

Parent & Student Check List Paid Subscribers

- Check your email every night for the next day's classes. Mark your calendars and use alerts to remind you when class will start.
- Clear a space that you can move, stretch and dance in.
- Have hair up/back and proper dance attire on along with shoes.
- For younger students, I suggest a parent help with chat, or "raising your hand" to ask questions.
- Have a water bottle close by for water breaks.
- About 5min before the scheduled class time, join the appropriate level class. (See the schedule with the breakdown of levels). You will be in a waiting room until the teacher starts the class so just be patient until start time.

These classes are for FBC students only, so please do not share this link. If someone requests a link, they can email me at dance@fredericksburgballet.com I am answering emails all day long!

Helpful Hints in turning your home into a dance space.

- Plywood. Tape the edges. One side for Tap floor, other side put vinyl/linoleum. Great for barre work
- If dancing on vinyl, linoleum, hard wood and your floor is slippery. Get a paper towel, dampen it (squeeze out ALL the water), fold it into a square. Keep it close by on the floor (put it on a plate so not to ruin your parents floor) so you can tap the ball of your shoes on it
- A kitchen is a great space to do a ballet barre. Usually the floor is not carpeted and the countertop is the perfect height for a barre.
- Make your own barre out of pvp pipes. Here is a great "How To" guide. www.toroidalsnark.net/barre.html
- a sturdy kitchen/dining room chair is also a great barre.
- scrape off the resin buildup on your shoes! Take a kitchen knife, and scrape away.
- Don't have a Theraband? A pair of tights work and you can use 2 cans of soup/veggies for weights!

The teachers are teaching in their homes (some at the studio) too, so the warmups and routines they are doing, well, they are well aware of the limits of space.