

What Do I Need For My At-Home-Dancer?

Dance Floors

- Children under the age of 6 generally do not require any special flooring. However, if the floor is slippery make sure the child is wearing ballet slippers or socks with grips on the bottom.
- Children ages 7-10 can get by without a special dance floor if they are not doing a lot of jumping. However, if you would like to add protection, the small floors from Home Depot and Amazon listed below are adequate.
- For intermediate and advanced dancers working on pointe, a flooring with a vinyl covering is recommended. Using a floor reduces the stress on the dancers knees, hips and ankles. The vinyl flooring or Marley is used to create a smooth surface and predictable resistance.

The following floors can be used for all kinds of dance:

Do it yourself dance floor:

<https://www.youtube.com/watch?v=t6sBdHpw5Tc&feature=youtu.be>

This is a very versatile and low cost floor. It absorbs shock for jumps and is good for pointe work. Unless you are doing tap on this floor, you need to add vinyl flooring over the wood, making it is a smooth surface. It can be used for tap without a vinyl floor.

Dance Floors to purchase:

1. Home depot

<https://www.homedepot.com/b/Search/N-5yc1vZaq27/Ntk-Extended/Ntt-dance+floor?Ntx=mode+matchpartialmax&NCNI-5>

<https://tinyurl.com/y563ozss>

2. Amazon:

https://www.amazon.com/Matlay-Dance-Floor-Gray-Black/dp/B0052ABSKY/ref=sr_1_8?crd=1EKAJ4ECL7U3Q&dchild=1&keywords=dance+floor+for+home&qid=1596749264&srefix=dance+fl%2Caps%2C217&sr=8-8

<https://tinyurl.com/y3mhb28h>

Vinyl flooring to purchase:

Small areas:

<https://www.greatmats.com/dance-flooring/rosco-adagio-cut-perlf.php>

<https://tinyurl.com/y5c2y45j>

For large areas:

https://www.amazon.com/Matlay-Dance-Floor-Gray-Black/dp/B0052ABSKY/ref=sr_1_8?crd=1EKAJ4ECL7U3Q&dchild=1&keywords=dance+floor+for+home&qid=1596749264&srefix=dance+fl%2Caps%2C217&sr=8-8

<https://tinyurl.com/y3mhb28h>

Ballet Barres:

There are many ways to create your own ballet barre at home. Depending on the height of the dancer, you can use a chair, a countertop or the back of a couch. The dancers hands should be below the shoulder (at elbow height). If you want to have a barre, here are some options:

Do it yourself ballet barre:

https://www.youtube.com/watch?v=7wg8_xBXs8Q

To purchase:

1. https://www.amazon.com/Klarfit-Free-Standing-Powder-Coated-Suitable-Exercises/dp/B07539SNBW?ref_=fscpl_pl_dp_3&th=1

<https://tinyurl.com/y2pgsjd9>

2. https://www.amazon.com/Umeken-Aluminum-Adjustable-PortableFreestanding/dp/B082WVC5TF/ref=sr_1_23?crd=1EKAJ4ECL7U3Q&dchild=1&keywords=dance+floor+for+home&qid=1596749183&sprefix=dance+fl%2Caps%2C217&sr=8-23

<https://tinyurl.com/yxvtgpud>