



## Fall 2020 Virtual Semester Guidelines

We fully recognize that pursuing ballet training at home is difficult. We understand the challenges that our students are facing. We want to make our students feel supported and encouraged during this virtual semester. It is imperative that we all stay healthy, mentally and physically. Following are our guidelines to help all of you stay ballet strong!!!

- Although it is not mandatory, we highly encourage the routine of doing your bun and dressing for ballet. Engaging in this preparation makes you feel more like you are attending class and reminds you that you are part of a larger community of ballet dancers!
- For virtual classes, there is no required uniform, but ballet slippers are necessary for safety, especially on non-dance floor surfaces.
- Turning on your camera allows your instructor to interact with you and offer personal corrections. Remember -- corrections are compliments! And who doesn't love a complement? (But please mute yourself at the start of class.)
- Our virtual classes are all love, no guilt. We are not creating a mandatory schedule for virtual classes. Classes are subscription based. Attend when you can, as often as you like. It is our goal for this semester to be a supportive, creative outlet to keep you moving and strong. Ballet is your refuge, escape, reward! And when we can invite you back into the studios, we want you to feel strong and prepared so that you can completely enjoy the full ballet class experience that we are all missing.

See you in cyberspace!

