



LIMÓN TWIN CITIES FINAL INFORMATION

Welcome to Limón! We are delighted that you will be joining us for this epic return to dancing! Artistic Directors Carl Flink & Dante Puleio along with the Black Label Movement & Limón Dance Company Dancers will lead this Intensive to bring community, artistry and rigorous dancing!

HEALTH & SAFETY GUIDELINES:

Please upload your Covid-19 vaccination card, if applicable, [HERE](#). Those dancers who do not upload a vaccine card before July 18 (or July 25 if attended only Week 2) will be required to wear a [proper mask](#) at all times in all indoor spaces at the Barker Center. Dancers that provide a vaccine card may also choose to wear a mask, if more comfortable doing so. Please thoroughly read the [Foundation's Health & Safety Guidelines](#), so we are all committing to the safest experience possible.

Spaces in MN are no longer practicing social distancing - we will not be practicing social distancing in the studios at Limón Twin Cities, and are planning to include partnering in our Repertory selections.

DAILY SCHEDULE:

All events take place at Barker Center, 500 21st Ave S, Minneapolis, MN 55454

Times are Central - the studios will be open 30 minutes before the first class of the day.

Sunday, July 18:

Meet & Greet - 5:00pm - 7:00pm CT Studio 100

***Monday, July 19:**

8:30am - 9:00am CT Studio 100

*Orientation only for dancers unable to attend Sunday orientation

Monday, July 19 - Friday, July 23 and July 26 - 30: Times are CT

9:00am - 10:30am CT Limón Technique

10:45am - 12:15pm CT Limón Repertory

12:45pm - 2:15pm CT Black Label Technique

2:30pm - 4:00pm CT Black Label Repertory

Optional evening events are scheduled throughout the weeks; check the full schedule for details.

Saturday, July 31:

Informal sharing at 12:00pm CT in Studio 100 for all participants, online and in-person.

Run-time is roughly 1 hour, ending by 1:30 pm CT to allow for travel. The link to the live-stream will be provided during the week of July 26. Details related to in-person audiences will be



determined based upon CDC regulations at that time. We will communicate these logistics once confirmed.

AMENITIES AT BARKER CENTER:

Showers: There is 1 male-identified shower, 3 female-identified showers and 1 non-gendered bathroom in the building. Bring your own shower supplies as needed. Changing spaces will be shared with dancers at orientation.

Lockers: are not available, but the building is secured by card-reader access only (only UM Staff & students will have cards, but Intensive Staff will be there to grant you access before and between classes). Dancers will be able to take their belongings with them wherever they are throughout the day. Please note the campus is located within a major metropolitan area, so plan to take common sense precautions for your safety and security at all times.

Wifi: guest access will be provided for your use in the building.

LUNCH OPTIONS:

Dancers will have access to a kitchen area with a large refrigerator and microwave. *Please take note that the lunch break is only 30 minutes, so plan accordingly.* Eat-out options that are nearby include:

Jimmy John's across the street

Subway 2 blocks away

Korean Bowl 3 blocks away

Hard Times Cafe (vegetarian) 3 blocks away

Plus others

DON'T FORGET TO BRING:

Water bottle, notebook & pen, and ballet slippers. There is no dress code, but please dress respectfully and so that your teachers can see your form. If you will be wearing a mask during the dance day, plan to bring at least two. Hand sanitizer will be available at Barker Center.

[CAMPUS MAP](#)

[LIGHT RAIL MAP AND INFO](#)

MERCHANDISE:

Both Black Label and Limón merchandise will be available for purchase on-site.

It is highly recommended that you pre-order Limón merchandise, as limited sizes will be available on-site.

For pre-orders, a 15% discount will be applied at checkout, as well as no shipping costs.

Use the discount code **TWIN15** for pre-orders. Unfortunately, if you fail to use the discount code,



you will not be refunded the difference. Pre-orders will be available to order for pick up at Twin Cities until **JULY 13TH**. [LINK](#) to the Limón shop. Pre-order your gear to ensure the correct size - it will be waiting for you in Minneapolis!

PARKING:

- Surface lot: Immediately across the street from the main entrance: \$4 - 5 per day
- Parking ramp: 1 block north of the building \$10 - 12 per day
- Metered parking: south of / next to the building \$15 - 18 per day
- Street parking: within 2 blocks of the building, 1 and 4 hours

CONTACTS:

Limón 2nd Company Member & Summer Assistant, Tess McCharen: (310) 741 - 0386

Limón Director of Education, Lena Lauer: (419) 235 - 2738 (on-campus Week 1, off-campus Week 2, available by text or call anytime during the intensive.)

THE 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 and DANCING!