



BDACS

BOWMAN DANCE COMPANY & SCHOOL



Chelsea Polson

Chelsea Polson has had extensive experience in both performance and educational realms of the dance world over the years. Raised primarily in Augusta, Georgia, Chelsea began dancing at a young age and over the years has had the tremendous opportunity to train with artists such as Shawn Stevens, Daniel Ulbricht and Maria Korowski [New York City Ballet], Matthew Prescott and Michael Blake [Joffrey Ballet], Desmond Richardson and Brian Chung [Complexions], Misty Copeland [American Ballet Theatre], and many more.

She went onto dancing on a collegiate level at Belhaven University, where she received a Bachelor of Arts in dance in 2014 with a specific focus and interest in dance education, kinesiology, and anthropology. Chelsea was involved in numerous dance performances at Belhaven University and had the opportunity to perform in historical works including Martha Graham's Panorama, George Balanchine's Serenade, and Michel Fokine's Les Sylphides. Chelsea has spent two summers in Europe, performing in Kandern, Germany and Bobbio Pellice, Italy, and working with numerous artists, dancers, and choreographers, most notably, Basel Ballet in Switzerland. Chelsea has spent multiple summers in Manhattan working as a chaperone for the Joffrey Ballet and has also worked as a Resident Supervisor for the Rock School of Dance Education's summer program. She has worked on projects such as Get On Up (2014), and most recently, Creed II (2018).

Chelsea is a certified Pure Barre Fitness instructor (you can find her at Pure Barre Ardmore!) and has been most recently certified in the Progressing Ballet Techniques method, which is a unique conditioning program to strengthen ballet dancer's muscle memory and provide students with a deeper understanding of their alignment, core stability, and turn out.

Chelsea belongs to a non-profit dance company called Pages To Pirouettes, which condenses full-length classical ballets and brings them to churches, nursing homes, special- needs communities and libraries in the greater Philadelphia area. When she's not at the studio, Chelsea enjoys baking, and hiking with her husband Ethan and their two dogs.