

**the  
national  
ballet of  
canada  
you dance**

# **Relaxed Performance Venue Guide**

I am going to see a  
YOU dance Performance  
at the Fleck Dance Theatre,  
Harbourfront Centre.

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# Welcome to The National Ballet of Canada

**This 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, such as people who are Neurodiverse or Autistic, people with Developmental Disabilities, people who experience anxiety, and anyone who feels a more relaxed atmosphere will make their visit to the ballet more enjoyable and approachable.



Image Description: Audience members seated in a theatre auditorium. At the front of the rows sit a young girl and an adult. The adult is pointing and smiling as the young girl looks on.

# YOU dance Ballet Performance

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



Image Description: A ballet dancer is on stage. She is standing on on the tip of her toes, with her left leg pointed in the air. Her arms are up and on her right side. Her red hair is back in a bun.



# Theatre

The performance is at the Fleck Dance Theatre at Harbourfront Centre.

The Fleck Dance Theatre is on the third floor of the Queen's Quay Terminal building.



Image Description: The outside of the Fleck Dance Theatre. The walls are light brown and the doors to the theatre lobby are blue. The carpet is brown.

# Getting There

I can get to the Fleck Dance Theatre by car, streetcar or by using other forms of transportation.



Image Description: A close up of the front of a streetcar.



# Car/Vehicle

If my family drives, we can park at the underground parking lot by Harbourfront Centre. It usually costs \$30 to park here but we should come prepared to pay more just in case.



Image Description: The entrance to the Harbourfront parking lot off of Queens Quay.

# Underground Parking

To pay for parking we can use our credit or debit card.



Image Description: The parking payment machine at the Harbourfront parking lot.



# Parking Elevator

To get out of the underground parking, my family and I will need to take the stairs or the elevator. The elevator will take us up to ground level beside Queen's Quay Terminal.



Image Description: The elevators to the underground parking. There is a pay station machine beside the far elevator. This photos shows the elevators at ground level.



# Alternative Parking

There are lots of other parking lots around the area. We can choose where we park. Once the car is parked, I will walk to the Queen's Quay Terminal Building. If I need to cross the street, I should do this at the traffic lights.



Image Description: The streetcar tracks and stop and traffic lights outside of Queen's Quay Terminal.



# Streetcar

If we take the streetcar we will get off at the Harbourfront Centre stop. This stop is right in front of Harbourfront Centre. If I need to cross the street, I should do this at the traffic lights.



Image Description: A streetcar at the Harbourfront streetcar stop.



# Queen's Quay Terminal

Once we have arrived at Queen's Quay Terminal we can go inside. There are many entrances to Queen's Quay Terminal. We can use any entrance but the easiest would be the one that faces the main Harbourfront Centre building. It has a ramp and stairs.



Image Description: The outside of the west side of the Queen's Quay Terminal building.



# Fleck Dance Theatre

Queen's Quay Terminal is a public building with many restaurants, stores and businesses inside. I will go past some of the businesses and towards the fountains. The washrooms and the stairs, escalator and elevators to the Fleck Dance Theatre are by the fountains.



Image Description: The food court inside Queen's Quay Terminal. People are sitting at, and standing around, tables.

# Accessible Washroom

The accessible washroom is on the main floor of Queen's Quay Terminal. If I need to use the accessible washroom, I can use it before going upstairs to the theatre. There is also an accessible stall in the washroom in the theatre lobby.



Image Description: The inside of the accessible washroom on the first floor of Queen's Quay Terminal.



# Getting Up to the Fleck

To get up to the Fleck Dance Theatre, I can take the stairs, the escalator (if it is working) or the elevators. If I take the stairs, I will walk slowly and carefully and hold on to the handrail.



Image Description: Stairs leading up to the Fleck Dance Theatre.

# Escalator

Recently the escalator has been under construction. It may not be working on the day of the YOU dance performance. If it is not working it will have yellow barriers around it. I will not go on the escalator if there are yellow barriers around it.



Image Description: The escalator leading from the first floor up to the Fleck Dance Theatre. In this photo there are yellow barriers around the escalator with red do not enter symbols on them.



# Elevator

If I take the elevator, there is a button just for the theatre. I can press the “3” button and the elevator will take me to the theatre.



Image Description: Inside the elevator up to the Fleck Dance Theatre. A hand is pointing to the buttons on the screen inside the elevator.

# Entering the Theatre

When I reach the third floor, I will be at the Fleck Dance 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 washrooms.



Image Description: The outside of the Fleck Dance Theatre. The walls are light brown and the doors to the theatre lobby are blue. The carpet is brown.



# Lobby

The lobby at the Fleck Dance Theatre is directly outside of the auditorium. If everyone were in the lobby at once it might feel quite full.

If it feels too full, I can go outside by the elevators, downstairs where the fountains are or I can go to the quiet room. Or, if the weather is nice, we may decide to wait outside.



Image Description: Inside the main floor lobby. The doors to the auditorium are blue. There is a pillar on the left and a tall table on the right.

# Lobby Washrooms

There are washrooms in the lobby of the Fleck Dance Theatre. There are washrooms for men and washrooms for women. There is an accessible stall in both washrooms. We will choose the washroom we are comfortable using and go to that one.



Image Description: The doors to the washrooms inside the Fleck Dance Theatre lobby. The doors are blue and have accessible buttons beside them.



# 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.



Image Description: Washroom stalls. The doors are blue and the floor is tiled. There is an accessible stall on the right.

# Ushers

I can ask any of the ushers to tell me where the washrooms, water fountains and quiet room are.

All ushers and volunteers at the performance are there to help me and everyone else who has come to the YOU dance performance.



Image Description: An usher smiles widely at the camera. They are wearing a uniform.



# 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.



Image Description: A child sits in an adult's arms in the auditorium. The child wears sound dampening headphones and is smiling. The adult is also smiling.



# 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.



Image Description: The main floor seating area at the Fleck Dance Theatre.



# Seats

When we enter the auditorium, I can find a seat to sit in. The seats 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 auditorium – some are in long rows and some are in short rows. I can pick a seat where I feel comfortable with my family/group. If I require accessible seating, I can request this ahead of time.



Image Description: Two rows of seats, two of the seats have reserved signs on them. The bottom of all of the seats are folded up.

# Main Floor

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



Image Description: The main floor seats, and aisles, at the Fleck Dance Theatre. The front rows of seats are lower than the back rows of seats.



# Boxes

Above the sides of the main floor of the auditorium are more seats – these are called the boxes. The boxes face the stage at an angle.

Boxes allow small groups of people to sit together away from the rest of the audience.



Image Description: The box seating area at the Fleck Dance Theatre. The seats are on an angle to the stage.

# Balcony

There are some seats at the above the main floor of the auditorium – this area is called the balcony. The balcony is a little further away from the stage and a little darker. There are stairs to get up to the balcony.



Image Description: The front row and railing of the balcony seating area at the Fleck Dance Theatre. Beyond, and below, the safety railing is the stage.



# Balcony

I will enter the balcony from the back and walk down the stairs to a seat. The balcony is steep and I will walk slowly. There is a long rail at the front of the balcony. The rail is there for everyone's safety. I will not lean over the rail.



Image Description: The balcony seating area from the side. The rows are curved and there is a safety railing at the front of the seats.

# Accessible Seating

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



Image Description: An open space where wheelchairs and other accessible seating devices can be accommodated inside the auditorium.



# 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 that for me if I want to leave the auditorium.

This is done because the theatre cannot have stroller and walkers in the aisles during the show. I won't be worried as I know that usher will bring it back to me whenever I need it.



Image Description: The area where strollers and mobility devices will be stored during the performance. The wall is blue and the area is beside the seats on the main floor.

# 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.



Image Description: The stage at the Fleck Dance 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 on stage and welcome the audience to the performance.



Image Description: Three ballet dancers on stage. Two men kneel behind a woman who is folded over one leg with her head on her thigh and her foot outstretched on the floor.

# The Hosts

There are two hosts for the YOU dance performance, Lisa Robinson and Tanya Howard. They will talk to the audience and introduce the dances. The hosts are experts on ballet and are here to help us enjoy the performance.



Image Description: A photo of the hosts of YOU dance. On the left is Tanya Howard and on the right is Lisa Robinson.



# During the Performance

During the performance I can clap, laugh, smile and feel any way that the dancing helps me to feel.



Image Description: A boy in a mobility device laughs. A man sits beside him and is also laughing.

# During the Performance

I can do what I need to enjoy it more – I can doodle, fidget, stim, dance, move, vocalize, sit, lay, talk and more. I can be me!



Image Description: Three children are dancing in front of a light grey wall.



## During the Performance

If the show is too loud, I can cover my ears with my hands, or wear sound dampening headphones – whichever feels best for me.

If I don't have my own sound dampening headphones, I can borrow some from The National Ballet of Canada. I can ask an usher for help getting them. I can also choose to take a break in the Quiet Room.



Image Description: A smiling child who has on red sound dampening headphones.

# Quiet Room

If it is loud or overwhelming in the auditorium or the lobby, I can use the Quiet Room. The Quiet Room is on the main floor opposite the washrooms. If I need to use the Quiet Room I can ask an usher to show me where it is.



Image Description: The Quiet Room. A table and two chairs with cushions on them and on the floor.



# Washroom Break

If I need to use the washroom during the performance, I can. My seat will be saved for me when I come back. The performance will not stop when I go to the washroom.



Image Description: The doors to the washrooms inside the Fleck Dance Theatre lobby. The doors are blue and have accessible buttons beside them.

# Clapping

At the end of each dance, I can show the dancers how much I liked it by clapping, saying “bravo” and by using any other way that feels good for me.



Image Description: A small child claps their hands and looks happy.



# 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 host's directions carefully so that I can meet the dancers. I do not have to meet the dancers if I do not want to.



Image Description: A dancer in a YOU dance t-shirt kneels before a child. They are both smiling. The dancer is holding flowers.

# Map of Harbourfront Centre

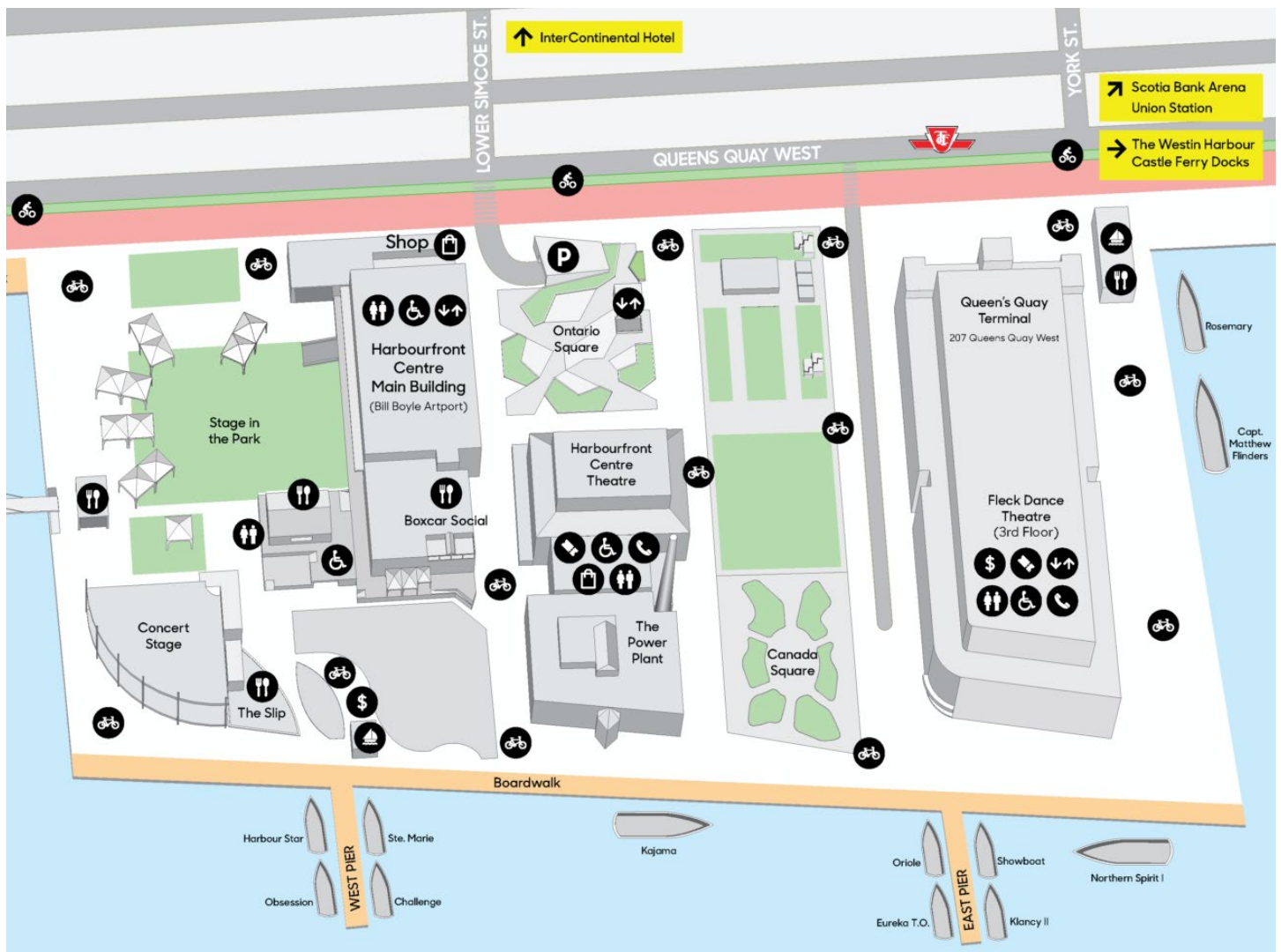


Image Description: A map of the Harbourfront Centre campus that includes the Queen's Quay Terminal.



# How to Relax Your Viewing Experience

- Wear comfy clothes
- Bring your favourite pillow, blanket or stuffy
- Sit on a chair, wiggle in your seat, walk around, dance to the music – do whatever feels right while watching
- Vocalize and make sounds during the dance, clap, laugh, sigh, whatever you need to do to share how you feel
- Take breaks if needed, there is a Quiet Room for those who may want a break during the performance
- Doodle, fidget, stim, sing and just be you!

# Quick Tips for Planners

## Information for Those Who Plan the Trip

**YOU dance performance at the Fleck Dance Theatre,  
Harbourfront Centre in the Queen's Quay Terminal**

**Address:** 207 Queens Quay West

**Date:** October 14, 2024

**Start Time:** 12:15 pm

**End Time:** 1:15 pm

### Seating

This is a traditional theatre space. The seating is fixed. Mobility device seating is at the front of the room. The theatre is two levels. There are stairs in the theatre and the lobbies. It is General Admission, which means you won't have a specific seat reserved for you.

### Ramps

There are three ramps for access to Queen's Quay Terminal. Two ramps are on the west side of the building, closer to the Harbourfront Centre Fleck Theatre. One is at the northeast entrance.

### Elevators

There are elevators inside the building but not inside the theatre.

### Accessible Washroom

The accessible washroom is on the first floor of Queen's Quay Terminal.

**Streetcar Stop:** Harbourfront Centre

### Parking

There is parking onsite in an underground garage. Parking here is \$6/half hour or \$30 for the day. There are many other lots a short distance away. All cost about \$25.

**Food & Beverage:** Food and drink are allowed in the theatre.



# Relaxed Performance Venue Guide for Fleck Dance Theatre 207 Queens Quay West Toronto, ON M5J 1A7

The Venue Guide was created  
by The National Ballet of Canada  
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