

Saturday, September 27, 2025

Harkness Center Saturday Series: Science of Stretching

Company: Harkness Center for Dance Injuries
Venue: Harkness Center for Dance Injuries
Location: New York, NY

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Harkness Center for Dance Injuries proudly offers in-person and virtual Harkness Center Saturday Series workshops for the dance community.

SEPTEMBER 2025 WORKSHOP

Topic: Science of Stretching

When: Saturday, September 27, 2025 at 1:00 PM EDT

Format: IN PERSON

Description: In this in-person workshop, Harkness athletic trainer Hailey Calkins, MS, ATC will break down the when, why, and how of stretching and how we can incorporate it into our dance training to best achieve our goals. Topics we will address include methods of stretching, stretching timing, and stretches targeting specific muscle groups. The workshop will be interactive with a group warm-up and stretch session. Participants will leave knowing how to stretch smarter, not harder!

Participants are encouraged to wear or bring comfortable clothing.

Harkness Center for Dance Injuries
614 2nd Ave. 2G
New York, NY, 10016
2125986054

<https://www.eventbrite.com/e/harkness-center-saturday-series-science-of-stretching-tickets-1657654452089?aff=oddtcreator>

Schedule
September 27, 2025: 1:00pm

[< back](#)

[previous listing](#) • [next listing](#)