

Emily Castellano started her dance journey at a very young age. Emily started out as a local competitive dancer and later at age 15, became a student here at Allegro Performing Arts. Emily has danced at so many venues, including local performances, Allegro Productions, Inside Chicago Dance Summer Intensives, and Competition/Conventions. Through that journey, Emily has also taught dance since the age of 14. She has taught at both the Fox Valley and Glen Ellyn Park Districts, along with teaching at Allegro as a company staff member. Emily attended Northern Illinois University not only to take her dance training further, but to graduate with a Bachelor of Science in Pre-Physical Therapy studies, with the goal of becoming a Dance Medicine Provider as a Physical Therapist. Through dancing at NIU, Emily trained under their well renowned faculty and has performed in some of the university dance concerts. Emily is also a current member of the International Association of Dance Medicine and Science (IADMS) and has attended virtual dance medicine conferences through the NYU Harkness Center for Dance Injuries to gain knowledge in the field of Dance Medicine. Emily's goal as a dance instructor at Allegro is to provide safety in dance while enjoying the art. Emily starts educating students about functional movement from a young age, and is looking forward to sharing both of her passions of Dance and Medicine with your student at Allegro.