




My Dance Class
At Cincinnati Ballet





OTTO M. BUDIG
COMMUNITY STUDIO

At Cincinnati Ballet, my dance class is in the Otto M. Budig Community Studio.



OR



For every class, I will wear a t-shirt, leggings and socks or ballet shoes.



Before I enter Cincinnati Ballet,
I will put on my mask.

I will wear my mask the entire
time I am inside Cincinnati
Ballet.

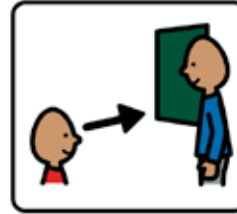
Studio Rules



I will not touch other people, and keep my hands to myself.



I will wait my turn.



I will look at the teacher when they show me dance moves.



I will listen to my volunteer.



I will wear my mask at all times.



I will not bring food or drinks into the studio.



I will ask before I leave the studio.



I will ask for a break if I need to take a break.

I will follow the **studio rules**.



My volunteer will meet me in the lounge and take me to the studio.



I will enter the classroom and sit on a **colored dot**.
The dots will be in a circle.



Once everyone is in the classroom, we will start to move our bodies and dance on our dot.

I will follow the teacher.

The first part of class is called a **warm-up**.



After we all dance together, I will be invited to dance in the center of the circle during this time. Everyone will get a turn if they want it.



After the warm-up, I will learn ballet words. I will dance ballet moves like pliés, tendus and balances. This is the **ballet technique** part of class.



I will go across the floor. I will wait my turn.

I may jump, march, or walk on my toes.



I will return to the center. We will all dance together.

We may learn a new dance or use our imaginations to try something new.



I will sit down on the floor and stretch my body.



I will say thank you and goodbye.



My volunteer will walk me to my parent or caregiver in the lounge.
I had a great class!