

#### INTRODUCTION

We want to provide fun and creative ways for our students to continue training and dancing outside of the studio.

# WHAT'S REQUIRED

**Connection**: Good quality internet connection and an electronic device (tablet or laptop preferred, however phone will work as well)

**Space:** Make sure you have ample room to move around. Our workouts can be done in limited areas however it's best to have room to move around without risk of injuries.

**Zoom:** For all live classes, please download zoom or test zoom in browser in advanced of the sessions.

### BEFORE YOUR CLASS

- You will receive an email with a link to zoom session. We recommended
  you download the calendar invite to the device your student will be using.
  This will allow them to get alerts before the class starts and find the class link
  embedded in the calendar invite for quick access.
- We highly recommend you have set up your device, tested your internet connection and worked out any bugs prior to the first class. Please make sure the teacher will have access to see you via video so they can interact with you throughout the class.
- We have provided some helpful video tutorials provided by zoom for stepby-step directions on the following slides.

#### **ZOOM TUTORIALS**

- How to setup audio & video:
   <a href="https://www.youtube.com/watch?v=-s76QHshQnY">https://www.youtube.com/watch?v=-s76QHshQnY</a>
- How to join a meeting:
   https://www.youtube.com/embed/vFhAEoCF7jg?rel=0&autopl ay=1&cc\_load\_policy=1

## START OF YOUR CLASS:

- We recommended you download the zoom app if you are using a phone or tablet, however it is not necessary to participate. You can click the link and open it in your browser as shown in the previous videos.
- Once you are into the meeting, wait for instructions from your instructor. Please make sure to mute your audio by clicking the microphone in the bottom left corner to prevent background noise.
- Remember to be safe! Please be sure to make sure your student has ample space to follow along and water to keep hydrated while moving.

#### PLEASE BE PATIENT WITH US

- This is a pilot program and we are new to this form of teaching. Please be
  patient with us as we work out any technical difficulties. We will continue to
  improve the experience along the way to benefit our students.
- Due to the amount of students, we will not interrupt the class to help anyone with troubleshooting. If this happens please reach out to us via email at <a href="mailto:c4dancearts@gmail.com">c4dancearts@gmail.com</a> and we will try to help correct the issue for the future.



Lastly, make sure to **have fun!** We are grateful to be able to use technology in order to continue allowing our kids to do what they love and keep them active from the safety & comfort of home.

# LET'S DANCE!