

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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