

# SAINT LOUIS **BALLET**

## A DANCER'S DAY

The dancers at Saint Louis Ballet are professionals; dancing is a job for which they are paid. Their work is to learn, rehearse, and perform ballets. No day is ever the same, but most days follow a similar routine.

Dancers make a serious commitment at a young age. Most dancers train 10-15 years before becoming a professional. They are hired into a company through auditions, and usually have to move to a different city, state, or even country to pursue their dream. Careers usually last less than 20 years, and often transition into second careers in the ballet world.

### **9:30 - 10:00 am: Arrival**

Dancers arrive early in order to change into ballet clothes, stretch, and prepare for a full day of dancing.

### **10:30 am - 12:00 pm: Class**

The Company starts each day with a ballet class. Class starts with warm-up exercises at the barre, followed by movement around the room.

### **12:15 - 4:30 pm: Rehearsal**

Rehearsals are when dancers learn what will be performed on stage. Dancers get a five-minute break every hour. If they're not called to a rehearsal, dancers stay in the building and cross-train, sew shoes, or watch the rehearsal. They never stop learning!



**Daily studio rehearsal**

### **5:30 pm: Arrive at the Theater**

Dancers have to arrive well before a performance starts to prepare their hair, stage make-up, get into costume, and warm their muscles up again.

### **7:30pm: Performance**



**On stage in  
*The Nutcracker***

On performance days, dancers start their day later. They often need an extra meal or snack after a tiring performance, so their big day goes late into the evening.

On a day with no performance, dancer's still attend classes and rehearsals, but also cross-train at a gym or pool, and may work a second job (like teaching yoga) or attend extra college classes to pursue a degree in other fields.