

December, 19-20, 2025

## Free Yourself, Dance

Company: Harlem Dance Company  
Venue: Pelham Fritz Recreation Center  
Location: New York , NY

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Dance across the galaxy through three immersive spaces, culminating in an epic dance celebration that invites you to find joy in movement.

"Free Yourself, Dance" is an immersive theater production during which the audience will be taken on a space odyssey to an intergalactic dance battle on earth. With robots convincingly mimicking human movement, our characters are on a journey to discover dance's ability to reveal the humanity of our spirit and soul.

Everything culminates at a discotheque on planet earth, where the audience is invited to participate in a dance battle, soul train line, line dancing, freestyle and more.

The audience represents the humans, whose participation is encouraged throughout so that by the end of the show they walk away having tried, or inspired to try, moving in public spaces.

Made possible thanks to a partnership with NYC Department of Parks and Recreation.

This project is made possible in part with funds from Creative Engagement & UMEZ Arts Engagement a regrant programs supported by The New York City Department of Cultural Affairs (DCLA) in partnership with the City Council and the Upper Manhattan Empowerment Zone Development Corporation (UMEZ) and administered by LMCC.

Harlem Dance Club is proud to provide marketing and communication support to ensure our community is included in this unique performing art experience.

Harlem Dance Company  
18 Mount Morris Park West  
New York , NY, 10035  
<https://www.eventbrite.com/e/free-yourself-dance-tickets-1976761679396?aff=ebdsoporgprofile>

Schedule  
December 19, 2025: 8:00pm  
December 20, 2025: 6:00pm

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