



# Introductory Class

Packing instructions

## What to bring:

- Water bottle and small NUT FREE snack
- An open mind and a positive attitude!



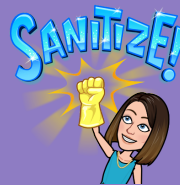
## Daily Schedule

Each class includes...

- Basic Stretching and flexibility
- Introduction to ballet
- Develop hand/eye coordination with hoop, ball, rope, and ribbon.
- Build body awareness through foundational balances, turns, and leaps
- Introduction to acrobatics
- Fun and games

## Announcements

### COVID-19 Protocol UPDATE



- Please keep students home when they are ill
- NO temperature checks upon arrival
- We are following the [BHS Masking protocols](#)
- Staff will maintain proper ventilation
- Staff will encourage proper hand washing/sanitizing
- Facility will be cleaned at the end of the day

## What to wear

- Tennis shoes
- Socks
- Hair in neat ponytail, pig tails or braid (should not fall out)
- Tight fitted athletic shorts or leggings
- Tight fitted athletic tank top, short sleeved shirt, or leotard
- Deodorant (if age appropriate)
- Sports bra (if age appropriate)



## Contact Information

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