



About *Dance eXchange*

Based on the award-winning methodology of the National Dance Institute (NDI), Dance eXchange uses live music and structured creative learning to teach Philadelphia students the basic vocabulary of dance, while fostering personal growth skills like self-confidence, focus, teamwork, and determination. Founded in Spring 2014 with a class of 24 students at Andrew Jackson School, the program has since grown to reach nearly 200 3rd and 4th grade students in the 2015-2016 school year.

Held twice every week for a total of 24 class sessions per year, Dance eXchange brings two teaching artists and a live musician into the classroom to engage students in four key activities:

1. "Call and Response Greetings," which serve as an ice-breaker and build student energy
2. "The Warm-Up," which varies day-to-day and introduces key movements and techniques
3. "I Go, You Go," which builds choreography sequences through repetition of simple, athletic gestures set to varying rhythms/tempo, as well as competitive group games
4. "Runs and Leaps," which give each dancer a moment in the spotlight and accents stage presence

Each year features a mid-way performance for students' peers and a final performance on a professional stage for friends, family, and the community.

A former District Superintendent in the New York City Public Schools describes the value she has witnessed firsthand in the NDI methodology that BalletX has adopted: "There are children who live each day struggling with academics, complicated family lives, and with emotional and physical challenges. I have seen these children leave the dance floor with a renewed sense of hope, better able to handle the problems they face because of the inner peace they derive from the beauty of dance."

Dance eXchange Reach

2013-2014 School Year: 24 students at Andrew Jackson School (South Philadelphia)

2014-2015 School Year: 54 students at Andrew Jackson School and 24 students at Chester A. Arthur School (South-Central Philadelphia)

2015-2016 School Year: 55 students at Andrew Jackson School, 57 students at Chester A. Arthur School, and 79 students at Albert M. Greenfield School (Center City Philadelphia)

In the 2016-2017 School Year, Dance eXchange will reach nearly 200 students at Chester A. Arthur School, Albert M. Greenfield School, and Bache-Martin School (North Philadelphia).

INTERESTED IN LEARNING MORE? Contact Kate Carr, Program Coordinator, at kcarr@balletx.org or 215-893-9456 x100.

Classroom Teacher Reactions to Dance eXchange

- “They [the students] loved it...I am already noticing an improvement in their listening skills!”
- “Watching my students exude pride in their accomplishments was simply fantastic.”
- “Dance eXchange helped our students focus better and be more disciplined inside and outside our classroom.”
- “There were a few children who were shy/withdrawn about interacting with their peers. This program truly allowed them to feel comfortable in their own setting!”

Parent Reactions to *Dance eXchange*

- “Our daughter is a 3rd grader at Jackson elementary school and has been participating in the Dance eXchange program. She absolutely loves it! We think she has found a real passion for dance, thanks to the program's generosity of talents and love of the arts. We are so excited for the students' showcase performance this week! We wanted to sincerely thank everyone at BalletX for introducing [name redacted] and the rest of her peers, to dance! What a powerful gift you've given the community!! She constantly dances at home and finds great joy and expression in it.”
- “Dance eXchange has given my child a way to forget about all his problems whether at home or at school and be excited about something positive.”
- “My daughter was so excited about going to school for the dance classes. Learning structured dance is great. My daughter still performs the routine at home.”
- “My child used to sing and dance in the house but was afraid to do it outside. Since joining Dance eXchange she is trying to show the world she can dance.”

Student Reactions to *Dance eXchange*

- “I learned how to dance and memorize. It helped me a lot because I'm getting better at remembering stuff.”
- “I like it because we get a lot of exercise”
- “I think it's awesome because we get to do what we never got to do before.”
- “The thing I love about BalletX is I learn how to dance. It makes me happy. Thank you for teaching me how to dance.”
- “BalletX is my favorite thing to do in this school. I love to dance so I will do my best.”
- “When I was at the performance I was really nervous and embarrassed. After the show I felt proud and like I was going to faint.”
- “I liked the performances because everyone was there. I love Dance eXchange!”
- “I loved having fun and dancing with you. I wish you never had to leave the school!”
- “I felt happy when I performed for the school, my little brother, and his class.”

Meet the *Dance eXchange* Teaching Team



Kate Carr, Program Coordinator and Teaching Artist

Dance eXchange Team Member since 2014 and Outreach Coordinator since 2016

Carr graduated with a BFA in Dance from University of the Arts, and has performed, worked, and taught dance for 16 years. Carr teaches dance, yoga, and dance history throughout the Philadelphia area, and is on faculty at Metropolitan Ballet Academy.



Colby Damon, Teaching Artist

Dance eXchange Team Member since 2014

Damon received dance training at Richmond Ballet, Boston Ballet, and Virginia School of the Arts, and has danced professionally for the Sacramento Ballet, Northwest Dance Project, Mark Morris Dance Group, and The Met Opera Ballet, among others. He was a member of the BalletX company from 2009 to 2014.



Ann-Marie Gover, Teaching Artist

Dance eXchange Team Member since 2015

Gover graduated from University of the Arts with a BFA in Dance, and teaches with Koresh Dance Company and Thrive, a pilates and fitness studio. She performs as a dancer with Brian Sanders' JUNK and multiple independent artists throughout the Philadelphia area.



David Irwin, Teaching Artist

Dance eXchange Team Member since 2015

Irwin graduated with a BA in Music from Columbia University, and has worked as a dance teaching artist with Learning through an Extended Arts Program (LEAP), Ballet de Ameriques School & Company, Inc., Community Impact-Artists Reaching Out (ARO), and Onyx Dance Troupe, among others.

Julian Horner, Musician

Dance eXchange Team Member since 2015

Horner graduated from Temple University with a BFA in Jazz Performance, and for the past 10 years he has performed throughout the Philadelphia area, from jazz clubs and rock venues to music ministry, weddings, and cocktail hours. He has had the honor to perform at Lincoln Center in NYC with contemporary jazz legend Christian McBride.

Andrew Mars, Musician

Dance eXchange Team Member since 2014

Mars is a vocalist, performer, and songwriter. He has performed at Carnegie Hall, Allentown's Civic Little Theatre, and the Philadelphia Museum of Art, among others, and was a founding member of the Philadelphia-based experimental ensemble, Murmuration.