

The faculty of the Otto M. Budig Academy is happy to be able to provide our students with both live and pre-recorded classes for your use at home. While we are physically distant for the benefit of all, it's so important to stay moving, connected and inspired! As you prepare to use these resources, we wanted to offer some quick tips on how to safely take class at home.

BALLET "BARRES" AT HOME

Suggestions for "ballet barres" at home:

- Back of a couch
- Back of a large, heavy, living room armchair
- Kitchen counter

Whatever you use, make sure it's sturdy and can't fall over!

FLOOR SURFACES

For barre with flat shoes:

- Hardwood floor
- Carpet
- Kitchen floor (beware of bumpy tile!)

For center with flat shoes:

- Carpet
- Any non-slippery floor

For pointe

- Carpet
- Any non-slippery floor

Floor surface is really important in order to prevent injury. Our studios feature sprung floors with a little bit of cushion that protects your body while dancing and jumping. Home floors don't typically offer the same protection so be mindful to stay on carpet, hardwood and non-slick surfaces and refrain from big jumps for the time being.

Also, make sure there are no objects, humans or pets in your way!

LEVEL RECOMMENDATIONS

As you navigate through our live and pre-recorded videos, we strongly encourage you to stick with the videos for your level group in order to guard against injury. If, however, you want to explore videos for the level below you, please do! Taking a step back to review the basics is great for improving your technique. Use this time to work on the use of the turnout, stretch of the legs, and articulation of the feet.

We look forward to using this time to focus on the areas of your technique you really want to improve. We're continuing to work remotely so if you have any technique questions we can help answer, please email us at cbacademy@cballet.org!