

Thursday, July 3, 2025

Dance Intensive + Performance Project: Full Week, Single Day, Drop-ins

Company: Ballaro Dance  
 Location: New York , NY  
 Compensation: N/A

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Ballaro Dance hosts its inaugural **Dance Intensive & Performance Project** in NYC! Join the Company for daily classes & an original creative process; perform with the Company in CT at Aquila's Nest Vineyards!

DANCE INTENSIVE:

Dates: Monday, July 7 - Friday, July 11  
 Time: 10am-2pm  
 Location: Long Island City, Queens  
 Register For: Full Week | Single Day | Drop-ins

PERFORMANCE PROJECT (optional opportunity):

Date: Wednesday, July 16  
 Time: 2pm Rehearsal, 4pm-6pm Workshop (free for participants!), 7pm Perform in vineyard  
 Location: Aquila's Nest Vineyards | 56 Pole Bridge Road | Newtown, CT 06482

The Dance Intensive includes:

- + Modern MOVES, a high-energy technique class rooted in American modern dance fundamentals of momentum, suspension, swinging, weight shift, and being both on and off balance; the class also focuses on using a "practice as performance" approach to build expression by connecting ourselves to the space while building community.
- + After technique class, we'll shift to developing new repertory work in a creative rehearsal block.
- + Performance at Aquila's Nest is encouraged by not required to participate in this residency. (The new work will also be performed in NYC in fall of 2025 or spring of 2026: stay tuned for those details!)
- + Geared for intermediate/advanced level ages 16 through adult.

TUITION:

Full Week: \$275 (M-F, 10am-2pm)  
 Single Day Drop-in: \$55 (M/Tu option, 10am-2pm)  
 AM Technique Drop-in: \$20 (M-F option, 10am-11:30am)

REGISTER [HERE](#).

Upon registration, you'll receive a follow-up email from Ballaro Dance including: further details about the daily programming, the performance event details at the vineyard, and participation waivers.

Any additional questions in the meantime? Please email [share@ballarodance.com](mailto:share@ballarodance.com).

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