

SYDNEY HALE

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Brooklyn, NY

PROFESSIONAL EXPERIENCE

DANCE INSTRUCTOR/CHOREOGRAPHER

A STEP IN TIME DANCE STUDIOS BUFFALO, NEW YORK

- Dance instructor for ballet and modern technique classes
- Choreographer for studio's annual performance (small/large groups and solo pieces)

DANCE INSTRUCTOR/CHOREOGRAPHER

WALH PERFORMING ARTS STUDIOS BUFFALO, NEW YORK

- Dance instructor for musical theater and jazz technique classes
- Choreographer for studio's local performances and production numbers

PILATES INSTRUCTOR

KINESPIRIT NEW YORK, NEW YORK

- Pilates Mat and Reformer instructor for group classes, duets, private sessions
- Familiar working with clients of varying ages and fitness levels

ARTS ADMINISTRATION INTERN

RIOULT DANCE NEW YORK, NEW YORK

- Responsible for organization of company audition dates, intensives, and workshops
- Assisted with creative marketing for the company (developing website, contacting donors, networking and advertising performances, etc.)

EDUCATION

BACHELOR OF FINE ARTS: DANCE PERFORMANCE UNIVERSITY AT
BUFFALO MAY 2018

- Graduated Summa Cum Laude
Provost Scholarship Recipient

PILATES MAT AND REFORMER CERTIFICATION

LONG+LEAN PILATES BUFFALO, NEW YORK

- Trained by Hayley Sullivan (formerly trained/mentored by Erika Bloom, owner of Erika Bloom Pilates NYC)
- Experience teaching small group and private in-home sessions
- Training in Classical Pilates repertoire and contemporary Pilates variations
- Extensive coursework client contraindications and injury modifications

SKILLS

- In-depth understanding of anatomy and body mechanics (past coursework includes Kinesiology, Laban Movement Analysis, etc.)
- Comfortable leading and instructing group classes of varying levels/backgrounds
- Advanced dance training in ballet, tap, jazz, modern, and commercial dance styles
- Familiar with Balanced Body/STOTT Reformer Equipment
- Energetic teaching style with dedication to creating fun, challenging class material
- Passion for health, wellness, and fitness

