

Fun Quarantine Project: How to Make an Affordable Ballet Floor For Home



Why Make a Specific Ballet Floor?

In a studio, the floor is designed to prevent injury by being shock absorbant and slip resistant. Even though we are all stuck at home, as long as we continue to take class, we need floors that will keep us safe. This floor is designed for dancers on a tight budget but who need a safer space to practice things like pointe work, turns, or jumps.

What do you need?

ManPower: At least 2 people Assembling Time: 30min Area: 8ft x 8xft Cost: \$55 -\$160

Materials:

- (2) 4ft x 8ft Insulation
- (2) 4ft x 8ft Plywood
- (2) 5ft x 8 ft Shower Pan Liner
- (1) Roll of Duct Tape

The Insulation provides the shock absorption needed to prevent injuries such as shin splints and stress fractures. The plywood is used to create an even surface over the insulation so you don't sink into one spot when you stand on a specific area for an extended piece of time (i.e. barre spot). Next the Shower Pan Liner is for splinter protection and, also, the right texture that gives you enough friction so you don't slip but also allows you to move and turn. Shower pan liner feels very similar to the marley that you are used to so it should be less of a shock to transition to this type of floor. Finally, the duct tape is to put it all together.

Shower pan liner is similar texture, thickness, and color to the Marley that is used in the studio:



How Easy is this Project Actually?

Very! All of the measurements are for standard sized items found at your local Lowes or Home Depot. This project requires NO cutting at all. I would say that the project does require two people because getting the plywood down from the shelves can be difficult because of its size and weight and putting it into the car (preferably truck) is a hassle but the actual installation is easy.

Can I make this Project Cheaper?

Yes! I chose to build an 8ft x 8ft sized dance floor so that I could incorporate more moving for things like center and petite allegro but you could make a 4ft x 8ft just as easily. (Other sizes could be made but they would require cutting the materials). To make the 4ft x 8ft floor only buy (1) of each material listed above and it should cut the project budget in half. If you are blessed with a sprung house floor already, just buying the shower pan liner would improve the floor texture for pointe work.

Assembling your floor

1. Bring the materials to your desired location. It won't be able to fit through any doors once assembled.
2. Lay the insulation flat with the long 8ft sides touching each other so you make an 8ftx8ft square. Then duct tape the two pieced together leaving extra at both ends to wrap under.
3. Nex, repeat this process with the plywood. Be sure to line up the boards with the ones under them.
4. Tape the two layers together on the outedge. Also, make sure the corners and sides are taped to the floor if your underneath surface is slippery.
5. Finally, lay the shower pan liner on top of the plywood and tape the edges.

The layers should look like this:



Side note: Yes, there will be more shower pan liner than floor. Just let it drape over the edges of your floor and tape down or get more plywood and insulation to create a larger dance space if you have the room. If you use rosin, this extra material is good for a “rosin spot” where you can step on rosin for your pointe shoes without making the entire floor too sticky.

Extra Tips

- Placing the words on the shower pan liner facing down gives the project a cleaner look and a less distracting floor.
- All of these items can be purchased at Lowes and you can check if they are in stock by looking on their website before making the trip out.
- If your plywood is slightly warped, lay heavy objects over it to force it to even out
- Borrow mirrors from around the house to use during class to check your technique. Just be sure to ask for permission first.
- Any table, chair or dresser can easily be used as a barre.