



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 over 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/tempo, 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.

Bache-Martin School Assistant Principal describes the value she has observed: "There are some things that cannot be taught/fully experienced in the classroom. Dance eXchange pushes students and builds confidence, and teaches life lessons essential to building community and capacity in students. Moreover, it gives exposure to a new discipline and builds morale and climate.

It is imperative to offer arts-based programming to students especially in the current climate of cutbacks and only having a full time visual arts teacher and an itinerant instrumental music teacher."

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- "There were a few children who were shy/withdrawn about interacting with their peers.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."

COVID-19 Program Adjustments: Dance eXchange is currently delivered virtually, utilizing pre-recorded learning videos, live virtual check-ins with students, and after-school virtual classes.

Meet the Dance eXchange Teaching Team



Chanel

HOLLAND Lead Teaching Artist

Chanel is a dancer/educator based in Philadelphia. She completed the Two-Week Teaching Artist training at NDI's headquarters in New York City in 2017. From then on, she teaches at Dance eXchange and attends the annual Dance eXchange Training Residencies. Chanel graduated from Temple University with a BFA in dance and choreography and continues to choreograph and teach artist development experiences. Having founded the Chocolate Ballerina Company, Chanel is determined to engage an undeserved community through dance, to inspire and instill a sense of hope, discipline, and confidence through dance.



Stephanie

STEVENS Lead Teaching Artist

Stephanie is a dancer/educator based in Philadelphia. She travelled to NDI headquarters in 2017 and completed the Two-Week Teaching Artist training there. Since then, she teaches at Dance eXchange and attends the Dance eXchange Training Residencies yearly. Stephanie is a BFA graduate 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 is a yoga teacher.



Barnel

ANDERSON Teaching Artist

Barnel is a dancer/educator based in Philadelphia. In 2019, he completed the National Dance Institute's Two-Week Teaching Artist Training Intensive in New York City as well as the Dance eXchange Training Residency at BalletX. Since September 2019, he has been teaching at Dance eXchange as an assistant teaching artist. Barnel is a BFA graduate in dance performance from University of the Arts where he had the opportunity and privilege to perform original works by choreographers Kyle and Dinita Clark of JustSole Philadelphia, Niall Jones, at the Sixth Biennale Tanzausbildung in Germany and The Chocolate Factory in NYC.



Helen

CHEON Teaching Artist

Helen is a dance educator/administrator in Philadelphia. In 2018-2019 during her internship at BalletX, she attended the Dance eXchange Training Residency and assisted teaching at Dance eXchange. After graduating from Drexel University with a BS in dance and a minor in somatics, she returned to teach at Dance eXchange. Helen also plays an administrative role in facilitating the delivery of the curriculum.



Joshua

SHAFFER Musician

Josh is a musician/educator based in Philadelphia. Since 2017, he plays music at Dance eXchange and is an active participant of the Dance eXchange Training Residency each year. While he was pursuing a BA in Human Development and Community Engagement at Temple University, he also studied drums with world renowned drum educator Steve Fidyk and invested in Jazz drumset performance. Josh continues to gig around the country with his band, records music, and teach music lessons.



Gabe

MILLER Musician

Gabe is a musician/educator based in Philadelphia. In 2019, he attended the Dance eXchange Training Residency and started playing music at Dance eXchange thereafter. Gabe is a BM graduate in Jazz Violin Performance from Temple University. In addition to working with BalletX's Dance Exchange, Gabe performs with local groups — Dot Gov and the Bismuth Quartet — composes music, and teaches music lessons.