

the  
national  
ballet of  
canada  
you dance



# Relaxed Performance

**Saturday, September 21**  
**12:15 pm – 1:15 pm**

## General Seating

Doors open 30 minutes prior to the performance

## Location

Fleck Dance Theatre  
207 Queens Quay West, Toronto, ON

## About YOU dance

YOU dance stands for Youth, Outreach and Understanding dance and introduces youth to the world of dance, through free workshops and performances.

## More Information

YOU dance Relaxed Performance is designed to welcome the Disability Community into artistic spaces. A Relaxed Performance is structured to ensure that students within the Neurodiverse and Disability Community and their families feel safe and cared for. This performance may benefit those on the Autism Spectrum, people with ADHD, any person who identifies as Neurodiverse, people with learning and/or development delays/disabilities or anyone who feels they may enjoy a more relaxed experience when attending the ballet.

The one-hour performance features a selection of repertoire performed by The National Ballet of Canada's RBC Apprentices, accompanied by a live pianist and a host.

During a Relaxed Performance, the choreography is unchanged. However, the sound levels are lower, the house lights are on at a dim setting and audience members are welcome to move around the auditorium as needed.

A Visual Venue Guide will be emailed one week before the show to help you prepare for the performance.

The National Ballet of Canada's YOU dance programme is made possible thanks to lead philanthropic support by The Catherine and Maxwell Meighen Foundation, The Anna McCowan-Johnson Dance Accessibility Fund, The Lawrence Schafer Foundation and Elizabeth A. Currie & Richard J. Currie, O.C.

Further generous support is provided by Susanne Boyce & Brendan Mullen, Geoff & Catharine Bertram, the Robert & Joan Shatilla Education Fund, Relevé Circle, and an Anonymous donor.

The National Ballet of Canada's Accessibility Initiatives are made possible thanks to lead philanthropic support by The Anna McCowan-Johnson Dance Accessibility Fund, Valerie & Hunter Thompson, The Lawrence Schafer Foundation, The McLean Foundation with additional support from Ruth Watts-Gransden.

The RBC Apprentice Programme is sponsored by The RBC Emerging Artists Project.

**RBC Apprentices and audience member at a YOU dance Relaxed Performance. Photo by Bruce Zinger.**