

Thursday, January 9, 2025

Ballet Hispanico School of Dance 2025 Adult Program Winter Session January 13 – March 29, 2025

Company: Ballet Hispanico
Venue: Ballet Hispanico
Location: New York, NY

► [Share](#) | [Print](#) | [Download](#)

Ballet Hispanico School of Dance announces its 2025 Adult Program Winter Session with registration available now! Embark on an exciting dance and fitness journey with Ballet Hispanico's Adult Program, where dance enthusiasts explore the dynamic rhythms of Hispanic and Latin American music. Our classes accommodate all skill levels, providing a nurturing and energetic atmosphere for growth and improvement. Receive personalized instruction from our expert faculty as you delve into a variety of dance and fitness styles. Whether you're a novice or seasoned dancer, our program offers a distinct opportunity to ignite your passion and refine your skills year-round and during the summer months. Join us and discover your own rhythm as you embark on an unforgettable dance journey with Ballet Hispanico.

The Winter Session will run Monday - Saturday from January 13 – March 29, 2025. Registration closes on January 9, 2025. Pricing begins at \$205 for a nine-week session and drop-in classes are \$25 per class. For more information and to register, visit: <https://www.ballethispanico.org/school/additional-learning/adult-classes> or email Program Advisor Melissa Castañeda at school@ballethispanico.org.

A Black Friday Special is running from Monday, November 25- Monday, December 2, 2024. Take 50% off all drop-in classes by using the code BF2024 at checkout.

"At Ballet Hispanico, we've dedicated more than 50 years of service to making dance education accessible to our communities," said Michelle Manzanales, Director, School of Dance, Ballet Hispanico. "Our mission to provide world-class dance training for dancers of all ages is deeply intertwined with our passion for lifting up our students and artists. More than simply dance education, we work to support the development of overall life skills: the ability to access joy and own and express one's individual voice."

ADULT CLASSES

Flamenco: Saturdays 3-4pm and 4-5pm

Join School of Dance faculty member, and former soloist and choreographer for the Jose Greco Dance Company, JoDe Romano "La Chispa", for an Adult Flamenco class series, exploring castanets, movement techniques, inspirational music, and more. ¡OLÉ!

Tango Level 1: Tuesdays 6:15pm – 7:15pm

Join the School of Dance in Adult Tango! In these classes, we will work on the foundational basis you need to dance Argentine Tango. You'll learn individual and couples techniques, and useful tools to take to the dance floor. For Tango 1, no previous experience or partner are required.

Tango Level 2: Tuesdays 7:15pm – 8:15pm

For the tango enthusiast who has prior experience in this dance style, there's Tango 2! The class is designed to provide you with the tools to take your training to the next level using individual and couples techniques, and useful tools to take to the dance floor. Previous experience or partner required.

Salsa Level 1: Mondays 6:15-7:15pm

Join us in this beginner Salsa for Adults! Get your body moving with us while learning the basic steps, shines, and partner work found in New York's Salsa On2 timing. All steps are safe for all ages and no partner is needed. This class explores the Latin dance of Salsa through body isolations, rhythm, and partner work which are explained and demonstrated in detail using dance kinesiology and theory.

Salsa Level 2: Mondays 7:15-8:15pm

Join the School of Dance in the Beginner/Intermediate Salsa for Adults! This class is designed to be the continuation of our Beginner Salsa, and is also ideal for those who have prior training in this dance style. This class will give you the opportunity to take your training to the next level! Steps are safe for all ages and no partner is needed.

Salsa Open Level: Saturdays 2-3pm

Open Salsa students should be new to salsa or have less than 3 months of salsa training. Take your first steps into Salsa On2 with this fun, beginner-friendly class. Perfect for those new to salsa or with less than three months of training, you'll learn basic steps, shines, and partner work—no partner needed! Clear, detailed instruction ensures you'll build confidence while exploring rhythm, body isolations, and the joy of

salsa.

Ballet Level 1: Wednesdays 7-8pm

Join the School of Dance for this class designed to teach you the basic principles of ballet! If you have ever wanted to learn ballet, this is the perfect class for you. It will provide the necessary tools that will allow you to understand how a ballet class works and how the muscles in your body need to engage to achieve the simple but complex steps of this dance style.

Ballet Level 2: Thursdays 7-8pm

This class is ideal for dance enthusiasts that have at least one year of training experience in Ballet, or that have taken our Beginner Ballet Level course. We will explore new steps and combinations that will allow you to level up your training by building a solid technique.

Mat Pilates: Thursdays 6:30-7:30pm

Whether a dancer or not, having a balanced body will prevent chronic pain and injuries. The Mat Pilates class is designed to improve posture, flexibility, balance and body awareness. Open to all ages and levels, no previous experience in Pilates is required.

Beginner Contemporary: Thursdays 7:30-8:30pm

Class will start with a full warm-up that focuses on strength, technique, and flexibility appropriately preparing the dancers bodies in a safe-injury preventive way. We will review the basics as well as work on more challenging elements in a fun non judgmental environment. Dancers will move through the space, learn musicality, explore their artistic choices and build stamina. Class will end working on choreography.

Tap: Wednesdays 7-8pm

Whether you have some tap experience or have never danced before, join us in our adult tap classes! This class will be tailored to meet the needs of each student. We will focus on tap fundamentals, gradually progressing throughout the session. We will dance to a variety of music, from classic jazz standards to contemporary music. As we learn technique, we will be improving balance and our rhythmic awareness. Come have fun dancing in a social, encouraging setting!

Yoga: Mondays 6:30-7:30pm

Join Andrea Baquero in an all-level yoga experience that harmoniously blends elements of Hatha, Vinyasa and Restorative yoga. This dynamic yet mindful class invites you to move through flowing sequences that build strength and promote a state of meditative movement, while also incorporating longer-held poses to cultivate mindfulness and enhance muscular resilience as well as stretching and nourishing the fascia. Through this thoughtful combination, you'll explore the balance between movement and stillness, enhancing inner awareness and a profound sense of tranquility. Perfect for practitioners of any level, this class provides a nurturing space to connect with your body and mind, inviting you to experience the joy of yoga in its full expression.

ABOUT THE FACULTY

JoDe Romano "La Chispa" (Flamenco) currently conducts Spanish dance and castanet classes at the 92Y Harkness Dance Center, has been a guest teacher at Hunter College and co-developed and taught a Dance Education Laboratory workshop at 92NY. She has taught master classes and workshops at NYU for NYSDA, at Fall for Dance at NY City Center, and regularly teaches at Steps on Broadway, Ballet Hispánico, the Joffrey Ballet, Alvin Ailey, and at other locations throughout the NY metropolitan area. A former guest teaching artist & graduate of the High School for the Performing Arts in Houston, Texas where she was featured in the Houston Grand Opera's Carmen, Ms Romano performed in Franco Zeffirelli's original production of Carmen, starring Plácido Domingo and María Benítez at the Metropolitan Opera, broadcast for PBS's Live From Lincoln Center that subsequently toured to Japan. For over 20 years, Ms. Romano was a soloist and choreographer for the José Greco Dance Company at The Joyce Theater, the Town Hall New York City, and toured the US and Spain, with numerous other credits to her name. Ms. Romano holds a teaching license from the Bureau of Provisionary School Supervision (BPSS) under the NY Department of Education. She has completed a series of instructional DVDs on castanet and flamenco movement techniques and has produced and played castanets on her "Spanish Classical Piano and Castanets" CD.

Shani Talmor (Salsa) professional actor, performer and teacher, has traveled worldwide presenting her sensual and sexy Salsa style. Trained in a variety of dance styles, including Ballet, Jazz, Hip-Hop, Samba and Afro-Cuban, Shani is an energetic and explosive dancer. Shani is worldwide known for her unique sensuous styling and body movement on and off the dance floor. She has powerful stage presence and a passionate love for teaching. Shani made her Broadway debut and became an ensemble dancer on the musical "ON YOUR FEET" the life story of Gloria and Emilio Estefan. Right after that, Shani opened the 1st national tour of "On Your Feet" until closing. Shani was recently seen in the Warner brothers movie "In The Heights" by Lin Manuel Miranda, directed by Jon Chu. She was the associate choreographer at "The Muny's" theatre production of "ON YOUR FEET" and "LEGALLY BLODN" And was also the associate choreographer on the 2nd national tour of "ON YOUR FEET" that is currently still touring. A few of her credits include performances with artists: Pitbull, Marc Anthony, T-Pain, Ne-Yo and Kat Deluna. She performed at Jennifer Lopez's 40th Birthday Party event, The "NY Knicks" Noche Latina at Madison Square Garden and Madonna's "Smirnoff lifestyle Exchange Project" showcase. Her TV Credits include "The Wendy Williams Show", "Kennedy Center Honors", "Mira Quien Baila", "The View", "America's Got Talent", "Penny Dreadful City Of Angles", "Let The Right One In" and "The Godfather Of Harlem."

Marcos Pereira and Florencia Borgia (Tango) are Argentine Tango dancers, performers and instructors from Argentina and currently based in New York City. They started their career together in 2013, performing at many Tango Shows in Buenos Aires, such as "Cafe Tortoni", "La Ventana", "El Querandi", among others. Since then, they haven't stopped doing what they like the most, dancing Tango. They have been

dedicated to tango since their early age, having the opportunity to learn and being inspired by most of the well known tango masters in Buenos Aires. Together they have achieved a unique style, among other tango couples, because of their outstanding elegance and their technical and interpretative quality. In 2015, they got the Second Place in the Buenos Aires City Tango Championship; they have been finalists in the World Tango Championship in 2017, 2018 and 2019. In 2023 they got 9th Place in the World Tango Championship. During the latest years, they have been traveling all around the USA, Asia and Latin America, teaching and performing at most of the biggest Tango Festivals; they were also part of the main cast of several Shows throughout the USA, such as "Tango Argentina" and "Ella es Tango", among others. Tango is their passion, and they would like to invite you to join them in this wonderful and captivating "one-way trip" to the Tango world.

Aubrey Cheek (Tap) is originally from Florida, attended Oklahoma City University as a dance performance major, and graduated summa cum laude from Pace University with a degree in Arts and Entertainment Management. Aubrey has performed in numerous professional theatre productions including "42nd Street" (Fulton, Fireside) and "Cats" (Interlakes). She choreographed "Sister Act" (Interlakes). In NYC, she was part of Pre-Production for "Funny Girl" Broadway (with tap choreographer Ayodele Casel), and performed in "In The Groove" (choreographed by Dormeshia), and in "Gypsy of the Year" (choreographed by Chaz Wolcott). Aubrey is an alumna of the Tap Program at the prestigious School at Jacob's Pillow (directed by Michelle Dorrance and Dormeshia). She was a student in the Dance Lab NY Broadway Choreography Intensive (directed by Josh Prince and Valerie Salgado). Aubrey was a scholarship student in the Gus Giordano Dance School College/Pro Intensive. Aubrey continues to train at Steps on Broadway and Broadway Dance Center, where she has also assisted. She has presented work in several NYC choreography showcases.

Internationally recognized dancer, teacher, choreographer and co-artistic director of DoubleTake Dance.

Vanessa Martínez de Baños (Mat Pilates and Beginner Contemporary) has been trained in Contemporary, Ballet, Lyrical, Musical Theater, Hip Hop, Tap, Modern, Aerial Silks and Acting. She can be seen dancing in Daniel Gwirtzman Company, now celebrating 10 years as a soloist. Some of her favorite shows include Lincoln Center Outdoors, Battery Dance, Rochester Fringe Festival, Christy Walsh Company and DoubleTake Dance. Recently seen as "The Queen" in the Contemporary Ballet production of "The Queen of Nöri" by Stoneworks Productions (performed in Oahu, Hawaii) and in the Fashion Magazine BAZAAR Indonesia, dancing/modeling for Fashion Designer Yinglun Zhang. Credits in Spain include choreographing "Tick Tick...BOOM!" and "I Love You, You're Perfect... Now Change" produced by Tela-Katola as well as performing with the European show "Compradores de Sueños." Vanessa loves traveling as a teacher, judge, choreographer, and a Pilates Mat Certified Trainer.

Arianna Tsvikin (Ballet) is a performing artist from New York City. She received her early dance training at the School of American Ballet where she performed with New York City Ballet in productions of "The Nutcracker" and "Firebird". She then studied at the JKO School of American Ballet Theatre where she performed in Alexei Ratmansky's "The Nutcracker". Arianna has also trained at French Académie of Ballet, received scholarships to dance at Belvoir Terrace Performing Arts Camp, and has studied under Mignon Furman, Merle Sepel, and her mother Rebecca Tsvikin. She graduated from Laguardia High School of Performing Arts as a dance major, and has studied Fosse technique and theatre jazz with the Verdon Fosse Legacy. Arianna was honored to be part of the inaugural class of Pa'lante Scholars in the Professional Studies Program at Ballet Hispánico (BH) under the direction of Rodney Hamilton. While there she helped originate roles in works by Norbert De La Cruz III, Tsai Hsi Hung, and Juan Rodriguez, performed in works by Annabelle Lopez Ochoa, Michelle Manzanales, Pedro Ruiz, Gerald Arpino, Gustavo Ramirez, Alberto Alonzo, and more, and was a representative student for BH in Canada's National Ballet School's Assemblée Internationale '23.

Andrea Baquero (Yoga) is a certified YRS 300 instructor in Hatha, Vinyasa, and Nada Yoga, as well as Yin Yoga and a certified breath coach. She is also a professional musician with extensive experience in somatic therapies, including certifications as a vibroacoustic and focalizing therapist, Andrea is also a Reiki and Ayurveda practitioner. Andrea's unique approach weaves together her rich background in music and somatic healing, influenced by global traditions and academic studies. Her journey has taken her from touring the world as a pianist and singer to immersing in yogic teachings in Northern India as well as shamanic and Quechua practices in South America. Andrea's continuous curiosity and dedication to learning and sharing these practices in Brooklyn and Manhattan, offer a holistic and practical foundation for spiritual growth, body awareness and somatic healing, creating a transformative experience for her students at Ballet Hispánico.

The Ballet Hispánico School of Dance is a leading center of excellence in dance education—serving over 1,000 students and celebrating more than 50 years of dance and culture—and offering accessible, high-quality dance training to students of all levels ages 2 through adult. Accredited by the National Association of Schools of Dance, the School of Dance empowers students with a holistic approach to movement discovery, including pre-professional training and classes for the novice dancer. Located in the heart of the Upper West Side, the Ballet Hispánico School of Dance's multi-cultural and multi-disciplinary dance training offers classes in Ballet, Flamenco, Hip-Hop, Latin Rhythms, Afro-Caribbean, Salsa, Jazz, Tap, among other modern and contemporary forms. With flexible options from class packages to drop-in opportunities, Ballet Hispánico gives students individualized attention, guidance, and interaction from an exclusive roster of experienced and engaging instructors.

Ballet Hispánico was founded on the principle that everyone deserves dance, quality dance training and innovative performances. In creating the company in 1970, Tina Ramirez shattered a glass ceiling—challenging iconic representations and exposing the joy and celebration to be found in Latinidad.

Today, as the largest Latino cultural organization in the United States and one of America's Cultural Treasures, Ballet Hispánico is an ambassador for our community worldwide. The Company has now performed for more than 2.5 million people in three continents and all fifty states. As it looks to the future, Ballet Hispánico is committed to continue nurturing artists, teachers, students, arts leaders, families and communities through the power of dance.

