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TIPS ON USING ZOOM

"How do I join my zoom class?"

- You'll need the [Zoom app](https://zoom.us/) on your computer, phone or laptop (the bigger the screen, the better), whichever you will want to use to watch the classes. Please register and make a free account be sure to sign in 5 mins before each class.

"Will I receive a link for each class?"

- Each course consists of 11 weekly classes and you will be emailed one link for each course you have booked the day before its first class.  I will set up each course as a recurring "meeting" so the one link will work for all 11 classes of each course. For ease, you may like to use the calendar link and set a reminder so you can easily click on it each week.

Invest in an Ethernet Cable to avoid wifi dropping out
I would recommend you purchase an ethernet cable to connect your router directly to your laptop or ipad.

I got a 20 metre one on [Amazon](https://www.amazon.co.uk/Ethernet-Cables/b?ie=UTF8&node=430464031)

Make sure your teacher can see all of you

Plan the best position for your device so your teacher can see all of you. This may mean putting it up high and angled down. There are some great gadgets to help this such as [goose-neck tablet holder](https://www.amazon.co.uk/Gooseneck-Universal-360%C2%B0Flexible-Bracket-Nintendo/dp/B082W7FYYK/ref%3Dasc_df_B082W7FYYK/?tag=googshopuk-21&linkCode=df0&hvadid=394358671118&hvpos=&hvnetw=g&hvrand=14587184041842866856&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9044956&hvtargid=pla-870658019983&psc=1&tag=&ref=&adgrpid=81878752997&hvpone=&hvptwo=&hvadid=394358671118&hvpos=&hvnetw=g&hvrand=14587184041842866856&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9044956&hvtargid=pla-870658019983) with clamp or clip that you can attach to the top of a door for instance and angle as you like.

GETTING THE MOST FROM YOUR HOME STUDIO!

Other than moving furniture and breakable items away, here are a few tips on your "barre" and flooring.

What to use instead of a barre:

- a kitchen counter
- back of a high sofa or armchair
- high backed chair (not one on wheels or one that turns!) – ideally 2 side by side
- window-sill or radiator
- a wall
- there are some cost effective ballet barres on the market should you want to invest in one

Flooring:

- If working on a polished surface, be sure to have enough grip under your feet.  You could dab your ballet shoes on a wet sponge or wet kitchen roll to prevent slipping.
- If you are on carpet, this should be low pile rather than high.
*Please avoid working on tiled flooring!*

If your floor is very hard:

If you have a hard floor then there are a few things you can do to adapt your jumping to protect your shins and back:
- change into a pair of trainers for allegro
- jump softer and lower perhaps at the "barre", as if in slow motion (or as if you don't want the people downstairs to hear you) which will really work your feet and core
- jump on top of 2 or 3 mats, still taking care of your landings