

## **Pre show Information: BODIES by Ray Young**

This information is to help you decide if Bodies is for you. Content notes, including what happens in the show, are further in the document.

### **The Space**

Bodies takes place around and in a swimming pool.

### **The Performers**

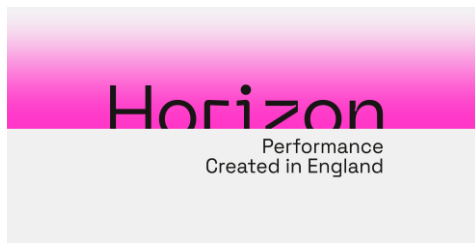
- You are guided through the experience by a voice

### **Lighting and Sound**

- There will be talking over music. If this is difficult there is captioning.
- Since this experience takes place in a pool there will likely be some echoes.
- People will probably talk through the experience.
- The performance sound and light levels have been set with consideration of sensory sensitivities. Other audience members in the experience might be loud.

### **Participation**

- You will be asked to interact and then swim in the water
- You will need to change into/ out of your swimwear in the pool changing room This is a gender neutral and body positive space. Please wear what you feel comfortable in.
- You will need to bring your costume, towel and whatever else you would usually take to go swimming such as goggles or pool sandals. You may also like to bring a



dressing gown to wear whilst waiting for the show to begin.

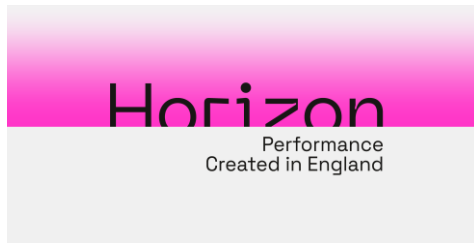
- You'll be invited to interact with the water and other people. All of these are invitations and suggestions. If you need more information please see the content notes at the end.

### **Access Information**

- The show is 50 minutes long. This is how long you will be in the pool.
- There is more time for a safety briefing and for you to get changed.
- There is no interval.
- All performances are relaxed this means you can move or make noise if you need to. You can go in and out of the performance space and leave and re enter the pool.
- Latecomers cannot be permitted as you have to listen to a safety briefing before entering the water.
- The space has level access and is wheelchair accessible. There is a 1-2 minute level walk from the front of the building to the pool changing rooms
- There will be captions at every performance
- You will need to get changed into your swim wear. There will be an all gender, mixed changing space with both small group and private changing cubicles. You are welcome to come already changed if you prefer or ask for help finding cubicle spaces where desired.

### **Content Notes**

The voice that speaks to you is water. It will talk about itself. But it will also instruct you about how to interact with it.



Water will ask you to do things like take three deep breaths, swirl it around you. Many of the suggestions are about how you could move your body. You'll be invited to play with small floating balls and to connect your floating devices together with someone else's. You'll be asked to create waves. A couple of people will be asked to pull on a net to get floatation devices for everyone. All of these are suggestions. You do not have to do them.

You'll be asked to think about how water connects us all. You'll be invited to think about the vastness of the earth and the universe. You'll be asked to think about the power of water and the power of working together. You'll be asked to think about how much of your body is water.