



The Ballet Club

# Online Ballet Barre for the Body & the Brain & Online Chair Ballet for the Body & the Brain

Important Information - PLEASE READ

## SET-UP

**Ballet Barre Class:** If you do not have your own ballet barre, you may use a steady chair with a sturdy back that is roughly as high as your rib cage, give or take. Or, often, a counter top can also substitute as a barre. If you have an actual ballet barre, that is great! But as long as you have a chair or counter or rail of some sort, you will be able to practice at home.

Set up your 'barre' in an open space in front of your computer screen. Ideally, your body should be centered in your camera frame, at a distance where your full body can be seen within the frame.

**Chair Ballet Class:** Set up a sturdy chair in a clear space centered in front of your computer screen. Ideally, your body should be centered in your camera frame, at a distance where your full body can be seen within the frame.

## ATTIRE

**Ballet Barre Class:** Wear clothing that allows your body to move freely but nevertheless is fairly snug, without excess fabric. You may wear a dancer's leotard and tights, but it isn't mandatory. Yoga or athletic pants and a snug t-shirt work well. Biker shorts are another option. Wear what makes you feel comfortable and confident, keeping in mind that it should be at least somewhat form-fitting.

I recommend purchasing ballet slippers (be sure to purchase them from a dance retailer.) As an alternative, you may wear socks. Depending on the surface of your floor, I recommend sports socks with grippies on the bottom.

If you have long hair, make sure it is firmly secured back off of the face, so that it doesn't interfere with your exercises.

**Chair Ballet Class:** Wear clothing that allows your body to move freely but nevertheless is fairly snug, without excess fabric. Shoes are optional; socks without shoes are recommended.

If you have long hair, make sure it is firmly secured back off of the face, so that it doesn't interfere with your exercises.

## **CLASS**

**Ballet Barre Class:** We begin class with a ten-minute period of set-up and independent stretching time, during which you may ask questions. Formal class begins with PLIES. **IMPORTANT!** Students may not be admitted to the session once plies begins.

Note that time for questions *during* class is kept to a severe minimum in order to not interrupt the flow of work. It is best to learn by watching, listening, and repetition over time, practicing the 'What, When, How' method.

After class finishes, the zoom session will remain open for a ten-minute Q & A session during which you may ask any questions that may not have been resolved during class.

You are also welcome to email [contact@theballetclub.com](mailto:contact@theballetclub.com) regarding questions about class, technique, etc.

**Chair Ballet Class:** We begin class with a five-minute period of set-up and preparation time, during which you may ask questions. **IMPORTANT!** Once exercises have officially begun, students may not be admitted to the session.

Note that time for questions *during* class is kept to a severe minimum in order to not interrupt the flow of work. It is best to learn by watching, listening, and repetition over time, practicing the 'What, When, How' method.

After class finishes, the zoom session will remain open for a ten-minute Q & A session during which you may ask any questions that may not have been resolved during class.

You are also welcome to email [contact@theballetclub.com](mailto:contact@theballetclub.com) regarding questions about class, technique, etc.