

Opus Fall Online Dance Classes

Start Tuesday September 8, 2020

"I'm so thankful and glad that Opus is holding classes and over zoom during this crazy time. It gives me something to do and the fact that it's ballet is even better. It makes it so life isn't so up in the air and unknown. Even if things are crazy I have at least one set thing I can rely on."

- Online classes will be held using the Zoom video conferencing platform that allows you to view the class from essentially any device..
- Students are encouraged to attend as many classes at their age/level as they wish at the same monthly tuition rates you are currently paying. For example, Combo 3-4 kids are welcome to take either one or both classes.
- You can download the Zoom links for the summer session using the links below. Please note that passwords are required to enter kids Zoom classes - registered students will receive the password via email. If you are a new student or didn't receive a password please email us at opusperformingarts@gmail.com
- Please see our dress code page for details on proper class attire.

Online Class Information:

DO - Approach online classes in the same way you do when in the studio.

We expect our students to be just as present and focused on Zoom as they are in the studio

1. Get to class early. We would love it if students could log into their classes a few minutes early so that we can start class on time. Teachers are waiting 5-10 minutes to begin class and we'd like to use all the time we can get!
2. Wear the proper attire, without layers. Please see Opus' updated dress code on our website.
3. Come to class with your hair in a bun (ballet) or tied up (all other classes)
4. Limit distractions - We encourage you all to minimize distractions as much as possible. This might mean that your attention-seeking pet needs to spend the hour of class in a different room from you. Talk to your family about your need to concentrate.
5. Bring a water bottle
6. Use the restroom before class
7. Would you sit down in class? Would you eat during class?

DO - Ask your family for privacy.

1. It's hard to stay focused with family members around. If you're working in a space where true privacy is impossible, ask family members to be respectful of your teacher and classmates by staying quiet and out of the way.

2. We do ask for parent's help to keep students under the age of 8 focused and attentive. We have seen students sitting, eating and doing cartwheels during class. Even though we are studying at home, the same rules of class etiquette apply.

DO - Set up your space 10 minutes early.

1. Set up your device in a place that can show your child's entire body. Teaching online is a challenge and instructors will need to be able to fully see the students. You can log into zoom fairly early and test out that your child is in the frame and the audio is working. This might mean that your device is positioned low and angled up high so that we can see as much of their bodies as possible. We are having some students adjusting cameras in the middle of exercises and others who we can only see their arms. Dance is full-bodied!
2. You will likely need to move some things around so that you have a space to move around in. Make sure that you won't kick anything (Grand Battements!) and be aware that you may have to adjust your facings to avoid such obstacles.
3. Remember your charger! Make sure your device is fully charged and set up your device
4. Keep your video on at all times during class.
5. Remember to mute. Feedback makes it difficult for us all to hear one another.
6. Find the best internet connection in your house so we don't "glitch out"

Ballet & Contemporary Classes:

Here are some ideas of things you can use as a barre, something that is ribcage height and stable for Ballet I-A, Contemporary I and above:

- Kitchen counter
- Chair
- Dining room table
- Bookshelf
- Window sill
- Ironing board

3-7 YEARS OLD CLASSES

BALLET/TAP COMBO (3-4)

Monday

3:30-4:15

Link for your class:

<https://us02web.zoom.us/j/84416552547?pwd=UDJEW11aStzTW1JVGcza0RQYXhuUT09>

Set Up Your Space:

- Students in this class will need parental involvement! Please take class with your child to keep them on track and engaged.
- They will need free space to move around in.
- If you have a piece of plywood or linoleum scraps - something they can tap on, that will help protect your floors in tap shoes. Students can also tap barefoot or in sneakers in need be.

BALLET/TAP COMBO (5-6)

Thursday

4:30-5:15

Link for your class:

<https://us02web.zoom.us/j/87301489946?pwd=dC9zdktDWXMwTXUwMGgydmZoSkY5UT09>

Set up your space:

- Students in this class will need parental involvement! Please take class with your child to keep them on track and engaged.
- They will need free space to move around in.
- If you have a piece of plywood or linoleum scraps - something they can tap on, that will help protect your floors in tap shoes. Students can also tap barefoot or in sneakers in need be.

PRE-BALLET (5-6)

Monday

4:30-5:15

Link for your class:

<https://us02web.zoom.us/j/85822091340?pwd=U0hPcDhvUkR3R3Fyd003dS9sUFZEdz09>

Thursday

3:30-4:15

Link for your class:

<https://us02web.zoom.us/j/81552966081?pwd=SVV5OE90bmFOWmQrbjdSaVVUS05RQT09>

Set up your space:

- Students in this class will need parental involvement! Please take class with your child to keep them on track and engaged.
 - They will need free space to move around in.
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PRIMARY BALLET

Monday

5:30-6:15

Link for your class:

<https://us02web.zoom.us/j/88402692448?pwd=c1FWb3JxL0psNmIaUDhlcE1CZGlicz09>

Set up your space:

- Students in this class will need parental involvement! Please take class with your child to keep them on track and engaged.
 - They will need free space to move around in.
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TEENY HIP HOP (5-7)

Wednesday

4:00-4:45

Link for your class:

<https://us02web.zoom.us/j/88654397849?pwd=S3dSYjA1SEZxQ0RUMk5GYIRnM2V3dz09>

Set up your space:

- Students in this class will need parental involvement! Please take class with your child to keep them on track and engaged.
 - They will need free space to move around in.
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BALLET CLASSES

BALLET I-A

Thursday

3:30-4:30

Link for your class:

<https://us02web.zoom.us/j/89853243046?pwd=S01oaEwrVTZtbG0vVG1mUm1ocGNldz09>

Set up your class space:

- Students in this class will need parental involvement! Please encourage your child to stay focused and engaged.
- Students in this class will need a “barre,” something they can face and hold onto that is ribcage height.

BALLET I-B

Monday // Wednesday

3:15-4:15

Link for your class:

<https://us02web.zoom.us/j/82699265836>

Set up your space:

- Class is twice a week for Ballet I-B students!
- Students in this class will need parental involvement! Please encourage your child to stay focused and engaged.
- Students in this class will need a “barre,” something they can face and hold onto that is ribcage height.

BALLET II-A

Tuesday // Thursday

3:30-4:30

Link for your class:

<https://us02web.zoom.us/j/88391445900>

Set up your space:

- Students in this class will need a “barre,” something they can face and hold onto that is ribcage height.
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BALLET II-B

Monday // Thursday

4:30-5:15

Link for your class:

<https://us02web.zoom.us/j/88133222351?pwd=UHpURkIYV245MGxtM1N1VGhlck3QT09>

Set up your space:

- Students in this class will need a “barre,” students will be switching between facing the barre and profile to the barre. A profile view from your device is a good place to start.
 - Be prepared for a little center work, this can be a different space if needed.
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BALLET III-A

Monday // Tuesday // Thursday

4:30-6:00

Link for your class:

<https://us02web.zoom.us/j/88145943823>

Ballet III-A // Pre-Pointe I

Tuesday

Link for your class:

<https://us02web.zoom.us/j/87500283864>

Set up your space:

- Students in this class will need a “barre,” students will be profile to the barre. A profile view from your device is a good place to start.
 - Clear the space for grand battements and test out your 5th position with your arms to make sure there are no lighting fixtures you might hit.
 - Be prepared for a little center work, this can be a different space if needed.
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PRE-CLASS CONDITIONING (III-C+)

Monday // Wednesday

5:55-6:10

Link for your class:

<https://us02web.zoom.us/j/83112172674>

Tuesday // Friday

4:10-4:55

Link for your class:

<https://us02web.zoom.us/j/84697422196?pwd=Sk5Vdkx6SzQ0ekhmamc0N29OTzJCZz09>

Set up your space:

- Tennis Shoes with good arch support and cushion - no converse or flat footed shoes

- 2 canned food items, 2 water bottles or something similar that is hand held and even weight
 - Tennis or lacrosse ball
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BALLET III-C

Monday // Wednesday // Thursday

6:15-7:45

Link for your class:

<https://us02web.zoom.us/j/89065684308?pwd=dytrQmhMdVV2a3J2cFF5eklkVIZvUT09>

Set up your space:

- Students in this class will need a “barre,” students will be profile to the barre. A profile view from your device is a good place to start.
 - Clear the space for grand battements and test out your 5th position with your arms to make sure there are no lighting fixtures you might hit.
 - Be prepared for a little center work, this can be a different space if needed.
 - We will be working on pirouettes in this class. Choose your floor carefully.
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BALLET IV-A

Monday

6:15-7:45

<https://us02web.zoom.us/j/81625823843>

Wednesday

6:15-7:45

Link for your class:

<https://us02web.zoom.us/j/81427598759?pwd=K2xnc01kSm9rQnJPTVUxNFFPK29VZz09>

Tuesday // Friday

4:30-6:00

Link for your class:

<https://us02web.zoom.us/j/89669734081>

Set up your space:

- Students in this class will need a “barre,” students will be profile to the barre. A profile view from your device is a good place to start.
 - Clear the space for grand battements and test out your 5th position with your arms to make sure there are no lighting fixtures you might hit.
 - Be prepared for a little center work, this can be a different space if needed.
 - We will be working on pirouettes in this class. Choose your floor carefully.
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BALLET IV-B+

Monday // Wednesday

6:15-7:45

Link for your class:

<https://us02web.zoom.us/j/81427598759?pwd=K2xnc01kSm9rQnJPTVUxNFFPK29VZz09>

Tuesday

4:30-6:00 (+ Ballet VI from 6:00-6:30)

Link for your class:

<https://us02web.zoom.us/j/89669734081>

Friday

4:30-6:00 (+Pointe II from 6:15-6:45)

Link for your class:

<https://us02web.zoom.us/j/83901164421?pwd=RjJrY0VnNkgwZEVmck9QT0JGU0RtZz09>

Set up your space:

- Students in this class will need a “barre,” students will be profile to the barre. A profile view from your device is a good place to start.
- Clear the space for grand battements and test out your 5th position with your arms to make sure there are no lighting fixtures you might hit.
- Be prepared for a center work, this can be a different space if needed.
- We will be working on pirouettes in this class. Choose your floor carefully.

PRE-POINTE II

Monday // Wednesday

7:50-8:30

Link for your class:

<https://us02web.zoom.us/j/87974584864>

Set up your space:

- Students in this class will need a “barre,” students will be facing the barre.
- Be prepared for a little center work, this can be a different space if needed.
- We will be working on pirouettes in this class. Choose your floor carefully.

POINTE II

Monday // Wednesday

8:00-8:30

Link for your class:

<https://us02web.zoom.us/j/81154956979?pwd=eHp1dStFc0ZzOG1kSVQwT1c2TUE4dz09>

Friday

6:15-6:45

Link for your class (same link for IV-B class):

<https://us02web.zoom.us/j/83901164421?pwd=RjJrY0VnNkgwZEVmck9QT0JGU0RtZz09>

Set up your space:

- Students in this class will need a “barre,” students will need to face the barre for this class
 - A hard floor that is not carpeted and not too slippery!
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ADULT OPEN BALLET

Sundays with Amy Guerra

10:00-11:30

Link for your class:

<https://us02web.zoom.us/j/85707435130?pwd=bnNqZVhldUQwOWVVRy9JYjJoYnNhZz09>

Set up your space:

- Students in this class will need a “barre,” students will be profile to the barre. A profile view from your device is a good place to start.
 - Clear the space for grand battements and test out your 5th position with your arms to make sure there are no lighting fixtures you might hit.
 - Be prepared for a center work, this can be a different space if needed.
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CONTEMPORARY/JAZZ

JAZZ + CONTEMPORARY I

Tuesday

4:30-5:30

Link for your class:

<https://us02web.zoom.us/j/85197690277?pwd=MDNJdmtMNys3bE5DWVgzaXdLZHI3QT09>

Set up your space:

- Students will need free space to move around in.
 - Some exercises will be done at a “barre”, which can be kept nearby until needed
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CONTEMPORARY II

Wednesday

4:30-6:00

Link for your class:

<https://us02web.zoom.us/j/83204617835?pwd=MmorUi90am53c2IUUHpRa2RkOGxnZz09>

Set up your space:

- Students will need free space to move around in.
 - Some exercises will be done at a “barre”, which can be kept nearby until needed
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CONTEMPORARY III/IV

Thursday

4:30-6:00

Link for your class:

<https://us02web.zoom.us/j/89158340657?pwd=L3JXMC9KZGd0NmNa21STkjaWswZz09>

Set up your space:

- Students will need free space to move around in.
 - Some exercises will be done at a “barre”, which can be kept nearby until needed
-

JAZZ II/III + LYRICAL

Monday

4:30-6:00

Link for your class:

<https://us02web.zoom.us/j/83853992964?pwd=c3pWb3l5UkVyY3dqVkJF0enZwSmtUZz09>

Set up your space:

- Students will need free space to move around in.
 - Some exercises will be done at a “barre”, which can be kept nearby until needed
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HIP HOP CLASSES:

TEENY HIP HOP (5-7)

Wednesday

4:00-4:45

Link for your class:

<https://us02web.zoom.us/j/88654397849?pwd=S3dSYjA1SEZxQ0RUMk5GYIRnM2V3dz09>

Set up your space:

- Students in this class will need parental involvement! Please take class with your child to keep them on track and engaged.
 - They will need free space to move around in.
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CHILDREN'S HIP HOP (8-10)

Wednesday

5:00-6:00

Link for your class:

<https://us02web.zoom.us/j/86595228164?pwd=V1dvTGd4NHpra1RYNFJvTFhDSGIIQT09>

Set up your space:

- Students in this class will need parental involvement! Please take class with your child to keep them on track and engaged.
 - They will need free space to move around in.
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YOUTH HIP HOP (10-13)

Thursday

6:00-7:00

Link for your class:

<https://us02web.zoom.us/j/83299623538?pwd=eHpGWHhrQjIBU0h0L0hIS3BLaUZtdz09>

Set up your space:

- Students will need free space to move around in.
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TAP CLASSES:

TAP I for Beginners (7+)

Thursday

5:00-5:45

Link for your class:

<https://us02web.zoom.us/j/86192350720?pwd=WjJpNm1TRnRzbHRzZXdyZys0SWRJdz09>

Set up your space:

- If you have a piece of plywood or linoleum scraps - something they can tap on, that will help protect your floors in tap shoes. At teacher's discretion, students can also tap barefoot or in sneakers if need be.
-

TAP II

Thursday

6:15-7:15

Link for your class:

<https://us02web.zoom.us/j/88205111428?pwd=a1RkZ1JhSldaNVZUeFVHWGp0YVYyQT09>

Set up your space:

- If you have a piece of plywood or linoleum scraps - something they can tap on, that will help protect your floors in tap shoes. At teacher's discretion, students can also tap barefoot or in sneakers if need be.
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TAP III + Int Adult

Tuesday

7:00-8:00 (+ 30 mins adv tap 8:00-8:30)

Link for your class:

<https://us02web.zoom.us/j/89819200959?pwd=a3dQRzFhS05qV2Evc1hJRWF1QkFrQT09>

Set up your space:

- If you have a piece of plywood or linoleum scraps - something they can tap on, that will help protect your floors in tap shoes. At teacher's discretion, students can also tap barefoot or in sneakers if need be.
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