

# The Raleigh School of Ballet Distance Learning For Adults

## Guidelines and Instructions

### **Once you have purchased an online class card or emailed letting us know you would like to use your RSB Adult Class card or free trial class:**

- We will email you a link to the Sign-Up Genius RSB Online Class Registration.
- You must register or cancel by midnight the day before the scheduled class.
- An email with the day's login information is sent the morning of your registered class (around 8 a.m.)
- Please email: [info@raleighballet.com](mailto:info@raleighballet.com) the morning of your scheduled class if you are unable to attend and would like a recording of the class. Please note that recordings are only available within a 24 hour period.

### **Preparing for class:**

Within the limitations of your home environment, try to create a space that is conducive to taking a ballet or exercise class. This includes:

- Find a quiet area that is free from distractions. This time is for you!!
- For Ballet: a sturdy object (back of dining chair or counter) to be used as your barre. Ideally hardwood, tile or linoleum is better than a carpet.
- For Stretch & Strengthening:
  - For Thursday class: Yoga mat and bath towel.
  - Tuesday/Saturday classes: Yoga mat and Sneakers for aerobic part
- Dressing in appropriate attire- leotard and tights or well fitted exercise wear: leggings, shorts and t-shirt. Ballet slippers, socks or bare feet are all options.
- Before class you may go to your personal Zoom account and click on: new meeting. This will give you the opportunity to adjust the computer screen and your position during the upcoming class allowing the teacher to see your entire body. End: new meeting and then you can sign into: join meeting.

### **Entering class:**

- Depending on the class schedule you may be able to enter the class earlier than the scheduled time or you will see a notice that the class is waiting for the host to start the class
- Make sure your video and audio is enabled.
- Please check the lighting in the room. It is hard to see you when you are back lit (ie: standing in front of a window.) Bright natural light is best or lighting from overhead or coming from the side

### **During Class:**

- You will be placed on mute so you can hear and see the teacher.
- If you have a question use the 'raise hand' icon on the bottom of the participant screen or you may physically raise your hand. You may unmute yourself or the teacher will unmute you so you may ask a question.
- If you have any questions that were not addressed during the class you may email them to [info@raleighballet.com](mailto:info@raleighballet.com)
- Ideally you will be able to attend the whole class. If you need to leave early please wave goodbye to teacher and press the leave meeting button.