

PARSONS **DANCE**

Guide for Travel and Attractions in New York City **SUMMER INTENSIVE WORKSHOPS** **June 5 – June 30, 2017**

| | |
|--|------------|
| Traveling into the City | P.1 |
| Basics of Getting Around | P.2 |
| Summer Intensive Studio Guide | P.3 |
| Quintessential New York | P.4 |
| Dancer's Delight | P.7 |
| Cyber Cafes, Helpful Apps and Restaurant Guides | P.8 |
| Sponsors | P.9 |

Traveling into the City

Airport Transportation

From JFK to Manhattan – options with samples prices below. For complete information, including transportation to other boroughs, please see:

- www.panynj.gov/airports/jfk.html
- **Taxi** - Fare plus tolls, take yellow cabs from taxi line only (20-30 minutes)
- **Bus Co.** - The New York Airport Service bus company takes you to the Port Authority, Grand Central Terminal or Penn Station (718) 875-8200
- **Van** – The Super Shuttle Van* service takes you to your final destination (800) 258-3826

From La Guardia to Manhattan – options with sample prices below. For complete information, including transportation to other boroughs, please see:

- www.panynj.gov/airports/laguardia.html
- **Taxi** – Fare plus tolls, take yellow cabs from taxi line only (20-30 minutes)
- **Bus Co.** -The New York Airport Service bus company takes you to the Port Authority, Grand Central Terminal or Penn Station (718) 875-8200
- **Van** - The Super Shuttle Van* service takes you to your final destination (800) 258-3826
- **Public Transportation** - M60 bus with connections to other bus and subway lines

From Newark to Manhattan – options with sample prices below. For complete information, including transportation to other boroughs, please see:

- www.panynj.gov/airports/newark-liberty.html
- **Taxi** – Fare plus tolls, (40-50 minutes)
- **Bus** –The Olympia Airport Express bus company takes you to the Port Authority, Grand Central Terminal, or Penn Station (877) 894-9155 or (908) 354-3330
- **Van** –The Super Shuttle Van* service takes you to your final destination (800) 258-3826

***Note:** The Super Shuttle Van service drops everyone on board individually, so if it's full, it might take you a while to reach your destination.

By Train or Bus (All stations located in Manhattan)

- Amtrak takes you to Penn Station, 33rd Street between 7th and 8th Avenue (Subway: **1, 2, 3, A, C, E**)
- MetroNorth to Grand Central Terminal, 42nd Street and Lexington Avenue (Subway: **4, 5, 6, 7**, Shuttle S to Times Square)
- Buses to the Port Authority Bus Terminal, 40th-42nd Street between 8th and 9th Avenue (Subway: **A, C, E, N, Q, R, 1, 2, 3, S, 7**)

By Bike

Bikes are available for rent across the city from CitiBike. Passes must be purchased at a CitiBike kiosk or through the CitiBike App.

More info at <https://www.citibikenyc.com/how-it-works>

By Car

Please consult <https://maps.google.com>

Basics to Getting Around

Walking

- Most of Manhattan is based on a grid system, where the Streets run East/West and the Avenues run North/South. The grid system breaks down below 14th Street though.
- The Street numbers increase as you travel North and the Avenue numbers decrease as you travel East.
- 5th Avenue is basically considered “zero”, and anything west of 5th Avenue is labeled “West” and anything east of 5th Avenue is labeled “East.”
- All odd numbered addresses are located on the North side of any street, whereas the even numbered addresses are on the South side of the street.
- The odd numbered avenues’ traffic travels Southbound, and the even numbered avenues’ traffic travels Northbound. So...if you’re walking down 5th Avenue with the flow of traffic, the cross streets’ numbers will get lower. If you’re walking north, against the flow of traffic, the cross streets’ numbers will get higher.
- FYI - One mile equals about 20 North/South blocks or 10 East/West blocks.

Buses

- Buses can take almost twice as long as subways, due to traffic. They will, however, get you closer to your destination. Most buses stop every two blocks or so and run cross-town, as well as uptown and downtown.
- Bus stops are indicated by a blue signpost or a shelter.
- A flat fare of \$2.75 is charged when you board. Use either exact change or a MetroCard.
- The fare for an express bus ride is \$6.50
- If you use a MetroCard, you get a free transfer (within 2 hours) from bus to subway or from bus to bus.

Subways

- Subways are much more useful for traveling North/South than East/West, but cross-town shuttle buses run on several streets including 14th, 23rd, 34th, 42nd, 57th, 72nd, 86th and 96th.
- “Express” trains only stop at certain major stations, whereas the “local” trains stop at every station, which are roughly every 7-10 blocks.
- Subway rides cost \$2.75 each, but you can purchase 7-day Unlimited Ride MetroCards for \$32.00, which are good for unlimited use of the subway and bus systems for 7 days. Do not lose your MetroCard!!!
- Often, downtown and uptown lines will have entrances on opposite sides of the street. Make sure you know which direction you need to be going (either downtown or uptown) **before** you enter

the subway station. Once inside the subway system, a passenger may transfer onto other trains without restrictions.

- See map: www.mta.info/nyct/maps/submap.htm

Maps provided courtesy of



New York City Transit

Summer Intensive Studio Guide

Manhattan Movement and Arts Center

Address: 248 West 60th Street. New York, NY 10023

Telephone: (212) 787-1178

Website: www.manhattanmovement.com

Travel Information

- **By Subway:** **1** or **A / C** to 59th Street - Columbus Circle, or the **Q** to 57th Street. For details, visit www.mta.info
- **By Bus:** M20 Lincoln Center 66 St via 8av to 56th St/8av
- **From NYU Dorm Housing (Upper West Side):** **1** to 59th Street - Columbus Circle, or **M11 Bus** to Columbus Av/w 61st.

Coffee Shops, Diners, Internet Cafes

- **Wicked Start Food Court:** 10 West End Ave, #5B. New York, NY 10023. (347) 482-0917
- **Olympic Flame Diner:** 200 West 60th St. New York, NY 10023. (212) 581-5289
- **The Greek Kitchen:** 889 10th Avenue. New York, NY 10019. (212) 581-4300
- **Casabianca Pizzeria:** 503 W 57th St. New York, NY 10019. (212) 397-8725
- **Starbucks:** 475 W 57th St. New York, NY 10019. (212) 247-5489

Pharmacies

* **Duane Reade:** 4 Amsterdam Road. New York, NY 10023. (212) 581-5527

* **Bowen Pharmacy:** 881 10th Avenue. New York, NY 10019. (212) 956-9111

Laundromat

- **14th St Laundromat:** 243 West 60th St. New York, NY 10023. (212) 706-1991

Grocery Stores

- **Morton Williams Supermarkets:** 917 9th Avenue. New York, NY 10019
- **Whole Foods Market:** 10 Columbus Circle. New York, NY 10019
- **D'Agostino:** 815 10th Avenue. New York, NY 10019.

Quintessential New York

Lower Manhattan/Financial District

- **Statue of Liberty** – **4, 5** to Bowling Green / **R** to Whitehall Street / **1** to South Ferry. Ferries leave for Liberty Island from the piers at Battery Park and are free. For access to Liberty Island and Ellis Island, ferry tickets are \$13. www.statuecruises.com (201) 604-2800
- **Battery Park** – **1** to South Ferry / **4, 5** to Bowling Green / **R** to Whitehall Street
- **Staten Island Ferry** – leaves from the East side of Battery Park.
www.nyc.gov/html/dot/html/ferrybus/statfery.shtml (718) 815-2628
- **World Trade Center Site (Ground Zero)** – on the corner of Liberty and West Street, **E** to WTC, **R** to Cortlandt Street / **2, 3, 4, 5, A, C** to Fulton Street / **J, Z** to Broad Street www.wtc.com
- **Wall Street/NY Stock Exchange** – **2, 3, 4, 5** to Wall Street / **1, R**, to Rector Street / **J, Z** to Broad Street. (NYSE closed to the public). www.nyse.com (212) 656-3000
- **South Street Seaport** – **A, C, 2, 3, 4, 5** to Fulton Street <http://www.southstreetseaport.com> (212) 608-3640
- **Brooklyn Bridge** – off Park Row, East of City Hall Park. **J, Z, 4, 5, 6** to Brooklyn Bridge-City Hall.

Soho

- **Soho Shopping & Art Galleries** – **C, E** to Spring Street / 6th Avenue **6** to Spring S Street / **N, R**, to Prince Street / **1** to W. Houston Street / **B, D, F, M** to Broadway-Lafayette Street.
www.sohonyc.com

Chinatown

- **Chinatown** – spreads out just below Canal Street, East of Broadway. **6, N, Q, R, J, Z** to Canal Street / **B, D** to Grand Street.

Little Italy

- **Little Italy** – Mulberry Street in Chinatown. www.littleitalynyc.com

Greenwich Village/Washington Square Park Area

- **Washington Square Park** – **A, C, E, B, D, F, M** to W. 4th Street.
www.nycgovparks.org/parks/washingtonsquarepark
- Lots of jazz clubs, cafes, shops, and lofts. www.nycgv.com
- **High Line Park** – **L** to 8th Avenue
- **Meat-Packing District** – **L** to 8th Avenue, shops and cafes

Lower Midtown West

- **Chelsea** – **1, 2, 3** to 14th Street / **A, C, E, L** to 14th Street / **C, E** to 23rd Street / **1** to 23rd Street or 28th Street. Lots of great galleries, restaurants, and shops.
- **Chelsea Piers** – on the Hudson River, at the far west end of 20th Street. **C, E** to 23rd Street, Bowling, skating, miniature golf, restaurants, etc. www.chelseapiers.com

Herald Square/Garment District

- **Empire State Building** – 350 5th Avenue @ 34th Street. **B, D, F, M, N, R, Q** to 34th Street-Herald Square. Tickets are \$29 for adults. <http://www.esbnyc.com/>
- **Macy's** – 151 W. 34th Street between Broadway and 7th Avenue. **B, D, F, M, N, R, Q** to 34th Street/Herald Square / **1, 2, 3** to 34th Street-Penn Station. www.macys.com (212) 695-4400
- **H & M** – 558 Broadway @ 34th Street - (212) 343-2722 and 435 7th Avenue @ 34th Street - (212) 643-6955
- **Madison Square Garden** – 421 8th Avenue, between 31st and 33rd Street, **A, C, E** to 34th Street-Penn Station. Open M-Sa 7:30am-6pm. www.thegarden.com (212) 465-6741

Lower Midtown East

- **Union Square** – between Broadway and Park Avenue and between 14th and 17th St. **4, 5, 6, L, N, R, Q** to 14th Street-Union Square. Greenmarket open M, W, F, Sa 8am-6pm. www.unionsquarenyc.org (212) 460-1200
- **Stuyvesant Square** – 2nd Avenue, between 15th and 17th Street. L to 1st Avenue, 3rd Avenue. www.nycgovparks.org/parks/M086/highlights/12733

Midtown West

- **Times Square** – 42nd Street between 7th Avenue and Broadway. **1, 2, 3, 7, N, R, Q, S** to 42nd Street-Times Square. www.timessquarenyc.org
- **TKTS Discount Ticket Booth** – 47th Street and Broadway. www.tdf.org/tkts (212) 912-9770
- **Theatre District** – from 41st to 57th Street, between Broadway and 8th Avenue.
- **Museum of Modern Art (MOMA)** – 11 W. 53rd Street, between 5th and 6th Avenue. **E, M** to 5th Avenue-53rd Street / **N, R** to 5th Avenue-59th Street. Open Sa-M, W, Th, 10:30am-5:30pm; F SA 10:30am-8pm. Adults \$25, students \$14. <http://www.moma.org/> (212) 708-9400

Midtown East

- **New York Public Library** – (as seen in Ghostbusters) between 40th and 42nd Street, between 5th and 6th Avenue. **B, D, F, M** to 42nd Street / **7** to 5th Avenue / **4, 5, 6** to Grand Central. Open Mo-Th 8am-11pm, Fr 8am-8pm, Sa-Su 10am-6pm. Free. www.nypl.org (212) 340-0863
- **Bryant Park** – 6th Avenue between 40th and 42nd Street behind the NY Public Library. **B, D, F, M** to 42nd Street / **7** to 5th Avenue. www.bryantpark.org (212) 768-4242
- **Rockefeller Center** – between 48th and 51st Street, between 5th and 6th Avenue. **B, D, F, M** to 47th-50th Street-Rockefeller Center. www.rockefellercenter.com
NBC Store www.shopnbc.com NBC Studios www.nbc.com
- **Radio City Music Hall** – 51st Street and 6th Avenue. **B, D, F** to 50th Street-Rockefeller Center. www.radiocity.com

- **St. Patrick's Cathedral** – Southeast corner of 5th Avenue and 51st Street. **E, M** to 5th Avenue-53rd Street. Open daily 6:30am-8:45pm. www.saintpatrickscathedral.org (212) 753-2261
- **Trump Tower** – 725 5th Avenue at 56th Street. **N, R** to 5th Avenue-59th Street. Open daily 8am-10pm. www.trumpworldtower.com
- **5th Avenue Shopping** – from 48th to 58th Street, **E** to 5th Ave-53rd Street. Upscale stores like Saks, Tiffany's, F.A.O. Schwartz, Gucci, Fendi, Prada, Cartier, Louis Vuitton, Burberry, etc.
- **Grand Central Terminal** – East. 42nd Street, between Madison and Lexington Avenue. **4, 5, 6, 7, S** to 42nd Street-Grand Central. Free. www.grandcentralterminal.com
- **Waldorf-Astoria Hotel** – 301 Park Avenue, between 49th and 50th Street. **6** to 51st Street / **E, M** to Lexington Avenue-53rd Street. www.waldorfastoria.com (800) 925-3673
- **Chrysler Building** – 405 Lexington Avenue, at East 42nd Street. **4, 5, 6, 7, S** to 42nd Street-Grand Central
- **Carnegie Hall** – 881 7th Avenue @ 57th Street **N, R, Q** to 57th Street / **A, B, C, D** to 59th St-Columbus Circle. www.carnegiehall.org (212) 247-7800
- **Plaza Hotel** – 758 5th Avenue @ 59th Street-Central Park South. **N, R** to 5th Avenue-59th Street. www.fairmont.com/theplaza (800) 257-7544

Central Park (bet. 59th and 110th St., bet. 5th Ave. and Central Park W)

- **The Children's District** – between 59th and 65th Street, Mid-park. www.centralpark.com/guide/activities/children-s-activities.html
- **Sheep Meadow & the Mall** – between 66th and 69th Street, West side of park
- Naumburg Bandshell
- SummerStage @ Rumsey Playfield
- **The Lake & Strawberry Fields** – between 72nd and 77th Street, West side of park.
- **Alice in Wonderland Statue** – 74th Street off 5th Avenue, East side of park.
- **Great Lawn** – between 79th and 85th Street, Mid-park..
- **Delacorte Theater** – Mid-park @ 80th Street, next to Turtle Pond, home of Shakespeare in the Park.

Museum Mile (from 82nd to 104th St. along 5th Ave.)

- **Frick Collection** – 1 E. 70th Street @ 5th Avenue. **6** to 68th Street Open Su 11am-5pm; Tu-Sa 10am-6pm. www.frick.org (212) 288-0700 Adults: \$20 Students (with valid identification): \$10 Sundays, pay what you wish from 11:00 a.m. to 1:00 p.m.
- **Guggenheim Museum** – 1071 5th Avenue @ 89th Street. **4, 5, 6** to 86th Street-Lexington Avenue. Open Su-F 10am-5:45pm; Closed Thursday; Sa 10am-7:45pm. Adults \$22, students \$18 www.guggenheim.org (212) 423-3500
- **Metropolitan Museum of Art** – 1000 5th Avenue @ 82nd Street. **4, 5, 6** to 86th Street -Lexington Avenue. Open Su -Th 10:00am-5:30pm; F-Sa 10:00am-9pm. \$25 suggested donation, \$12 students. www.metmuseum.org (212) 535-7710
- **Whitney Museum of American Art** – 99 Gansevoort Street, at the southern entrance to the High Line. **A,C,E** to 14th street. Open W-Th and Sa-Su 11am-6pm; F 1pm-9pm. General admission \$20, Ages 19-25 and full-time students \$16. www.whitney.org (212) 570-3600
- **The Jewish Museum** – 1109 5th Avenue @ 92nd Street. **6** to 96th Street. Open F-Tu 11am-5:45pm; Th 11am-8pm. Adults \$15, students \$7.50. www.jewishmuseum.org (212) 423-3200

Upper West Side

- **American Museum of Natural History** – Central Park West, between 77th and 81st Street. **B** (weekdays only), **C** to 81st Street. Open daily 10am-5:45pm. Rose Center: Open F 10am-8:45pm. \$12 suggested donation, students \$17.50. www.amnh.org (212) 769-5100
- **Columbus Circle** – intersection of Broadway, 8th Avenue, and Central Park South. **1, A, B, C, D** to 59th Street-Columbus Circle. www.shopsatcolumbuscircle.com (212) 823-6300
- **Trump International Hotel and Towers**. www.trumpintl.com (212) 299-1000
- **Time Warner Center** (huge complex of stores & restaurants).
- **Lincoln Center** – Columbus Avenue between 62nd and 66th Street. **1** to 66th Street. www.lincolncenter.org (212) 875-5456
- **Josie Robertson Plaza**, home of Midsummer Night Swing.
- **Metropolitan Opera House**. www.metoperafamily.org (212) 362-6000
- **New York State Theater**.
- **Juilliard School**. www.juilliard.edu (212) 799-5000
- **Avery Fisher Hall**
- **Riverside Park** – West of Riverside Drive, from 72nd Street to 175th Street. www.nycgovparks.org/parks/riversidepark

Dancer's Delight

Dancewear Stores

- **Capezio** – 1650 Broadway @ 51st Street, 2nd Floor. (212) 245-2152
- **Capezio** – 126 East 13th Street. (212) 388-0876
- **Capezio** – 1651 3rd Avenue, between 92nd and 93rd Street, 3rd Floor. (212) 348-7210
- **On Stage Dancewear** – 197 Madison Ave., between 34th and 35th Street. (212) 725-1174
- **Sansha** – 888, 8th Avenue. Entrance from 53rd Street. (212) 246-6212

Dance Studios

- **Broadway Dance Center**
322 West 45th Street. between 8th and 9th Avenue
Take the **A, C, E, N, Q, R** or **1, 2, 3** to 42nd Street-Times Square.
<http://www.broadwaydancecenter.com> (212) 582-930
Single class rate: \$20.00
- **Peridance Capezio Center**
126 East 13th Street
(1 block south of Union Square)
Take the **4, 5, 6, N, Q, R, L** to 14th Street-Union Square. www.peridance.com
(212) 505-0886
Single class rate: \$18.00
- **Steps on Broadway**
2121 Broadway @ West 74th Street.
Take the **1, 2, 3** to 72nd Street / **C** or **B** to Central Park West & 72nd St. www.stepsnyc.com

(212) 874-2410

Single class rate: \$19.00

- **Alvin Ailey Extension**

The Joan Weill Center for Dance

405 West 55th Street

Take the **1, A, C, B** or **D** trains to the 59th Street (Columbus Circle)/**N, R, Q** trains to the 57th St. Station (at 7th Avenue)./ **C** or **E** trains to the 50th St. Station (at 8th Avenue).

(212)405-9500

Single class rate: \$18.00

Upcoming Dance Performances

- **Calendar listing** (various theaters) www.dancenyc.org (212) 966-4452
- **Symphony Space** <http://www.symphonyspace.org/genre/dance>(212) 864-5400
- **Joyce Theater** www.joyce.org (212) 691-9740
- **David H. Koch Theater** <http://davidhkochotheater.com/index.html> (212) 496-0600
- **Dance Space Project** <http://danspaceproject.org/> (212) 674-8112

Cyber Cafes, Helpful Apps and Restaurant Guides

- **Cybercafé** - 250 West 49th Street, between Broadway and 8th Avenue. \$6.40 for the first 30 minutes, \$3.20 for each subsequent 15 minutes you're online. Open M-F 8am-11pm, Sa-Su 11am-11pm. (212) 333-4109
- **Yelp.com** - Find local restaurants, places to go out, or shop with hundreds of reviews.
- **UrbanSpoon.com** – Guide to NYC restaurants with an online reservation option.
- **Seamless.com or Seamless App** – Online delivery or pick-up service from thousands of restaurants in NYC.
- **TimeOutNewYork** – Check out listings for NYC activities, events and things to do.
- **Hopstop.com or Hopstop App** – Enter your starting point and ending point and Hopstop will generate specific Subway or bus directions for you
- **Embark NYC App** – Enter your start/end address or train stop that you are at for Subway directions (does not have bus directions)
- **Uber App** –Request a taxi cab with your location, and the app tells you how long until it arrives and charges the fare to your credit card on file (no need to tip)

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