

Rachel Seeholzer



Ballet instructor with 10 years of experience instructing and training students, aged 3 through adult, with 9 years experience choreographing on students and professionals.

Seeking a position in Dallas to teach ballet technique to students from beginner to advanced levels while providing an inclusive and creative learning environment.

Professional Teaching Experience

Degas Dance Studio: July 2013 - July 2014
Los Angeles Ballet Academy: September 2013 - July 2014
Central Virginia Dance Academy: September 2014 - June 2016
West End Academy of Dance: July 2014 - May 2020
Stavna Ballet Academy: June 2016 - June 2019
Collegiate High School Dance Program: August 2019- March 2020
Ballet Co.Laboratory: August 2020 - May 2021
Metro Dance Center: September 2020 - Present
University of Minnesota, Liberal Arts College: September 2022-Present

Specifications

Ballet Technique: Ages 3 - Adult
Pointe: Beginner - Advanced
Variations: Beginner - Advanced
Progressing Ballet Technique: Level 1
Jazz: Beginner - Intermediate
Contemporary: Beginner - Intermediate

Certifications & Fellowships

2022/2023 National Visiting Fellow of the School of American Ballet
Progressing Ballet Technique
Barre Above
ACE Personal Training
CPR and AED

References

Becky Jacobs: metrodancecenter@gmail.com
Eve Schulte: eve@jsballet.org
Gina Gosalvez: info@laballet.com
Anacia Weiskittel: info@degasdancestudio.com
Madison Ellington: madison@westendacademy.com

**Other interests and facts: YAGP Coaching, MOBBallet Dancer, RVA Dancer of the Year Nominee 2019, Fitness Instructor*