



# Access Guide

LES  
GRANDS  
BALLETS

NATIONAL CENTRE  
FOR DANCE THERAPY

This guide has been created to help you prepare for your arrival at Place des Arts for the relaxed performance of *The Lake* by Ivan Cavallari.

A relaxed performance is adapted for individuals who experience sensory sensitivities. To make the experience more comfortable, elements such as lighting, sound, and accessibility are adjusted.

Rest areas will also be available. These spaces allow audience members to move freely, express themselves, and enter or leave the performance as needed during the show.

**Let's go!**

**I'm going to see the dress rehearsal of *The Lake*  
by Les Grands Ballets.**



**Credit: Sasha Onyshchenko | Dancer: Rachele Buriassi**

**The relaxed performance is at Place des Arts.**

Address: 175 Sainte-Catherine Street West, Montreal, QC, H2X 3X5.



# At the Salle Wilfrid-Pelletier



# How to get there?

By subway

I will get out at Place-des-Arts exit.



# Place-des-Arts Subway Station



I might take the city bus.



I might take the school bus.



Or the car.



If I take the school bus or a vehicle, I will get off near the Esplanade in the Quartier des spectacles. It is possible to park in the parking lot at Place des Arts.



Quartier des spectacles



Place des Arts Parking

I may walk to the entrance of Place des Arts on Sainte-Catherine Street.





## **At the Salle Wilfrid-Pelletier**

When I arrive, there will be several groups and families coming to attend the relaxed performance of *The Lake*.

I need to have my pass and show it to the usher at the entrance of Salle Wilfrid-Pelletier. Then the usher will tell me where to go.

**PERFORMANCE DÉCONTRACTÉE**  
**Laissez-passer pour la représentation privée du Lac**

**JEUDI 4 2026, 14h15** (ouverture des portes à 13 h 30)  
Salle Wilfrid-Pelletier, Place des Arts

**SECTION : PARTERRE**

Coupon valable pour une (1) personne.

***Ce coupon constitue un droit d'entrée et doit être présenté au personnel de la Place des Arts à l'entrée du théâtre.***

*Photo : Sasha Onyshchenko / Danseuse : Rachele Buriassi*



# Lobby of the Place des Arts

Once inside, I can go to the restroom.  
I can rest in the lobby.





The restrooms are located on the orchestra level (parterre).

There are steps to access them.

I can ask an usher for help if I need to use the accessible restrooms for people with reduced mobility.



## **It's time to select your seat**

The seats are not assigned. I choose a seat where I feel comfortable.

I sit with my group or my family.



## The show begins

The lights in the theatre will be dimmed.

Audrée Papineau-Chartrand and Émilie Barrette will inform us of the guidelines to follow during the relaxed performance.

**The ballet is 60 minutes.**



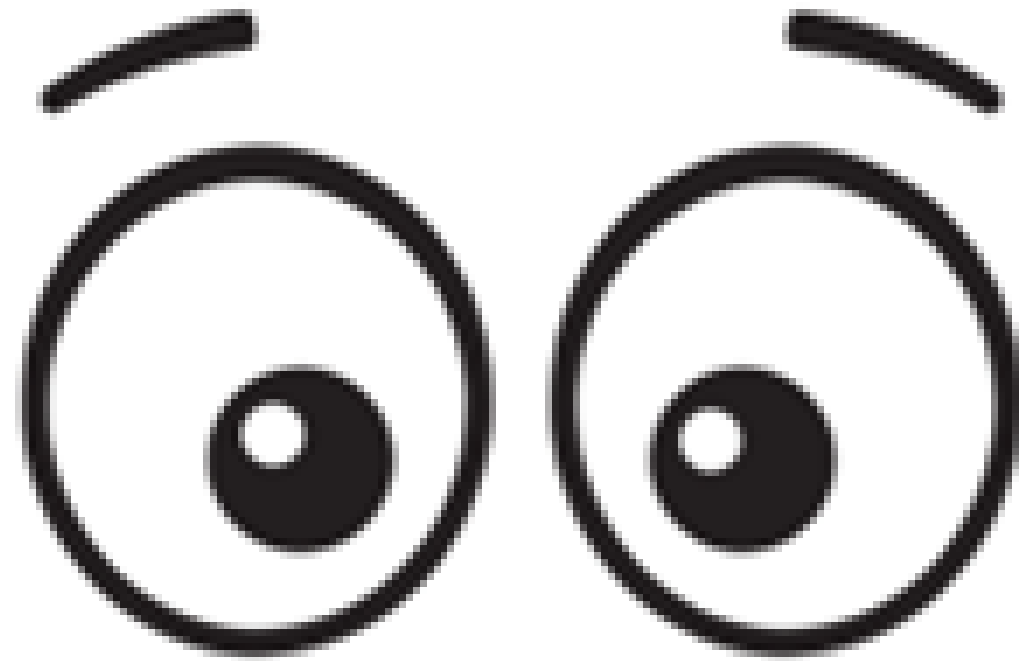
**You will see dancers  
and ear music.**



**I listen.**



**I look.**



**I am allowed to dance and move in the aisles.**



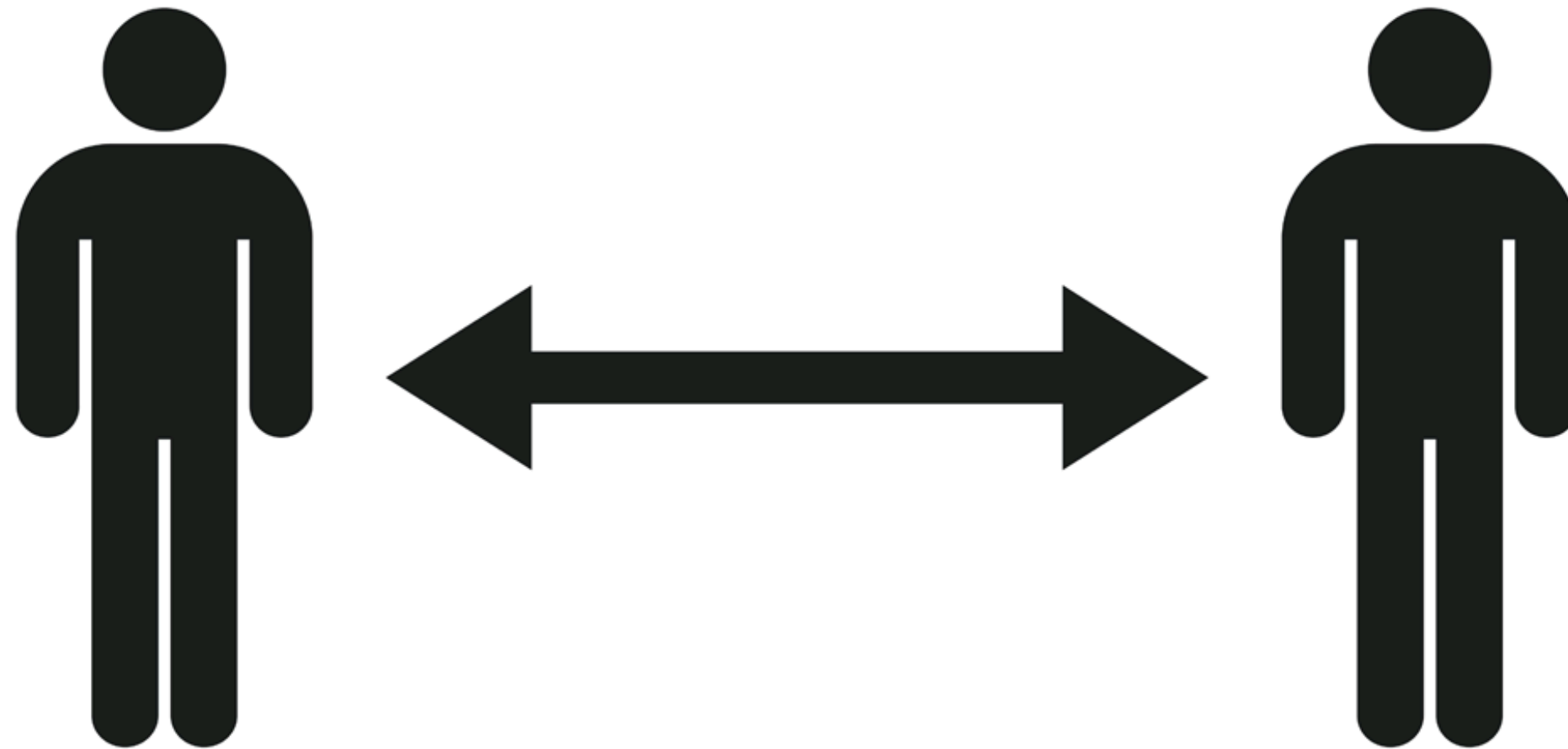
**I can clap when I see this pictogram.**



**I do not eat or drink in the theatre.**



**I respect other people's space.**



**I do not take photos or videos.**





At any time, I can leave with someone to go to a rest area.

# Final bow



I can applaud the artists to show that I enjoyed my experience and the performance.

# Leaving the theatre



After the final bow, it will be time to leave the theatre. Many people will be leaving at the same time. It is important to stay with my group.

**This video highlights the wide range of artistic and technical roles that come together to make relaxed performances possible.**



# Thank you!

This presentation of the relaxed performance of *The Lake* is offered by the National Centre for Dance Therapy, with the support of the Azrieli Foundation.

