

Saturday, December 6, 2025 - Saturday, May 16, 2026

## Ballet Essentials

Company: New York City Ballet

Venue: New York City Ballet Rehearsal Studios

Location: New York, NY

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Rosalie O'Connor

Experience New York City Ballet in a brand new way in these 75-minute movement workshops for teens and adults with little or no dance training.

NYCB dancers lead participants through a ballet warm-up and movement combinations inspired by repertory in the current season. Workshops also include a brief Q&A with the artists. With an ever-changing roster of dancers and repertory, no two Ballet Essentials are the same. Stretch your mind and body at these one-of-a-kind workshops led by some of your favorite dancers.

### TICKET PRICING

\$36 per person

Please note that due to the structure of this event, no late entry is permitted once the workshop has started.

### ATTIRE

Clothing that is comfortable to move in. Ballet shoes are optional.

New York City Ballet  
Samuel B. & David Rose Building, 7th Floor 165 West 65th Street  
between Broadway and Amsterdam  
New York, NY, 10023  
212-496-0600  
<https://www.nycballet.com/educate/public-programs/ballet-essentials>

Schedule  
December 6, 2025: 10:30am  
December 15, 2025: 6:30pm  
February 2, 2026: 6:30pm  
February 7, 2026: 10:30am  
April 20, 2026: 6:30pm  
May 16, 2026: 10:30am

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