

*The Andover School of Ballet*

Manners for Dancers

These rules of etiquette pertaining to dance classes come from long tradition and will be found at most dance studios.

***Please read and follow these rules.***

*Dancers show respect for themselves by:*

- 1. being on time for class;** a student who is more than a few minutes late for class may be asked to sit and watch class instead of participating – this is **not** a punishment, but is because of the risk of injuries that may happen from not properly warming up the body by doing the crucial exercises given at the beginning of every class. Please be sure that students understand that this is for their own welfare.
- 2. having their hair up and off the neck;** for Classical Ballet Level I and above, long hair must be in a ballet bun, and short hair must be secured away from the face and off the neck. For all other types of dance, hair must be fastened in a **secure** ponytail or pulled away from the face and up off the neck, and must **not** come undone, or be taken down, during class.
- 3. being properly dressed for class,** without any jewelry (the only exception is small stud earrings for those with pierced ears – no dangling earrings). **NOTE:** Classical Ballet Level I and Above; Parents please be sure that ballet shoe drawstrings are pulled up **gently** to secure the shoes, tied in a **double** knot, and the extra string is cut off, leaving the string approximately 3" long on each side, then tuck the strings **inside** the toe of the shoe.

*Dancers show respect for others by:*

- 1. waiting until the music for an exercise is finished before entering the classroom** if they are late to class, or are returning from the bathroom
- 2. keeping their hands to themselves during class**
- 3. waiting quietly for others to have a turn**
- 4. talking only during a "sharing time", or when spoken to by the instructor.**

*Dancers show respect for their teacher and the art form they are learning by:*

- 1. being properly dressed and ready for class on time**
- 2. listening when the teacher is speaking**
- 3. if asked to sit on the floor, sitting cross-legged with backs up straight**
- 4. always being prepared for their turn**
- 5. always waiting for the music to stop, then raising their hand & asking before leaving the room for *any* reason**
- 6. curtseying or bowing, and applauding, to thank their teacher at the end of each class.**

*Dancers show respect for the studio by:*

- 1. entering the lobby area quietly**
- 2. leaving all gum, food and drink except water bottles *outside the building.* Our building is a NUT-FREE building due to student allergies...NEVER bring nut products into the building.**
- 3. waiting quietly for their teacher to let them know when to enter the classroom**
- 4. *never* hanging or swinging on the ballet barres**
- 5. *never* running or doing gymnastics in the studio, dressing room, hall or lobby area**
- 6. putting trash in the proper places, & putting away books/magazines when finished**
- 7. never leaving belongings in the building's shared hallway & stairway**

*Parents show respect for the dance class, teacher and studio by:*

- 1. NOT bringing *any* food or drinks into the hall, lobby, studios or dressing rooms**
- 2. being on time, and having students dressed properly and ready for class before their class start time (including having students use the bathroom before class begins);**
- 3. picking students up promptly at the end of their class**
- 4. asking the receptionist to get a child from class if it is necessary to leave early**