



Dear Parents and Dancers:

Due to the ongoing pandemic, our 2020-2021 class schedule here at PAB is going to include both an in-studio **and** an online component so that we can maintain safe social distancing by limiting the number of dancers in the studio at any one time. As we approach the start of our academic year on September 10th, we wanted to share some helpful information with you regarding the best way to take ballet classes from home.

SPACE:

Dancers should ideally have a designated space in their home where they can take class without interruption or distraction. For ballet classes, make sure you have enough space so that you do not kick anyone or anything as you are dancing. Try a grand battement in all directions and a third port de bras forward and back with the leg extended to test your space! For Floorwork, do a "snow angel" on the floor to be sure you have enough room in all directions.

EQUIPMENT:

Now is the time to seriously consider purchasing a good quality portable barre for home participation. Dancers need a solid and secure barre for Ballet Technique and Pointe classes. An actual barre, such as this one from The Beam Store (see below) is ideal, but whatever you use, it must be solid and secure. We are strongly recommending dance mats, such as this one from Harlequin (see below), to give dancers a safe, secure surface on which to take class, **especially** for Pointe work.

TECHNOLOGY:

Dancers should ideally have a laptop or large tablet with a strong WiFi connection for Zooming into their classes. You also need to be able to position the device so that the camera picks up your whole body – teachers need to be able to see the tips of your fingers above your head all the way down your toes! It may be helpful to put your device on a portable tray table so that you can move it around your dance space easily to find the best location and angle.

Last but not least, it might be worth investing in a good quality Bluetooth speaker or "true wireless" Bluetooth sport earbuds (see below). If your household doesn't mind hearing the music and PAB teachers describing exercises and giving corrections, then a speaker is a good choice. If you need to be a little quieter during classes, "true wireless" earbuds are a workable option. We recommend sport earbuds as they are usually more secure in your ear and resistant to sweat.

<https://www.thebeamstore.com/5-ft-fixed-height-double-pole-ballet-barre>

<https://us.harlequinfloors.com/en/products/harlequin-dance-mat/>

https://www.bose.com/en_us/products/headphones/earbuds/soundsport-free-wireless.html

<https://www.jabra.com/bluetooth-headsets/true-wireless>

Please note that we are not endorsing these products specifically. We are just trying to offer some workable solutions.

As always, please do not hesitate to reach out to us directly if you have any questions, comments, or concerns. Kindest regards,

Melinda Pendleton, Owner and Director
Pennsylvania Academy of Ballet