

KEEP ENGLISH YOUTH BALLET DANCE PERFORMANCE EXPERIENCE ACTIVE!

EYB activities to inspire and keep you active whilst staying at home due to the coronavirus restrictions. Take part in the weekly Keep EYB Active! competitions, find exciting dance to watch on the web or take part in EYB's live-streamed ballet classes.

Weekly Live-streamed Ballet Classes



Tuesday 12.00GMT Junior Ballet Class (ages 8 – 12)
Live-streamed class taught by EYB Ballet Mistress – Julianne Rice-Oxley

Wednesday 12.00GMT Ballet Barre and Pointe Technique Class
Live-streamed class taught by EYB Ballet Mistress – Julianne Rice-Oxley. This is a basic ballet barre with pointework taught at the end. For dancers who already do pointe in their regular class



Thursday 12.00GMT Junior Ballet Class (ages 8 – 12)
Live-streamed class taught by EYB Principal – Philip Tunstall

Friday 12.00GMT Senior Ballet Class (ages 12 – 18)
Live-streamed class taught by EYB Principal – Philip Tunstall

Classes are streamed live on [EYB's Instagram](#) and are available for 24 hours.

Weekly Competitions

Fun fortnightly competitions for past and present EYB students. Each week, the winning junior entrant (8 – 11) and senior entrant (12 – 18) will both receive an EYB t-shirt and shoe bag.

Competitions will be events announced on [EYB's Facebook](#) each Monday morning starting Monday 6 April. Entries should be posted as comments on the Facebook event and the deadline for entries is 12pm Friday. Entrants must include their *name* and *age* on their post.

Weekly winners will be announced on the Friday evening.

See page 2 for *Dance in the Web* – some EYB recommendations

Dance on the Web – some EYB recommendations

Royal Ballet – visit the ROH YouTube channel for a huge selection of content
<https://www.youtube.com/user/RoyalOperaHouse>

English National Ballet – visit their YouTube channel for lots of ballet classes
https://www.youtube.com/results?search_query=English+National+ballet

Northern Ballet Theatre – they have a Digital Dance platform
<https://northernballet.com/digitaldance>

Scottish Ballet – they have SBTV
<https://www.scottishballet.co.uk/tv>

Alvin Ailey American Dance Theatre – they have created Ailey All Access to offer lots of free dance content
<https://www.alvinailey.org/performances-tickets/ailey-all-access>