

Making the most of your online class experience:

NUTS AND BOLTS

- 1 Make sure you have a strong internet connection. The closer you are to your router the better, and boosters are inexpensive if you need one. This will ensure a good signal in and out.
- 2 Make sure your device is stable on the table and has a working camera. Take a minute before class to check that you can see a bit of floor and a bit of ceiling, that way we will have your dancing parts in view.
- 3 If dancing on carpet, socks will have less traction.

INCREASING THE BENEFIT OF YOUR EXPERIENCE

- 1 Decide before class what two or three things you want to be your personal focus. For example, port de bras, head inclination, abdominal lift, breathe, foot articulation, using eye focus, facial expression. So many things....
- 2 Wave down your teacher if you have a question. Ballet is challenging enough if you don't have the combination.
- 3 With mute on, the only way you have to communicate with your teacher is by hand gestures but more importantly facial expression. Your computer screen has a live teacher on the other trying to determine if the exercises are too hard or too easy or if you have any questions. Blank stares aren't much help. Besides, we miss seeing your smiling faces under your masks.
- 4 Keep a journal. After the in person and on line classes, jot down a few things that were said that make sense to you. A description of sur le coup de pied or a visualization of rotator use when read back at a later time can be very informative.
- 5 Make goals for yourself. Write them and check back every once in a while to see if you are on track.