Zoom Setup for Ballet Class

The following recommendations will help dancers create the best at-home environment possible for their virtual ballet classes. Remember, you will not benefit as much from these classes if you do not have enough space to execute combinations or if your instructor cannot see your full body.

Make the most of your at-home ballet studio:

**Space**

Find a space in your home at least 6’ x 8’ and make sure there is nothing breakable nearby.

**Flooring**

A proper dance floor is very important to help prevent injuries while taking classes from home. Depending on the flooring in your home, you may need to make different adjustments. If you are on cement or a very hard floor, we recommend these steps: First, lay down a carpet pad on the hard surface. Then, lay an OSB board on top, and finally use gaff tape to tape marley to the OSB board. If you will be dancing on thin carpeting, you may be able to place marley directly on carpet. If you will be dancing on wood flooring that has some give, you may be able to place marley directly down as well.

Marley Sheets: Alvas sells marley flooring by the piece and is currently taking orders. For more information, click [HERE](#).

**Ballet Barre**

While chairs or other similar household items can be a barre substitute, to get the most out of your virtual ballet classes we recommend investing in a proper ballet barre. Barres can be purchased [HERE](#) or you can follow [THIS](#) guide for building a ballet barre at home (it’s under the “connect” section).

**Tablet Setup**

We highly recommend investing in a tripod so that your tablet can be placed at a proper height for your instructors to see your full body. If your instructor cannot see your full body they cannot correct you appropriately and you will not be able to progress as quickly in your classes. Before your Zoom class, check the position and angle of your device to
insure it’s in the best place possible. Your tablet should be in landscape mode (sideways). You can purchase a tripod HERE and an iPad holder HERE. When possible, we also recommend Screen Sharing your device to a TV so dancers have a larger image to look at.

Internet Speed

Run an internet speed test in the room you plan to use as your at-home studio. You can do this HERE. If speeds are slow, Zoom will freeze and dancers may have difficulty fully participating in class. Wifi extenders can be purchased to help remedy this issue.

Other Tips:

❖ Make sure your space has front lighting near the camera so instructors can see you.
❖ Consider investing in Bluetooth headphones to hear your instructor and music better. *Bluetooth headphones are also recommended for instructors so that dancers can hear you over the music.