

FOR AUDIENCES

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Thursday, April 15, 2021

Jump Conditioning Strategies

Company: NYU Langone's Harkness Center for Dance Injuries

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Venue: Virtual / Harkness Center for Dance Injuries

Location: Brooklyn, NY

Harkness Center for Dance Injuries is excited to partner with Gibney once again this spring to provide a series of virtual workshops open to the public.

Join us Thursday, April 15 at 1:00 PM EST for Jump Conditioning Strategies with Emily Sandow, DPT, OCS.

Jumping is perhaps one of the hardest aspects of fitness and dance technique to maintain during the COVID-19 pandemic. In this workshop, we will learn evidenced-based strategies for safe, healthy, progressive jump conditioning both while training at home and when returning to the dance studio.

Register here:

<https://gibneydance.org/class-schedule/>

Join us on May 6 for "Self-Release Techniques."

Sign up for Harkness Center e-news: <https://us7.list-manage.com/subscribe?u=a2d63cfc8309350d1ea6d5411&id=0036d73f8e>

NYU Langone's Harkness Center for Dance Injuries
614 2nd Ave. 2G
Brooklyn, NY, 10016
212-252-7153
<https://gibneydance.org/class-schedule/>

Schedule
April 15, 2021: 1:00pm

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