

## **BALLET CONSERVATORY CLASS AND STUDIO RULES:**

(Please go over these rules with your dancer)

**A majority of the first lesson is spent checking new shoes for proper fit and going over these class rules and expectations with our students. Gentle reminders, an email or phone call from your instructor may be necessary if the rules are not being followed. Remember that discipline provides a positive environment for learning. Discipline and correction are signs of love and show that parents and teachers care! The discipline of dance and traditions of our art form will benefit your child in other areas of life.**

**Covid Guidelines:** It is very important to read to your child the Covid Guidelines we have separately on our website. Dancers should be reminded to maintain 6 feet social distance and wear their mask at all times in the studio. They should not share water bottles or snacks and use hand sanitizer and wash hands often. We recommend that dancers have their own hand sanitizer in the bag. We will also leave our street shoes in the lobby and put our dance shoes on once we are in the classroom. SMALL bags should now be taken into the studio and into the classroom with them as Dressing Rooms will be closed until further notice.

1. COVER UPS (to be worn over dance clothes) must be worn by ALL students when coming to and leaving the studio. We work hard to keep our dance floors clean and slip-resistant. Dust and dirt on shoes worn outside will cause slick spots on our floor and these are extremely dangerous, especially to our pointe and tap students. DANCE SHOES ARE NEVER TO BE WORN OUTSIDE.
2. Students must check in with the front desk upon arrival.
3. No running or horseplay in hallways or especially in the lobby! The lobby is designed for street shoes and can be slick in dance shoes.
4. Students must not be late. The first 10 minutes is the most important part of class and provides essential warm-up exercises and technique. Students who are consistently late or absent may not progress as quickly. Students who are very late will not be admitted into class without prior permission of the instructor.
5. Proper behavior and courtesy to peers as well as staff is expected of all those who enter BC and at any performances.
6. Young students should go to the bathroom before class. It's true what they say...When one has to go, they all want to go!
7. Since most dance items look alike, we ask that all students LABEL BOTH SHOES, LEOTARDS, TIGHTS, BAGS AND SKIRTS! Always check to make sure it is your shoes, etc. that you pick up and put in your bag. Do not bring valuables to the studio.
8. NO food and drinks in the dressing room or hallways.
9. Water bottles are allowed in class. Please label. Do not share water! Make sure to discard bottles in the trash.
10. No gum chewing in class.
11. Do not use your mobile phone in class and turn to silent if it is in your bag.
12. Do not enter a classroom without an instructor or student teacher. Children have hurt themselves being silly or doing cartwheels in empty studios. We are not responsible for students who are in a studio unattended.
13. Dancers may not wait outside after dark for their ride and under no circumstances should you go to the side or back of the building or play in the parking lot. Dancers may not walk across 407 without specific permission from your parents and that permission needs to be given in writing as well as in person by the parent. Be VERY CAREFUL when walking to your car and watch for cars.
14. Older students should not invite boyfriends to the studio unless a parent is accompanying them. Please notify us immediately if you notice any unusual loitering in the parking lot or in the building.
15. A SMILE goes a long way! Especially when your teacher corrects you! Students should learn that a correction from your teacher should be regarded as highly as a compliment or praise. The only way to improve is through corrections. Some corrections need to be given over and over for years to build proper posture for dance. Gentle corrections, even at a young age, are needed to build a solid foundation and good habits. Hands on corrections are very common in a dance class to help the dancer use and feel correct muscles.
16. Leave your problems outside before you enter the front door. Dance is a wonderful way to release stress and forget about your problems! Bringing negativity into the studio can distract others and prevent the class from learning.
17. Hair must be neat and worn up and off the neck for ALL classes. Bangs must not fall into eyes and cause a distraction. A headband may be necessary for short hair. Ballet students in Ballet 1 and higher are required to wear their hair in a bun or tightly secured knot as they will be working on turns. Tightly secured bun covers or large barrettes help to secure hair quickly and more easily for those rushed for time. Pony tails are acceptable for lower levels of Tap, Jazz, Hip Hop, Musical Theater & Pre-Ballet.
18. Do not use powder inside your shoes while at the studio or on the bottom of your feet when barefoot. Powder on our marley surface can cause serious slick spots and dangerous conditions for our dancers!
19. Bullying, gossip, and disrespect to faculty, staff or peers will NOT be tolerated in person, in group texting or on social media.
20. Stealing is not tolerated and will be grounds for immediate dismissal.