



About Dance eXchange

A Program of BalletX, Philadelphia's Premier Contemporary Ballet

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, the program has since grown to reach nearly 300 3rd and 4th grade students each year.

Held twice every week for a total of 40 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/tempos, as well as competitive group games; and
4. "Runs and Leaps," which give each dancer a moment in the spotlight and accents stage presence.

Each year features a Midway 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."

Classroom Teachers have said of 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- "There were a few children who were shy/withdrawn about interacting with their peers.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!"

Parents have said of Dance eXchange:

- "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."

Music in Meet the Dance eXchange Teaching Team



Chanel

HOLLAND Lead Teaching Artist

Chanel graduated from Temple University with a BFA in dance and choreography. She has studied at the Alvin Ailey School, Complexions Contemporary, Koresh Dance Co., and many more. Chanel participated in the Jr. Sixers Dance Team, Black Theater Festival, and numerous choreography and teaching artist development experiences. She is the 2010 choreographer of the year recipient and 2011 NAACP Act-So gold medalist.



Stephanie

STEVENS Lead Teaching Artist

Stephanie received her BFA in jazz performance from University of the Arts. In the summer of 2019, she taught Dance eXchange at POP, the *Play On, Philly!* summer camp through Temple University. She continues to train in many styles of dance and has been a company member with Alchemy Dance Company since 2018.



Amelia

ESTRADA Teaching Artist

Amelia received an honors BA in dance and classical studies from Swarthmore College. She currently dances for Brian Sanders's JUNK, Megan Flynn Dance Company, and Leilani Chirino. Estrada is also a writer for *Thinking Dance* and a master class substitute instructor for Swarthmore Dance Department.



Hildelisa

HANGIS Teaching Artist

Hildelisa received her diploma in classical and modern dance while studying music at the University of Sonora, and later graduated with a BS in music from The Centro Municipal de las Artes. In the summer of 2016, she completed the NDI teacher training in NYC to work with Dance eXchange.



Barnel

ANDERSON Teaching Artist

Barnel began his formal dance training at the age of 15 at The Arts Academy at Benjamin Rush High School. He continued his training at University of the Arts and graduated with a BFA in dance performance. Barnel recently completed National Dance Institute's two-week Teaching Artist Training Intensive in NYC. With his roots in hip hop, Anderson weaves his training in ballet, jazz, and modern into an amalgamation of movement qualities.



Julian

HARTWELL Musician

Julian graduated from Temple University with a BFA in jazz performance. He has had the honor to perform at Lincoln Center in NYC with contemporary jazz legend Christian McBride. Hartwell is now an adjunct music professor at his alma mater.



Bethany

BROOKS Musician

Brooks is a freelance pianist and piano teacher. She received her BMus in piano performance from Houghton College, an MMus in piano performance and the piano teaching licentiate from the Royal Academy of London, as well as an MMus in collaborative piano and chamber music from Temple University.