

Miss Emily Castellano has been dancing since the very young age of 18 months in a Mommy and Me class. Later on, she started dancing competitively through A-Factor Dance Company for about 8 years, then later becoming a student of Mrs. Sheppard at Allegro Performing Arts at age 15. Emily has taken Ballet, Tap, Jazz, Contemporary/Modern, as well as limited Hip Hop. As a student, besides being taught at APA, Emily has also been taught by Ashley Pearson, Rhonda Moore, Andrea Nelson, and Charlyn Scott as a student. Emily has participated in various competitions, conventions, benefit performances, and intensives. Some include Dupree Dance Convention, NIU Art for life, local festivals/parades, APA Summer Intensives, and the Inaside Chicago Dance Summer Intensive. Emily studied at Northern Illinois University to receive a Bachelors of Science in Pre-Physical Therapy along with minors in Dance Performance and Biological Sciences, working to become a Doctor of Physical Therapy and a certified Dance Medicine Specialist. Through her education at NIU, Emily has danced under instructors Judith Chitwood, Paula Frasz, Richard Grund, and Marc Macarenas, taking Ballet, Modern, Jazz, Musical Theater, and Improvisation. Even with a busy schedule, Emily was able to perform twice through NIU. Through school observations, Emily has observed at clinical sites which include Athletico, Edward-Elmhurst, Katie Bug Pediatric Therapy, Home Health Rotations, and the Shirley Ryan Ability Lab. Emily has also observed fitness rehabilitation at the studio through Mrs. Sheppard, and she has also had the honor to observe APA students Katie Marchese, Hailey Modaff, and Mallory Thomas during Physical Therapy sessions. Combining her love for PT and dance, Emily is eager to help students at APA succeed, while taking care of themselves and educating them on how the body works while dancing. Emily has been a staff member at APA for 5 years since age 17 from teaching, assisting summer camps, and subbing while in college. Emily has also worked many productions at APA, from Nutcracker to Spring Productions. Emily assists during production rehearsals and with the APA competition team. Miss Emily is looking forward to working with your children here at APA!