

# PITTSBURGH BALLET THEATRE



## PRE-VISIT STORY

Taking a dance class at  
Pittsburgh Ballet Theatre

# a dance studio



I am taking a dance class at Pittsburgh Ballet Theatre in a dance studio.



A studio is a room made for dancing with mirrors and a special floor.

# a dance studio



A ballet studio has a *barre*.

Dancers hold onto the *barre* for support and balance.

I will only use the *barre* when my teacher tells me to use it.

The studios also have a piano for live music and chairs for resting.



# waiting



When I arrive at the studios, I may have to wait in the lobby before my teachers come and get me for class.

I may have to wait to use the bathroom.

I may have to wait to get a drink from the drinking fountain.

I may have to wait my turn during class.

# teacher

When my class is ready to begin, my teacher will come out to the lobby to meet me. My teacher at Pittsburgh Ballet Theatre is Ms. Jamie.



Ms. Jamie

# In my dance class



I will use my eyes to watch my teachers.

I will use my eyes to watch where others are dancing.

I will move my body safely when dancing.

# In my dance class



I will use my ears to listen to the music.

I will use my ears to follow directions  
I hear.

I will move my body to the beat of  
the music.



# props



I may use different props during the dance class, like dot spots or scarves.



# clothing



I will wear comfortable clothing when I dance so I can freely move around.



I will take off my shoes and leave them on the mat outside the studio.

# breaks

I can take a break if I need to.

I will let an adult know if I need to take a break.

I can take a break by sitting on a mat.



I can take a break by going out to the lobby.



I can rejoin the class when I am ready.

# restrooms



I will let an adult know if I need to go to the restroom.

I can go to the restroom any time I need to.

The sound of the flushing toilet can be loud.



**At the end of every class:**

***I will say “thank you” to  
my teachers, the musicians,  
and all the other dancers.***



Photo by Martha Rail