

The Raleigh School of Ballet

Intensive Attire & Distance Learning Guidelines and Instructions

DRESS REQUIREMENTS

- **Ballet, Pointe, Variations** - Plain, solid color leotard, non-shiny pink footed tights worn under leotard, pink ballet shoes, pointe shoes. Short skirts may be worn at teacher's discretion. Hair must be secured in a neat bun with no bangs. Please no jewelry (including fitbits!) except non-dangling earrings.
- **Boys** - Black tights, white T-shirt (tucked in), white socks, and white ballet shoes.
- **Modern, Jazz, African**- Non-shiny pink or black footless tights and plain, solid color leotard. Hair in a neat bun or ponytail. Boys may wear a plain colored shirt
- **Stretch/Strengthening, Pilates**- shorts, or yoga pants may be worn over regular ballet class attire

Preparing for class:

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

- A quiet area that is free from distractions. The area should be large enough for you to do a barre and non-traveling center work without hitting anything
- A sturdy object to be your barre
- Ballet, Pointe & Repertoire Class: We recommend a portable dance floor
- Stretch & Strengthening & Pilates - Yoga mat

Entering class:

- It is important to be on time for class. **Please login a few minutes before class** begins to give yourself time to set up. Please email us before 9 a.m. the day of class to let us know if you need to log in late or leave early for any of the day's classes.
- Make sure your video and audio is enabled.
- Make sure we can see you, by moving back far enough from the screen. Ask a family member to help find the right spot for you to stand and have them adjust the Zoom screen. The goal is to allow the teacher to see your whole body.
- Check the lighting in the room. A lot of natural light is best. It is hard to see you when you are standing in front of a window. Light coming from the side or top is the best. Lamps should be far enough away so they are not in line with the camera.
- Make sure your name is listed correctly (especially important for Guest teachers!)

During Class:

- Please let the teacher know before class if you need to leave early. When it is time to leave you may wave goodbye after a combination ends and log out

- Remain engaged as you would in an in-person class. Do your best to not allow outside things to distract you. If you have a question you may raise your hand for the teacher to call on you. You do not need to raise your hand to go to the restroom or have a drink of water.
- We recommend you use your lunch break to be away from all device screens!