



Dear Parents,

For the past several years we have been offering a weekly Floorwork class to our students. The dancers who take all their level classes and add the Floorwork to their weekly schedule show a consistent rate of improvement in technique, alignment, turnout, and overall strength. **This academic year (2020-2021) Nino Gvazava will be teaching three Floorwork classes during the week.** We highly recommend that your dancer supplements their weekly schedule with this class.

These classes will be conducted remotely and students will take their class online from their home.

**Level 1 & Level 2 will meet on Wednesdays from 4:00-5:00**

**Level 3 & Level 4 will meet on Mondays from 4:30-5:30**

**Level 5 & Level 6 will meet on Fridays from 4:30-5:30**

### ***Floorwork has many benefits***

**It encourages correct position and alignment.** Lying flat on the floor on your belly or your back encourages dancers to be hyper-aware of proper body position, alignment, and posture. You cannot stick your bottom out because the floor is in the way, and you will know immediately if you lift or twist your hip because it loses contact with the floor. You can literally feel the proper alignment through contact with the floor at key points – shoulders, back, hips, etc.

**It develops key muscles.** As mentioned above, Floorwork constantly reminds dancers to “do it right” and engage the muscles that you are *supposed* to be using. Because you do not have a barre to hold onto *and* you are not either fighting or giving in to gravity the way you do when standing, you have to use isometric muscle movement (steady, continuous muscular engagement), which strengthens your muscles in a different way than isotonic exercises (such as leaps and jumps). When you get back up off the floor, you will be able to hit new heights!

**It strengthens your balance.** Because you are lying on your back, or sitting up on your hips, you are centered as you should be and will learn the proper positioning more quickly. Floorwork lets you concentrate on one thing at a time without *worrying* about balancing. When you stand up and translate that new-found correct alignment into the vertical position, you will have stronger balance.

**It relieves stress on joints.** You are doing the exercises without putting weight on the legs, so injury is less likely. The floor is there as a constant safeguard and reminder. You cannot “cheat” and force an unnatural or exaggerated turnout which puts excessive torque on your ankles, knees and hips. Floorwork allows you to work *within* your turnout and flexibility, which is very good for young dancers who are trying to find their positions.