

Kristen Helfrich

Kristen is an accomplished performer, teacher and choreographer. Her love of dance began at the young age of 5 at Sonia Fabian Dance Studio and she continued her dance education at Judy Russell's Enchainement Dance Centre in Prince George, B.C.. Kristen's training has led her to Vancouver, Broadway Dance Centre and Alvin Ailey in New York, and Tremaine Dance Centre Professional Program in Los Angeles. She has been a guest teacher and choreographer for various studios in B.C. and has had the opportunity to adjudicate in B.C. and Alberta.



Kristen has performed and choreographed numerous Judy Russell Productions (Nunsense, Producers, Spamalot), is well known for her role as the original "Flying Russian" in the Nutcracker, and has performed in commercials, Movie Magic, B.C. Summer Games, and the PNE. In the 2015 Canada Winter Games, Kristen was First Dance Captain and worked with choreographer Jocelyn Peden for the Opening Ceremonies. She was also part of creating Canada wide curriculum for the Winter Games called "Catch the Spirit". Kristen has worked with other educators to assist in creating a Performing Arts Program at a high school level for those students who dedicate their time to pursue and education in the Performing Arts.

A dance educator for over 25 years, Kristen teaches various genres of dance to all ages. She has trained in RAD, performed her Solo Seal, and has acquired her RAD Teaching certificate. Kristen has received her teaching accreditation from the CDTA and continues to encourage her students to participate in CDTA examinations. Teaching is a passion for Kristen as she has obtained a Bachelor of Arts in Geography, a Bachelors of Education, and is waiting to begin her Masters in Special Education in September 2017.

Currently, Kristen has focused her energies on sharing her love of dance with children of all ages in a dance studio and in the educational school system. She establishes positive relationships with her students, motivating them to reach their full potential and to develop their passions.