

Elite Dance

academy



Heather Herring grew up practicing gymnastics with Calgary Acro. She later transitioned into dance at age 12, when she began dancing with Elite Dance Academy and studying Jazz, Acro, Lyrical, Modern, Ballet and Hip-Hop.

In 2013, Heather had the opportunity to train and perform with the Young Canadians of the Calgary Stampede. She was also given the privilege to attend the National Circus School's summer intensive in Montreal on three separate occasions. While training at Elite, Heather completed her ISTD Advanced I Ballet and ISTD Intermediate Modern exams.

Since 2015, Heather has worked alongside the owner and managers of Acrobatique Acro Dance as an assistant teacher, demonstrator and syllabus model. She has also taken the Junior Acrobatique Teachers course.

Heather is currently a member of the Calgary Roughnecks Drill Crew. She is also a second-year student at Mount Royal University pursuing a degree in Health and Physical Education with a specialty in Physical Literacy.