

Sprung Floor



The best way to prevent potential injury is by choosing a studio with a professional sprung floor. Ballet is a very physical activity that requires much jumping which can put stress on the bones and joints. Most dance footwear does not provide cushioning or support, so the shock of dance movement can place pressure on the ankles, knees, and back of the dancer. A sprung floor is a dance floor that rests on a system of padding to absorb the shock of jumping.

The top layer of the dance floor is also an important factor. A "marley" floor is accepted worldwide as the best surface for recreational and professional dance. Facilities such as American Ballet Theater in New York and the Royal Academy of Dance in London use marley floors as their dance surface. A marley floor allows dancers to move with a degree of control so there is less risk of slips and falls.

Our main studio has semi-traditional sprung floor with a marley surface. This special floor helps reduce the risk of injuries and allow students to dance longer without tiring. It has been built using high durometer neoprene pads together with basket weaving woods to provide the required 'gives', which makes the surface easier on bones and joints than an unyielding solid dance floor over a concrete surface.

