SENSORY-FRIENDLY
RELAXED DRESS REHEARSAL

SAN FRANCISCO BALLET
MAR 27, 2019

San Francisco Ballet in Bound To© by Christopher Wheeldon // © Erik Tomasson
Welcome to San Francisco Ballet’s Relaxed Dress Rehearsal!

We are delighted to share the joy of dance and the beauty of ballet with you! Dance is a wonderful way to expose audiences of all ages to the transformative power of creativity through the performing arts. We encourage you and your family to experience ballet both as an audience member and as a dancer.

We are thrilled to welcome you to San Francisco Ballet’s “Relaxed Dress Rehearsal” in the San Francisco War Memorial Opera House on March 27, 2019. You will have the opportunity to watch a dress rehearsal of two ballets. The first ballet is called Your Flesh Shall Be a Great Poem choreographed by Trey McIntyre. The second ballet is called Bound To® choreographed by Christopher Wheeldon. During intermission between the two ballets, you can visit the activity tables in the lobby to learn about the shoes and costumes that ballet dancers wear.

We hope that this social stories pre-visit guide, along with the online videos and resources, will help you prepare and reflect on your experience with SF Ballet.

We look forward to sharing the joy of dance with you and your family!

Sincerely,

Jasmine Yep Huynh
Department of Education & Training

San Francisco Ballet
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I am going to San Francisco Ballet for a relaxed dress rehearsal!

San Francisco Ballet has invited me to see two ballets called

*Your Flesh Shall Be a Great Poem*, choreographed by Trey McIntyre, and *Bound To*, choreographed by Christopher Wheeldon.

A ballet tells a story through dance and music.
I am going to see a ballet at the San Francisco War Memorial Opera House, located at 301 Van Ness Avenue.

Getting there

I may take a car, a bus, or a BART to get there.
The ballet performance is inside a big building called the San Francisco War Memorial Opera House.
Theatre

A theatre is a large building with a stage where dance performances happen. The dancers perform on the stage and the audience watches from the seats.

I am going to watch a dance performance in the theatre when I go to the San Francisco Ballet.
When I arrive, I will enter the Opera House through the north carriage doors of the building for the Relaxed Dress Rehearsal.
Usher

An usher will meet me at the entrance of the War Memorial Opera House.

An usher is a friendly helper. If I need help, I can ask the usher.

The usher will help me find the stairs and elevator to my seat.
I will wait for the elevator. I will get in the elevator with my group.

The usher in the elevator will take us to the Mezzanine level of the building.

When I get out of the elevator, an usher will help me and my group find a seat.
I can also take the stairs to the Mezzanine level of the building.

I will walk up two flights of stairs.

When I get to the top of the stairs, an usher will help me

and my group find our seats.
Box lobby

When I get to the Mezzanine level, an usher will show me and my group to the box lobby. This is where we will find our seats for the ballet.

There are also family restrooms in the box lobby.
Boxes

An usher will help me and my group find our seats in the box section. This is where I will sit for the show.
Quiet area

I will tell my group if I need quiet time.

If I need a break during the show, I can go to the quiet area to relax on the carpet or enjoy a snack.

The quiet area is located next to the box lobby in a lounge area.
Dancers

I will watch the dancers move their bodies to music during the performance.

The dancers will use their bodies to show the audience how they are feeling and to tell a story.
Music

Ballet uses dance and music to tell a story.

Sometimes the music is fast. Sometimes the music is slow.

Sometimes the music is loud.

I can cover my ears if the music is too loud.

The music at the ballet is played by a live orchestra.
Your Flesh Shall Be a Great Poem

I will see a ballet called *Your Flesh Shall Be a Great Poem*. It is an abstract ballet, which means that I get to make up my own story about what is happening.

There will be bright lights on the stage and the dancers will wear costumes that help create the mood for the dance.

The dancers will use a small chair as a prop.
I will also see a ballet called *Bound To*©. This piece will have different costumes and lighting to tell a different type of story.

The dancers will use cell phones on stage as props.

I can watch a video trailer of the ballets at:

Clapping

If I like the show, I can clap my hands.

I can cover my ears if the clapping noise is too loud.

Sometimes people in the audience say “Bravo!”

when they really like a performance.

Bravo means “good job” in Italian.
Leaving / elevator

When it is time to leave, I will wait for the elevator.

I will get in the elevator with my group.

The usher in the elevator will take us to the 1st level lobby of the building.
Questions?

If I have questions, my family can email San Francisco Ballet at

Education@sfballet.org
RESOURCES FOR FAMILIES

Online Resources and Videos

Learn More about San Francisco Ballet
www.sfballet.org

SF Ballet 2019 Season Trailer
https://tinyurl.com/2019-Season-Trailer

Learn More about San Francisco Ballet Program 5: Lyric Voices

Virtual tour of the SF War Memorial Opera House

Children’s Books about Ballet


Miles, Lisa: Ballet Spectacular: A Young Ballet Lover’s Guide and an Insight into a Magical World. Barron’s Educational Series.


Young, Caroline: First Sticker Book Ballet. EDC Publishing.
San Francisco Ballet
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