

# 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

### 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

### 2018

#### BACHELOR OF FINE ARTS: DANCE PERFORMANCE UNIVERSITY AT BUFFALO

- Graduated Summa Cum Laude
- Provost Scholarship Recipient
- Zodiac Dance Company 40<sup>th</sup> Anniversary Scholarship Recipient

## ADDITIONAL EXPERIENCE

- **LONG+LEAN PILATES MAT AND REFORMER CERTIFICATION** BUFFALO, NEW YORK
  - Trained by Hayley Sullivan (formerly trained/mentored by Erika Bloom, owner of Erika Bloom Pilates NYC)
  - Training in Classical Pilates repertoire and contemporary Pilates variations
  - Familiar with Balanced Body Equipment
  - Knowledge of client contraindications and injury modifications
- **GROOVE WITH ME DANCE STUDIO** HARLEM, NEW YORK
  - Volunteer ballet dance instructor for NYC based non-profit organization

## 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
- Energetic teaching style with dedication to creating fun, challenging class material
- Passion for health, wellness, and fitness