

ADULT BALLET ETIQUETTE

BALLET ARTS STUDIO REMINDERS



IN THE STUDIO:

- Water only
- NO GUM chewing during class
- Please do not bring cell phones into studio. If you *need* to have your phone on you for emergency reasons, respect the others & silence any notifications or rings.



WHAT TO WEAR

- No Bare feet. Ballet flats are best, but socks are ok until you get a pair of ballet shoes. Sticky socks are not the greatest for ballet technique.
- No midriff tops
- No big or dangly jewelry or earrings for safety reasons.
- We appreciate good hygiene, but please avoid perfumes. Some people are very sensitive.
- Hair should be pulled back out of your face. It is better for proper technique to have your hair secured (i.e. Spotting)



CLASS TIME

- If you are running more than 10 minutes late to class, contact the studio to schedule another class. It is distracting to others & also unsafe for dancers' bodies to not physically prepare your body correctly.
- Please alert the instructor of any known injuries or other bodily concerns prior to the start of class. For safety, do not continue to dance if you begin to experience pain, extreme discomfort, or feel light-headed. Inform the instructor immediately. Unless you are injured or unwell, please try not to sit during class. It is not beneficial for your muscles.
- If you are new to ballet, it is best to stand in middle of the barre between others & for center, the middle or back of studio to follow along. Be aware of spacing for other dancers in the class.

WE LOVE OUR ADULT BALLET PROGRAM! WE WANT TO CONTINUE TO OFFER A GREAT WAY TO WORKOUT & EXPERIENCE THE ARTFORM, WHILE PRACTICING IN A SAFE, RESPECTFUL ENVIRONMENT FOR OUR INSTRUCTORS AND FELLOW DANCERS! THANK YOU FOR YOUR COOPERATION! --THE STAFF AT BALLET ARTS