



EXHALE

PROVIDENCE
2026



WELCOME TO THE

FAMILY

Exhale is designed to be a place where dancers can grow, be themselves, and leave feeling empowered.

CONNECTION

CONFIDENCE

COMMUNITY

LETTER FROM THE

DIRECTOR

Hello!

As we step into another season of Exhale, I want to take a moment to simply say thank you.

Thank you for choosing Exhale to be a part of your dancer's journey. When I started Exhale, I wanted to create something that went beyond dance. Of course, we want dancers to leave feeling inspired, challenged, and excited, but I also wanted to create a space where dancers feel supported as people, not just performers.

Mental health has always been at the heart of Exhale. We believe that conversations about mental health belong in the dance community and that dancers should grow up knowing it is okay to talk about how they feel, ask for help, support one another, and know that their worth extends far beyond a score, placement, or performance.

By dancing with Exhale, they are learning what it means to be part of a community. They are learning to cheer for the dancer next to them, celebrate someone else's success, lead with kindness, and recognize that they have the ability to use something they love to create an impact far beyond the dance floor. Thank you for being part of it.

With love & gratitude,

Gabby



EVENT VENUE

→ INFORMATION

- **Venue: Hilton Garden Inn (21 Atwells Ave, Providence, RI 02903)**
- **Parking: On Site Garage (\$15)**
- **Location: Rosemoor Ballroom**

MEET YOUR

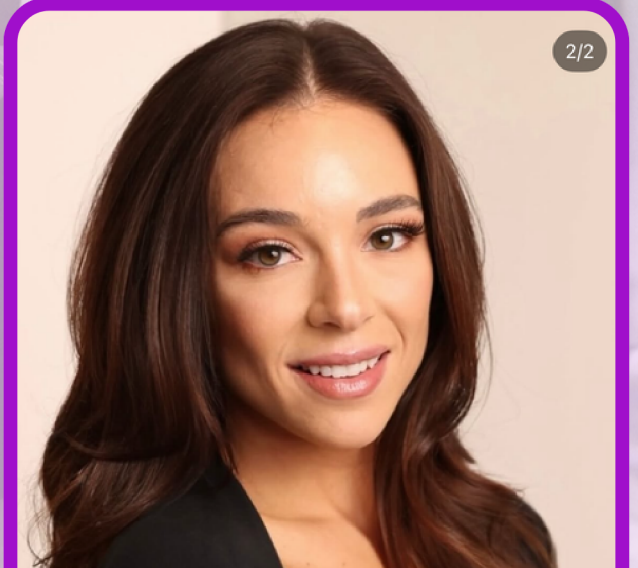
FACULTY



SKYLAR RIENERT
JAZZ FUNK



CAMRYN BROTHERS
CONTEMPORARY



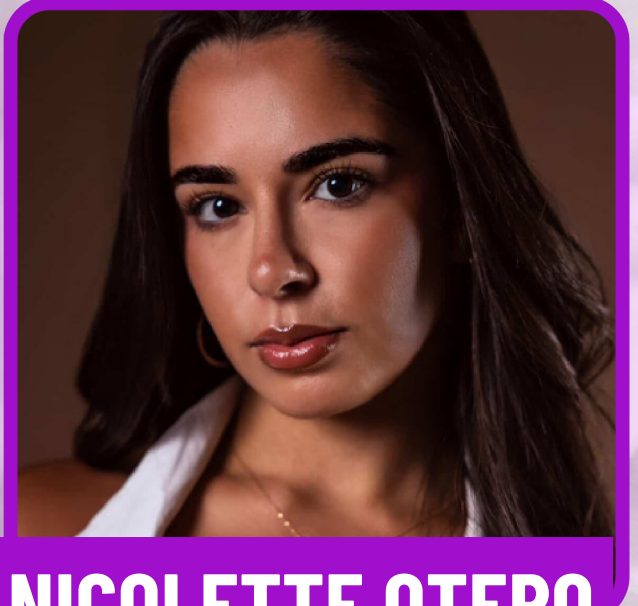
HANNAH LEBEAU
PRO



EVA IGO
LYRICAL



DELANEY MENA
TECHNIQUE



NICOLETTE OTERO
HIP HOP

BEFORE YOU



ARRIVE



**WEAR WHATEVER DANCEWEAR
MAKES YOU FEEL COMFORTABLE
AND CONFIDENT.**



LOTS OF WATER + SNACKS



READY TO TRY NEW THINGS

CHECK



IN

- **Pick up your bibs at the registration table**
- **Studios: Please assign a studio representative to pick up bibs**
- **Independents: Parents/ Caregivers may pick up bibs**
- **Observer Bands can be purchased for \$25**



IMPROV

BATTLE

- 
- No extra fee to participate
 - Participation is always encouraged, but we're here to support you wherever you're at
 - One Awarded Per Age Group

**GROUP &
SOLO IMPROV**

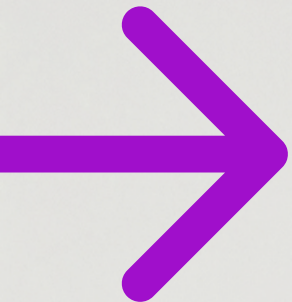
**JAZZ +
CONTEMPORARY**

SCHOLARSHIPS &

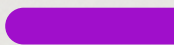
AWARDS

- **Breath Of Fresh Air Scholarships Per Age Group by Faculty**
- **Awarded to dancers for expressing artistry, supporting peers, exhibiting confidence**
- **Free workshop Tuition to all 2027 events**
- **Empowerment Pack (Assistant Program) Per Age Group by Faculty**
- **Awarded to dancers for ability to quickly pick up/perform choreography, positive leadership, respectful engagement with faculty, optimistic/encouraging attitude**

SCHEDULE



MINI



TIME	MINIS (AGES 4-7)
7:30AM-8:00AM	CHECK IN
8:00AM-8:45AM	HIP HOP WITH NICOLETTE
8:45AM-9:30AM	JAZZ FUNK WITH SKYLAR
9:30AM-9:45AM	BREAK
9:45AM-10:30AM	CONTEMPORARY WITH CAMRYN
10:30AM-11:15AM	MUSICAL THEATRE WITH EVA
11:15AM-11:30AM	IMPROV BATTLE & AWARDS

SCHEDULE

JUNIOR

TIME

JUNIORS (AGES 8-11)

7:30AM-8:00AM

CHECK IN

8:00AM-8:45AM

JAZZ FUNK WITH SKYLAR

8:45AM-9:30AM

HIP HOP WITH NICOLETTE

9:30AM-10:15AM

LYRICAL WITH EVA

10:15AM-10:30AM

BREAK

10:30AM-11:15AM

CONTEMPORARY WITH CAMRYN

11:15AM-12:00PM

TECHNIQUE WITH DELANEY

12:00PM-12:30PM

IMPROV BATTLE & AWARDS

SCHEDULE

TEEN

TIME	TEENS (AGES 12 -15)
12:00PM-12:45PM	CHECK IN
12:45PM-1:30PM	HIP HOP WITH NICOLETTE
1:30PM-2:15PM	LYRICAL WITH EVA
2:15PM-3:00PM	JAZZ FUNK WITH SKYLAR
3:00PM-3:15PM	BREAK
3:15PM-4:00PM	CONTEMPORARY WITH CAMRYN
4:00PM-4:45PM	TECHNIQUE WITH DELANEY
4:45PM-5:30	PRO WITH HANNAH
5:30PM	IMPROV BATTLE & AWARDS

SCHEDULE

SENIOR

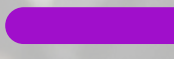
TIME	SENIORS (AGES 16 & UP)
12:00PM-12:45PM	CHECK IN
12:45PM-1:30PM	LYRICAL WITH EVA
1:30PM-2:15PM	JAZZ FUNK WTH SKYLAR
2:15PM-3:00PM	HIP HOP WITH NICOLETTE
3:00PM-3:15PM	BREAK
3:15PM-4:00PM	TECHNIQUE WITH DELANEY
4:00PM-4:45PM	PRO WITH HANNAH
4:45PM-5:30	CONTEMPORARY WITH CAMRYN
5:30PM	IMPROV BATTLE & AWARDS



REINFORCING



MISSION



**Reducing Stigma & Normalizing
Pediatric Mental Health One
EXHALE At A Time.**

OVER 30K DONATED TO PEDIATRIC MENTAL HEALTH

2026

TOUR

SEPTEMBER 20: NEW BRUNSWICK, NJ

SEPTEMBER 20: WOBURN, MA

SEPTEMBER 27: FORT MYERS, FL

OCTOBER 4: MANCHESTER, NH

OCTOBER 11: PROVIDENCE, RI

OCTOBER 18: PORTLAND, ME

OCTOBER 25: CHARLOTTE, NC

NOVEMBER 1: CHARLESTON, SC

NOVEMBER 8: WASHINGTON, DC

NOVEMBER 15: DALLAS, TX

www.Exhale-Dance.com