



LIMÓN NYC DANCE INTENSIVE 2022 - WELCOME!

Welcome to Limón! We are delighted that you will be joining us this Summer! Artistic Director Dante Puleio, Associate Artistic Director Logan Kruger & the Limón Dance Company Dancers will lead this Intensive to bring community, artistry and rigorous dancing.

COVID-19 BUILDING SAFETY PROTOCOLS: as of May 16, 2022

VACCINATION RECORDS: (BEFORE ARRIVAL)

Everyone entering the building must be fully vaccinated against Covid-19. Our definition of fully vaccinated includes boosters as recommended by the CDC and as eligible within New York State. Vaccination records must be uploaded using [this link](https://www.jotform.com/211096752393055). Updated records (after an additional dose) should be uploaded using the same link. (<https://www.jotform.com/211096752393055>)

Our full Vaccination Policy is available upon request.

TESTING PROCEDURES: Everyone must provide proof of a recent, negative Covid test result *before your first visit*. This test must be taken within 72 hours in advance of your first visit. (This means tests can be taken as early as Friday, June 3rd. At-home Rapid tests are preferably taken the morning of Monday, June 6th.) Tests must be Rapid Antigen, Rapid Molecular, or PCR. Results must be uploaded to [this link](https://www.jotform.com/212446520714146) **before you arrive**. Only those with negative results will be allowed to enter the building. (<https://www.jotform.com/212446520714146>)

TESTING ON WEDNESDAY: In addition to testing before arrival, everyone must provide proof of a negative Covid test before classes begin on Wednesday, June 8. Tests can be Rapid Antigen or Rapid Molecular. There are sites all over the City that offer free testing, and / or at-home kit pick-ups: [this is a very helpful doc to find free testing and free kits](#).

DAILY PROCEDURES:

HEALTH CHECK APP: All participants must submit a daily, self-screening questionnaire through the HealthCheck App (available on iOS and Android, as well as through a desktop: <https://healthcheck.stratumhealth.io/#/sign-up>)

- Create your free account - <https://www.stratumhealth.io/>
- Add "Limón" as a facility using the following code [**w#|>%!b.**]



- Any day you intend to enter our building, fill out a health check before arriving. Your "Passport" (a QR code produced by the app) will be validated upon arrival; those who are safe to enter the building will gain access.
- PLEASE BE HONEST AND ANSWER ALL QUESTIONS WITH CARE

TEMPERATURE: Your temperature will be taken upon arrival. Anyone with a temperature of 100.4 degrees or above will not be allowed to enter.

MASKS: Masks must be worn at all times over both the nose and the mouth, regardless of vaccination status. Masks must provide significant protections against current variants. Masks with valves or simple cloth designs are not acceptable.

Examples of acceptable masks include: surgical / procedural; N95 or other international equivalent; complex, multi-layered tight knit cloth masks. Examples of unacceptable masks: simple (single layer) cloth masks; gaiters; bandanas; scarves; t-shirts; anything with a valve, or anything that does not properly fit your face. If you do not have an acceptable mask, one will be provided for you and must be worn while in the building.

The José Limón Dance Foundation is dedicated to keeping our community safe, and ensuring compliance with all federal, state, and city regulations and guidelines. Thank you for respecting these protocols.

DAILY SCHEDULE:

All events take place at the Everett Center for the Performing Arts - 466 West 152nd in Harlem. You will have access to the studios 30 minutes before the first class of the day.

Monday, June 6:

9:00am - 9:15am - Dancers can enter the space / Covid Screenings upon arrival
9:30am - 10:00am - Orientation
10:00am - 1:00pm Limón Technique & Repertory*
1:00pm - 1:45pm - Lunch
1:45pm - 2:45pm - LAB with Dante / Contemporary Rep
3:00pm - 4:00pm - Contemporary Rep / LAB with Dante

Tuesday, June 7:

9:30am - 10:00am - Building opens / Covid Screenings upon arrival
10:00am - 1:00pm Limón Technique & Repertory*
1:00pm - 1:45pm - Lunch



1:45pm - 2:45pm - LAB with Dante / Contemporary Rep
3:00pm - 4:00pm - Contemporary Rep / LAB with Dante

Wednesday, June 8:

9:30am - 10:00am - Building opens / Covid Screenings upon arrival
Be sure to upload Covid test #2 this morning!
10:00am - 1:00pm Limón Technique & Repertory*
1:00pm - 1:45pm - Lunch
1:45pm - 2:45pm - LAB with Dante / Synthesis with Logan
3:00pm - 4:00pm - Synthesis with Logan / LAB with Dante

Thursday, June 9:

9:30am - 10:00am - Building opens / Covid Screenings upon arrival
10:00am - 1:00pm Limón Technique & Repertory*
1:00pm - 1:45pm - Lunch
1:45pm - 2:45pm - LAB with Dante / Contemporary Rep
3:00pm - 4:00pm - Contemporary Rep / LAB with Dante
4:00pm - 5:00pm - LDC Q & A

Friday, June 10:

9:30am - 10:00am - Building opens / Covid Screenings upon arrival
10:00am - 1:00pm Limón Technique & Repertory*
1:00pm - 1:45pm - Lunch
1:45pm - 2:45pm - LAB with Dante / Contemporary Rep
3:00pm - 4:00pm - Contemporary Rep / LAB with Dante
4:00pm - 5:00pm - Closing Reception (Photos / Hugs + Love)

*Teachers have the freedom to choose the length of their Tech & Rep classes so that their information coalesces in a meaningful way tailored to their planning. Day to day, specific durations of each will be listed on the posted schedule in the building. Teachers will provide a break between Tech & Rep.

LAB with Dante is fully realized as *Limón Lab for Personal Investigation & Choreography*.

Synthesis with Logan will be part lecture, part viewing, and part embodied so that dancers can bridge the various information shared mid-week, and apply new discoveries to the remainder of the week.



AMENITIES AT THE EVERETT CENTER:

There are private and multi-person bathrooms. All bathrooms are all-gender.

Due to COVID, lockers are not available, but the building is secured by card-reader access only (only Staff of Limón and Dance Theater of Harlem have cards). Dancers will be able to take their belongings with them into the studios. Please note the studio is located in a quiet and beautiful neighborhood, but this is a major metropolitan area - plan to take common sense precautions for your safety and security at all times. Water fountains will be available to dancers to use. Guest access to Wifi will be provided for your use in the building.

LUNCH OPTIONS:

Dancers are encouraged to pack lunch in insulated lunch bags. Optionally, there's a great deli (Savory) closeby where you can order sandwiches and salads made to order. Dancers 15 and younger cannot leave the building without a chaperone.

Please take note that the lunch break is 45 minutes, so plan accordingly. It is encouraged to snack-up on the shorter breaks throughout the day.

MERCHANDISE:

The new Limón merchandise has arrived and will be available for purchase on-site.

DON'T FORGET TO PACK:

Reusable water bottle, notebook & writing utensil, comfortable shoes to walk around the City in, insulated lunch / snack bag. There is no dress code for the intensive - please no midriffs or booty shorts. Dancers sometimes prefer to wear Ballet shoes for some Limón repertory classes. For contemporary rep, knee pads are recommended. If you have access to at-home Covid tests, it is highly recommended that you bring one. It is highly recommended that you do not bring ANY valuables with you to NYC!

CONTACTS:

Put these numbers in your phone in case you need them.

School Administrator, Imani Kane: (614) 636 - 8064

Director, Lena Lauer: (419) 235 - 2738

THE LEGACY | FAMILY:

During the intensive, you are a representative of the Limón Foundation and therefore the Limón Legacy. Please be respectful of property, staff, each other, and codes of conduct. We look forward to your joining the Limón community - a community of individuality, respect, integrity, humanistic artistry and DANCING!