

Online Classes with PDT

March 25, 2020

PDT Appreciates your support through these difficult times. We are doing our best to keep normalcy for our dancers and give them the best classes possible!

PDT Is Going ONLINE

As the situation escalates with COVID-19, PDT would like to keep our families safe. To avoid any exposure, PDT has decided to go strictly online with our dance classes for the time being. These exclusive classes will only be available to PDT students enrolled in our Dance Studio Pro with the password. Only our valued PDT clients will have access to all of our online classes.

Online Dance Classes

We want our kids to keep up their muscle memory during this time of physical distancing. For that reason, we are providing online classes for your child to continue his/her education from the comfort of your own home. Here's a quick HOW TO to get your child started today!

■ Intermediate & Advanced Contemporary w/Miss Lindsey

Wednesday, March 25 - 7:30 - 8:15pm
Weekly on Wednesday, until May 14, 2020

📍 <https://zoom.us/j/660529008?pwd=c0FGSDkzRjM3YX>

☰ Mary Barnett is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://zoom.us/j/660529008?pwd=c0FGSDkzRjM3YXhsUmNXbINicUxuUT09>

Meeting ID: 660 529 008
Password: 334997

How to access your child's LIVE classes online

- Create yourself a Zoom Account (Most kids have to do this for school already.)
- Visit our "Studio Calendar" on the PDT Website to find your child's class time.
- When it is time for your child's class, click the link and start your class.
- If this does not work you can find the "Meeting ID and Password on the calendar listing as well. Simply enter these numbers and you will be admitted to the class.

How to access recorded classes anytime

Visit our website at www.pdtdancearts.com and go to the "Video Channel" under "Information" The password is available via your emails sent through DSP 😊

Dance is all about muscle memory. The more frequently your child repeats the exercises provided, the easier it will be for them to learn and move on to the next level!



At Home Dance Set Up

WHAT YOU NEED

- Clear a space in an area of your home that is large enough for your child to move around in.
- Set up a TV/Computer for your child to see and hear the instructor & demonstrators clearly.
- If you have something you can safely use as a barre, this is ideal for barre work. A chair will work as long as it is sturdy and will not tip over.
- If your child is taking a TAP class, you will want a 4'x6' sheet of masonite so your child does not scratch up your home's floors. All other classes can be done on home flooring. If your floors are wood or tile, it is not recommended your child wear socks, as it is easy to slip and injure themselves.
- If your child is stretching or working on technique, watch your child and look for differences in the way your child is executing movement from the instructor & demonstrator. If your child is stretching or moving with incorrect placement it can be damaging to their bodies. For their safety, please monitor your child's activity.
- If your child is young, you may want to consider taking class along with them! This can be a fun experience for both of you!
- Remember, dance is all about muscle memory. The more frequently your child repeats the exercises provided, the easier it will be for them to learn and move on to the next level.