



# Academy *Etiquette*

*"Discipline is the bridge between goals and accomplishments."*

**All NyLIA Ballet Academy dancers must adhere to the following guidelines.**

## Appearance

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- All students **must** wear their class uniform as specified in the dress code.
- All dancers must wear pink tights and pink ballet shoes. Dancers should **NOT** wear underwear under their leotard and tights.
- All dancers **MUST** arrive and leave the studio with warm-up clothes over their dance attire or in street clothing.
- Absolutely **NO** jewelry is permitted.
- Hair must be worn in a slicked back bun and secured with a hairnet with no loose hairs.
- No hair accessories.
- Shoe elastic must be tucked inside shoes.
- Do use deodorant or wipes.
- Dancers may bring a water bottle and sweat towel for class.
- Regularly clean your ballet supplies and clothing to avoid bad smells.

## Being on Time

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- Ballet students are expected to warm up 20-30 minutes before class.
- If a student arrives more than 5 minutes after the start of class, they miss the warm-up and run the risk of injury due to improper stretching and other aspects of the warm-up.
- If for any reason you are late,
  - Enter the studio as quietly as possible and wait for your instructor's permission to enter the dance floor.
  - Be alert so you can respond to the teacher's cues quickly and without drawing too much of their attention to you and away from the class.
- A student arriving more than 10 minutes late may be asked to observe class rather than participate. This policy is followed not as a punishment but for the safety of the student. The student must respect this decision and the ongoing class.

## Leaving Early or Not Completing The Class

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- Do not leave class early.
- If you must, please inform your instructor before class begins and politely dismiss yourself when needed.
- If a student walks out of class without permission they will not be allowed back inside.

## Asking Questions or Comments

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- No interrupting the lesson.
- Questions are encouraged, but do ask them at the appropriate time in class, e.g. when the teacher says "Any Questions?" or during the setting up of the choreography. Raise your hand and wait to be invited.

## Taking Notes and Recording

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- If you feel you could benefit from taking notes, e.g. writing down the names of the exercises or corrections, you must ask the teacher for permission. The same applies if you would like to film a particular exercise you have trouble with. The teacher may decline your request or be open to it in a private lesson but not in an open class.

## Food & Drinks

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- **NO** chewing gum.
- **NO** food or drinks during a lesson.
- Water bottles are permitted.

## Academy Manners

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- No sitting or hanging from the barres.
- Turn off and stow your cell phone during class.
- No napping during class.
- Do **not** watch from the doorway - dancers can get easily distracted and it can be an interruption for the class.
- Watch your language. The dance studio is no place for expressing yourself inappropriately.
- Dancers must sit or warm-up quietly while they wait for class to start.
- Don't use things that are not yours or that you don't have permission to use.
- Notify the academy if you will not be attending class. Call, text, or email.
- Absolutely **NO** form of violence is tolerated.
- Be kind and do not judge others.