go to that one.

# Washrooms



The washrooms are bright and the toilets and sinks are manual (that means I control the flush and the taps). The washroom doors are heavy and may create a large banging sound when I let them go. I can put my hands over my ears if I need to and I can let the doors go gently.

# Accessible Washroom



There is an accessible washroom in the lobby at the theatre. It is large enough for wheelchair users. However, there isn't a push button for the door so I might need someone to help me open the doors. My family/group can help me or I can ask an usher to open the door for me.

# Clapping



I can clap at the end of a performance if I like it. Other people may clap too, this may make a loud sound. If it is too loud I can cover my ears or put on my sound dampening headphones.

# Clapping



I will know it is the end of the performance because the dancers will stand and bow. I can clap during the bows to show them how much I enjoyed the performance.

# End of Show Meet and Greet



At the end of the show, the Host will invite the audience to meet some of the dancers! I will follow the hosts directions carefully so that I can meet the dancers. I do not have to meet the dancers if I do not want to.

# Leaving the Performance



After the bows the lights will come back up and it is time to leave. I will leave the auditorium and go to the lobby. I can use the washroom before I leave the lobby if I need to.



Relaxed Performance  
Visual Guide for  
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