

New York Flow Festival Event Schedule

Last Updated: 2/18/2026

Fri, Feb 27 to Sun, Mar 1, 2026

Friday, February 27, 2026				
AS/Nov Check-In Opens 10:30AM; Adv/Int Check-In Opens 12:30PM; Strictly Sign-Up Cutoff 1h Before				
Time	Main Ballroom (Danznik)	Studio 1 (Danznik)	Room 17R (Ripley-Grier)	
9:30 AM	Closed	Available for Private Lessons	Closed	
10:00 AM			Available for Private Lessons	Available for Private Lessons
10:30 AM				
11:30 AM				
12:30 PM				
1:20 PM	Robert Royston Intensive 12:30-2:30pm • AS/Champ Only		Benji Schwimmer 12:30-1:20pm • Nov Only	
2:30 PM	Break 10 min		Dawn Blorstad 1:30pm-2:20pm • Nov Only	
2:40 PM	Benji Schwimmer Intensive 2:40-4:40pm • Adv Only		Break 10 min	Jesse & Ariel 2:40-3:30pm • Int Only
3:45 PM			Available for Private Lessons	Mia Primavera 3:40-4:30pm • Int Only
4:40 PM				Break 10 min
4:50 PM		Jesse & Ariel Intensive 4:50-6:50pm • Nov Only		Jen DeLuca 4:50-5:40pm • AS/Champ Only
6:00 PM	Benji Schwimmer 5:50-6:40pm • AS/Champ Only			
6:50 PM	Break 10 min		Break 10 min	
7:00 PM	Jen DeLuca Intensive 7-9pm • Int Only		Robert Royston 7-7:50pm • Adv Only	
8:10 PM		John Festa 8-8:50pm • Adv Only		
9:00 PM		Break 10 min	Break 10 min	
9:10 PM		Closed	Performance Anxiety Workshop - Dr. Sam Greenblatt 9:10-10pm • All-Levels	
9:30 PM				
10:00 PM				
10:15 PM				
10:30 PM	Official Welcome & Staff Intros	Marshaling: Adv Strictly	Closed	
11:00 PM	Adv Strictly	Marshaling: AS Strictly		
11:30 PM	AS Strictly	Available for Private Lessons		
12:00 AM	Awards & Open Dancing (DJ 4ier)			
1:30 AM	DJ Arjay 12-1:30am			
	DJ Snail 1:30-3am			

Saturday, February 28, 2026				
Time	Main Ballroom (Danznik)	Studio 1 (Danznik)	Room 17R (Ripley-Grier)	
9:00 AM	Closed	Available for Private Lessons	Available for Private Lessons	
10:00 AM	Open Dancing (DJ 4ier)		Marshaling: Nov Prelims	Competitor Warm-Up with Dario Haxhia 10-11am • Nov/Int Only
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM	Nov J&J Prelims, 2 heats		Marshaling: Int Prelims	Competitor Warm-Up with Dimitri Hector 12-1pm • Adv/AS Only
12:30 PM	Int J&J Prelims, 2 heats		Marshaling: Nov Finals, Int Finals	
1:00 PM	Nov & Int Finals Semi-spotlight, 3 at a time		Marshaling: Adv Prelims	
1:30 PM	Adv J&J Prelims, 2 heats		Marshaling: AS Prelims	
2:00 PM	AS J&J Prelims, 1 or 2 heats		Available for Private Lessons	Open Dancing / Practice
2:30 PM	Nov Competitor Q&A Mia Pas, Dimitri, Dawn, Alexis			
3:30 PM	Int Competitor Q&A Jesse, Ariel, Jes, Dawn, Alexis			
4:30 PM	Adv Competitor Q&A Robert, Dawn, Alexis	AS Competitor Q&A Jen D, Benji, Dawn, Alexis		
5:30 PM	Closed	Available for Private Lessons	Available for Private Lessons	
5:45 PM				
7:15 PM				
7:30 PM				
7:30 PM	Adv & AS J&J Finals Spotlight	Available for Private Lessons	Arjay Centeno 5:45-6:55pm • All-Levels Steal the Flow	
8:30 PM	Open Dancing (DJ 4ier)	Marshaling: Champs Prelims		
8:45 PM				
9:00 PM				
9:30 PM				
9:00 PM	Champions J&J Prelims & Finals	Available for Private Lessons	Closed	
9:30 PM	Awards & Open Dancing (DJ 4ier)	Chill Zone & Social		
10:00 PM				
10:30 PM				
11:00 PM				
11:30 PM				
12:00 AM				
12:30 AM				
1:00 AM				
1:30 AM				
2:00 AM				
2:30 AM				
3:00 AM				
3:30 AM				

Sunday, March 1, 2026				
Sunday Check-In Opens 9AM. Contest Sign-Up Cutoff 1h Before				
Time	Main Ballroom (Danznik)	Studio 1 (Danznik)	Room 17R (Ripley-Grier)	
9:00 AM	Floor Trials	Available for Private Lessons	Closed	
10:00 AM	Jen & Glen 10:00-10:50am • All-Levels			
11:00 AM	Jes & Dario 11:00-11:50pm • All-Levels			
12:00 PM	Open Dancing (DJ 4ier)			Marshaling: Int Prelims
12:20 PM	Int Strictly Prelims			Marshaling: Nov Prelims
12:40 PM	Nov Strictly Prelims			Marshaling: Newcomer Prelims
1:00 PM	Newcomer J&J Prelims			Available for Private Lessons
1:20 PM	Nov Strictly, Int Strictly Finals			
1:40 PM	Newcomer J&J Finals			
2:00 PM	Pro-Am Performance Demos			
2:30 PM	Open Dancing (DJ 4ier)	Marshaling: Rat Race		
3:00 PM	New York Rat Race J&J All-American Prelims, Tournament Finals	Available for Private Lessons		
4:00 PM	Awards & Open Dancing (DJ 4ier)			
4:30 PM	Robert Royston 4:30-5:20pm • All-Levels			
5:30 PM	DJ Bran 5:30-8pm		DJ Festa 5:30-8pm	
6:30 PM				
7:30 PM				
8:00 PM				

Thank you! Join us on Feb 26-28, 2027!