

Sydney Foley

Current Professional Dancer/Caretaker/Server/Dance Instructor with 2+ years of customer service experience, 6+ years of caretaking/nannying experience, 3+ years of teaching experience, and 20+ years of dance experience

Jersey City, NJ
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EXPERIENCE

Din Tai Fung, New York, NY — Server

January 2025 - PRESENT

Freelance, New York, NY — Caretaker/Nanny

October 2019 - PRESENT

- Reviewing and following parent directions for all aspects of child's care;
- Fostering strong relationships with an emphasis on mutual trust;
- Maintaining safe environments at all times;
- Creating activities that promote physical and mental development;
- Preparing healthy snacks and meals according to individual needs, and;
- Communicating openly with parents about daily activities and behavior.

Sugarfish, New York, NY — Server/Host/Food Runner

July 2024 - January 2025

- Explaining the menu to first time guests and taking orders;
- Memorizing daily substitutions of the fish in the Trust Me menus and/or a la carte menu, in order to offer guests recommendations;
- Processing food and drink orders with precision, making sure to note any dietary restrictions and substitutions;
- Making sure guests have a positive dining experience, QC'ing during or after their second course to make sure they are satisfied and/or need anything;
- Multitasking and managing time during rush service;
- Collaborating with other servers and staff to carry through the service, and;
- Bussing tables to help hosts greet and seat guests more efficiently;
- Closing out and managing paid checks, and;
- Calculating financials at the end of the shift.

The Red Stache, New York, NY — Server/Host

March 2024 - July 2024

- Cordially welcomed patrons upon entry and seating them both according to venue availability and patron preference;
- Memorized the menu, in order to offer patrons recommendations and pairings in order to ensure they have an enjoyable dining experience;

SKILLS

- Ability to learn quickly
- Computer proficient- Outlook, Clubready, MS Word, Powerpoint, Excel, Adobe, AirTable
- Able to prioritize when faced with multiple demands
- Strong time management and organizational skills
- Personable and outgoing
- Punctual

EDUCATION

Marymount Manhattan College, New York, NY —

Magna cum laude
Bachelors of Fine Arts in Dance

2018 - 2022

DANCE COMPANIES/PERFORMANCES

Artichoke Dance Company (Company Artist)- New York, NY

2026 - PRESENT

Valerie Green/Dance Entropy (Company Artist)- New York, NY

2026 - PRESENT

Threads of Truth Dance Company (Company Artist)- New York, NY

2025 - PRESENT

Six Degrees Dance Company (Company Artist)- New York, NY

2025 - PRESENT

Ballaro Dance Company (Guest Artist)- New York, NY

2025

Alison Cook Beatty Dance (Guest Artist)- New York, NY

2025

- Processed food and drink orders with precision, making sure to note any dietary restrictions and substitutions;
- Maintained an up-to-date familiarity with the wine list and possible pairings with food;
- Served orders to patrons efficiently and with minimal disruption;
- Cleaned and set tables for quick seating between patron groups;
- Collaborated with other servers and staff, proactively engaged with other staff to carry through the service, and;
- Closed out and managed paid checks.

Shooting Stars NYC, New York, NY — Admin/Dance Coach

June 2023 - October 2024

- Assisted with all methods of correspondence, including phone calls, emails and social media;
- Completed evaluations to ensure growth of each student;
- Planned and coordinated scheduling for dance teachers' private lessons and dance classes;
- Assisted parents and students with joining the dance studio and answering any inquiries or requests;
- Taught after-school classes at a nearby private school, and;
- Organized the studio's schedule and student information through DSP.

Auggie, New York, NY — Social Media Assistant/PA

August 2023 - June 2024

- Scheduled meetings for CEO;
- Took notes during meetings;
- Posted on social media (i.e. Instagram, TikTok);
- Researched new content ideas and executed them;
- Organized CEO's calendar and to do list, and;
- Executed data input for company website through AirTable.

PB Metro LLC, New York, NY — CycleBar CBX

November 2022 - November 2023

- Exhibited excellent communication skills, both oral and written;
- Greeted clients and responded to client inquiries, requests, and issues in a personable and efficient manner;
- Helped clients purchase memberships and booked classes online or over the phone;
- Cleaned cycling studio and common areas (i.e. bathrooms, front desk area, showers);
- Assisted with bike setup, and;
- Coordinated with manager to ensure that studio supplies are well stocked.

32nd Pack Dance Company (Company Artist)- New York, NY

2023 - 2025

CoreDance Contemporary Dance Company (Company Artist)- New York, NY

2022 -2023

Dance In The Parks (Company Apprentice)- Chicago, IL

2019

WNBA Chicago Sky (Flight Crew)- Chicago, IL

2011

Riverside Park (Dancer)- New York, NY

2026

Arts On Site (Dancer)- New York, NY

2026

Greenspace: Take Root (Dancer)- Queens, NY

2025

The Tank (The Hole Story: A Docu-Cabaret)- New York, NY

2025

Windhover Performing Arts Center Residency (Dancer)- Rockport, MA

2025

Dance Parade (Dancer)- New York, NY

2025

Spark Theater Dance Festival (Dancer)- New York, NY

2025

Greenspace: Fertile Ground (Dancer)- Queens, NY

2023

WestFest Dance Festival (Dancer)- New York, NY

2023

Versatility Dance Festival (Dancer)- Boulder, CO

2023

The Osiris Legend (Ron De Jesus)- Chicago, IL

2016