

Ballet Class Etiquette

For Adult Beginners

BEFORE CLASS

Wear Form-Fitting, Breathable Clothing

Teachers need to be able to see the lines of the body in order to help you find the correct posture and positions. It is also helpful for you to be able to see the shapes you are making.



Secure Hair Up and Away From the Face



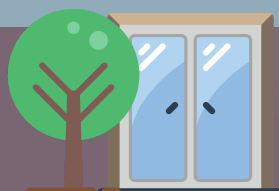
Remember, teachers need to be able to see the lines of the body, this includes the head, neck, and back.

Remove Watches and Jewelry

Chunky necklaces, noisy bracelets, large rings, and long earrings are distracting and possibly harmful to yourself and other students.



Leave any Temptation to Eat, Smoke, or Chew Gum, all at the Door



It is both disrespectful and a possible health and safety risk. Drinking water during class is usually permitted.

Set Mobile Phones to Silent or Simply Turn Them Off

If you are expecting an emergency call, please advise your teacher before the class starts and leave the studio to take the call so as not to disrupt other students.



Arrive Early to Class



Always get to the studio early enough to warm-up adequately to avoid injury.

My apologies. May I join class, please?

Only doing barre today. Need to take my cat to the vet.

Ask the Teacher's Permission to Join Class if You Arrive Late

Communicate with the Teacher if You Already Know That You Need to Leave Class Early

DURING CLASS

Avoid Folding Your Arms, Yawning, and Sitting Down (Unless You're Injured)



Mind the Instructor at All Times

Resist chatting. Only if you have a question, or if the teacher asks you a question, then is it an appropriate time to speak in class.

Be aware of your body language in class, it matters.

Assimilate Corrections Given to Other Individuals



Communicate with the Teacher if You Need to Leave Unexpectedly

You might find your teacher chasing you to ensure you aren't injured or sick!

If a correction is directed toward another person, apply it to your own learning.

Barre

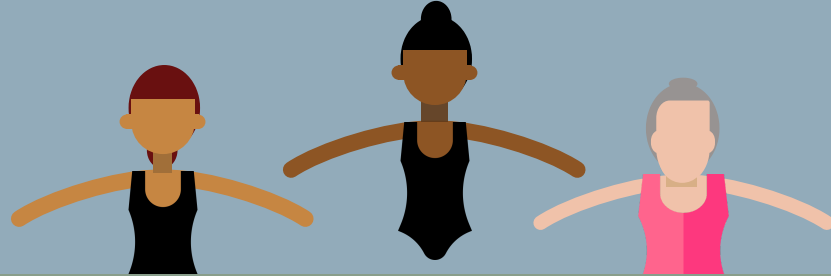
Resist the Temptation to Lean Against the Barre

Combinations with One Hand, Start With Your Left Hand on the Barre

Turn Toward the Barre Between Exercises

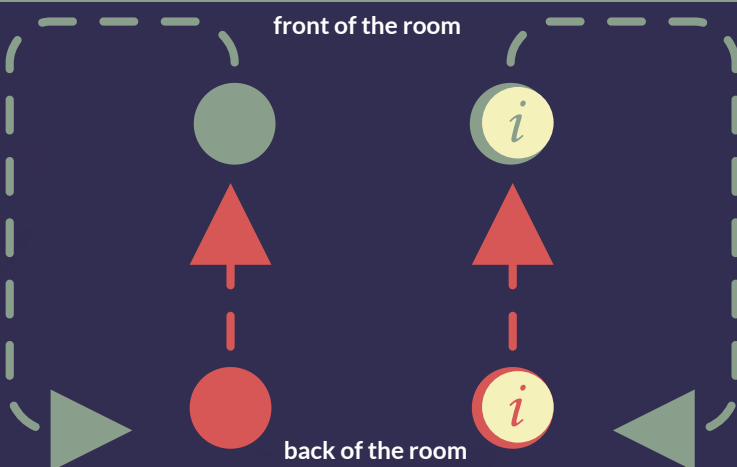
Center

When another group is dancing, prepare yourself to begin dancing as they finish.



When executing a combination in the center of the room that advances forward, finish the exercise and move directly to the front, then to the side before returning to the back of the room to repeat the exercise.

This allows other dancers to begin.



Thank you.

When you are finished with an exercise in the center, leave the floor as quickly as possible.

Give Thanks to the Teacher at the End Of Class

Also known as a reverence (curtsey/bow).



SOURCES

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<https://www.city-academy.com/news/what-to-wear-to-a-ballet-class/>

<https://adultballet.com.au/ballet-class-etiquette/>

<http://mapleconservatory.com/classes-programs/ballet-resources/ballet-etiquette/>

<https://www.insideballet.com/ballet-class-etiquette/>