

PAC Virtual Class Steps & Instructions

Steps to follow;

1. Safety is our main concern, please review “How to stay safe while taking Online Classes”
2. Download the Zoom App (you do NOT need to create an account)
3. Click on the link provided in your email when its class time
4. Please put in your full name when you enter the class
5. Make sure to have a water bottle, and the correct footwear for your floor surface
6. Listen to the teacher for instructions
7. Enjoy the class!

We are using Zoom for our virtual classes, you will need to download this app on your cell phone, tablet or laptop, you do NOT need to create an account.

How do I use Zoom?

Review the Class Schedule, use the link provided for the class(es) you would like to join.

COMPUTER USERS:

- Open the email and click the link. From there you will be given instructions and you will download the software
- Click “Join Zoom Meeting”
- Make sure the camera is capturing your dancers. That’s it!

SMART PHONE/IPAD USERS:

- You can download the ZOOM App
- When you click the link in the email you be taken directly to the meeting, click “Join Zoom Meeting”
- Make sure the camera is capturing your dancer. That’s it!

Tips:

- When you join the meeting your camera will be OFF and your microphone will be OFF (Muted). Please turn your camera ON
- You can use Bluetooth headphone if you wish, but this is not required.
- Make sure you are familiar with the space you have before class begins (teachers will be modifying all lesson plans and choreo to fit the smallest of spaces – you do not need as much room as you may think but of course a bigger space is better, so please do what you can to move furniture for the class if and when possible.
- There will be a learning curve with this for everyone, have patience and let us know when you need any help.
- Read and review with your dancer all the safety tips on page 3 of this document.
- For as long as this continues IT IS VIEWING WEEK EVERY WEEK!!! Enjoy watching your children doing what they LOVE!

Student expectations in the virtual classroom

- Everything we ask of the dancers at the studio is being asked here as well
- Dress code will not be enforced during the online classes, but please make sure to wear the appropriate footwear for your environment
- Please arrive to class (join the meeting) a few minutes early
- No other screens or devices should be in the virtual classroom (no checking your phone during class time, etc)
- Come to class prepared with water, have your water handy so you do not have to leave the “room”.
- If you have a question, raise your hand...
 - Zoom has a very cool “Raise hand” feature. You will see this on the bottom of the screen. If your dancer has a question during class they should click this button. The teacher will call on them, they UNMUTE their microphone to ask the question, then REMUTE once they are done speaking.

Extra! Extra!

- We are adding the option to attend EVERY class for your dancers age in this online format. Review the online class schedule and if you do not wish to take any extra virtual classes that is up to you; we want to give you ample opportunity to dance and learn.
- The studio will email a master schedule of all classes and all class times so you can plan your days accordingly (as we are all still living and planning day to day).
- Follow us on Instagram ptbo_pac & check our website for contests, challenges, and any extra classes we may add.
- Please email the studio if you are having any issues at all transitioning to this new TEMPORARY online platform.

HOW TO STAY SAFE WHILE TAKING ONLINE CLASSES

1. PRACTICE NORMAL SAFETY PRECAUTIONS
 - Hydrate before, during and after class
 - ALWAYS do a proper warm up
 - Fuel yourself with healthy foods
 - Execute proper technique at all times
 - NEVER attempt a move beyond your level
2. ADJUST TO THE SPACE
 - Make sure you have enough space: with your parents’ permission move the furniture aside
 - Dance on a safe surface: avoid cement, slippery surfaces and area rugs
 - If a move has too much impact or you don’t have room to execute properly, safely “mark” the move.
 - Be respectful of any family members sharing the space
3. PRACTICE INTERNET SAFETY
 - Always make sure you have parents permission
 - Never share your videos, photos, or usernames without parental permission and never to those you don’t know
 - Never enter into a live class or chat room without your parents guidance
 - Be mindful of your screen time! Close your eyes often and remember to get outside in the fresh air.

Peterborough PAC Dance Studio Recreational Virtual Class Schedule

Please download the Zoom App to your cell phone, tablet or laptop

At the class time click on the link to join the class, same link/meeting ID will be used each week.

Each class will be 40 minutes in length and will time out at 40 minutes once the teacher has joined the class. Movers & Shakers classes are 30 minutes.

Feel free to try as many as like, teacher will be taking attendance, just let them know if you are guest, you are welcome to "Share with a friend" to join you!

Day	Time	Class	Age	Teacher	Join Zoom Meeting	Meeting ID
Tuesday	4:15 pm	Movers & Shakers	3-5	Miss Sabrina	https://us04web.zoom.us/j/121112695	121 112 695
Tuesday	4:45 pm	Jazz	7-9	Miss Sabrina	https://us04web.zoom.us/j/571335898	571 335 898
Tuesday	5:30 pm	Hip Hop	7-9	Miss Sabrina	https://us04web.zoom.us/j/603341355	603 341 355
Tuesday	6:15 pm	Acro	7-9	Miss Sabrina	https://us04web.zoom.us/j/508242343	508 242 343
Tuesday	7:00 pm	Hip Hop	13+	Miss Sabrina	https://us04web.zoom.us/j/192662423	192 662 423
Tuesday	7:45 pm	Lyrical	13+	Miss Sabrina	https://us04web.zoom.us/j/253273135	253 273 135
Tuesday	8:30 pm	Hip Hop	13+	Miss Sabrina	https://us04web.zoom.us/j/627227731	627 227 731
Tuesday	4:45 pm	Jazz	10-12	Miss Emma	https://us04web.zoom.us/j/918514905	918 514 905
Tuesday	5:30 pm	Acro	10-12	Miss Emma	https://us04web.zoom.us/j/305872681	305 872 681
Tuesday	6:15 pm	Musical Theatre	10-12	Miss Emma	https://us04web.zoom.us/j/392231077	392 231 077
Tuesday	7:00 pm	Hip Hop	10-12	Miss Emma	https://us04web.zoom.us/j/117985066	117 985 066
Tuesday	7:45 pm	Lyrical	10-12	Miss Emma	https://us04web.zoom.us/j/449282979	449 282 979
Tuesday	4:45 pm	Jazz	4-6	Miss Cassie	https://us04web.zoom.us/j/213738720	213 738 720
Tuesday	5:30 pm	Acro	4-6	Miss Cassie	https://us04web.zoom.us/j/307226137	307 226 137
Tuesday	6:15 pm	Musical Theatre	10-12	Miss Cassie	https://us04web.zoom.us/j/290425972	290 425 972
Tuesday	7:00 pm	Hip Hop	10-12	Miss Cassie	https://us04web.zoom.us/j/410943490	410 943 490
Wednesday	3:00 pm	Tap	7-12	Miss Lisa	https://us04web.zoom.us/j/130137017	130 137 017
Tap shoes are hard on floors, if you are using tap shoes please use a piece of plywood or vinyl floor around 2 feet squared during the tap class.						
Wednesday	4:00 pm	Ballet/Lyrical	6-8	Miss Cassie	https://us04web.zoom.us/j/474926317	474 926 317
Wednesday	4:45 pm	Jazz	6-8	Miss Cassie	https://us04web.zoom.us/j/261768492	261 768 492
Wednesday	5:30 pm	Musical Theatre	6-8	Miss Cassie	https://us04web.zoom.us/j/412006917	412 006 917
Wednesday	6:15 pm	Lyrical	6-8	Miss Cassie	https://us04web.zoom.us/j/884760613	884 760 613
Wednesday	7:00 pm	Jazz	9-11	Miss Cassie	https://us04web.zoom.us/j/996604167	996 604 167
Wednesday	7:45 pm	Hip Hop	9-11	Miss Cassie	https://us04web.zoom.us/j/881774939	881 774 939
Friday	4:15 pm	Circus Arts & Ariel Acrobatics	6-8	Mr Ethan	https://us04web.zoom.us/j/300595112	300 595 112
Friday	5:15 pm	Circus Arts & Ariel Acrobatics	9-12	Mr Ethan	https://us04web.zoom.us/j/233076726	233 076 726
Saturday	9:15 am	Movers & Shakers	3-5	Miss Sabrina	https://us04web.zoom.us/j/530044677	530 044 677
Saturday	9:45 am	Ballet	5-8	Miss Sabrina	https://us04web.zoom.us/j/947850856	947 850 856
Saturday	10:30 am	Acro	5-8	Miss Sabrina	https://us04web.zoom.us/j/989193495	989 193 495
Saturday	11:15 am	Hip Hop	5-8	Miss Sabrina	https://us04web.zoom.us/j/821341806	821 341 806

Thanks everyone for being so understanding during this challenging time, we will get through this together! Happy Dancing!