

UNIFORMS/APPEARANCE

The customary attire of a classical ballet student is intended to promote freedom of movement and to reveal the form of the body so that the teacher may evaluate the dancer's alignment and technique. Females wear their hair in a bun which permits the student to concentrate without the distractions of loose hair. There are many bun-making how-to videos on the internet. If you need assistance or have questions, please ask.

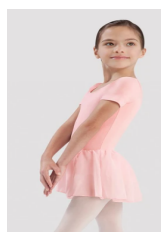
- **ALL STUDENTS (except adults) ARE REQUIRED TO WEAR A UNIFORM IN THE SPECIFIED COLOR FOR ALL CLASSES AS LISTED ON THE NEXT PAGE.**
- **Uniform Exceptions:** Adult students may wear any solid color leotard, tights, and ballet slippers; skirts are also permitted. Students taking a placement class may wear any solid color leotard, tights, & ballet slippers for this first class, but will be expected to wear the specific uniform once placed.
- **Ballet slippers may be purchased from any reputable dance supply store—see page 2 in the Handbook for a list of local sources.** Have your child's shoes fitted by the sales staff and be sure to have the teacher check the fit at the first class. For safety reasons, ballet slippers must fit very closely to the foot. We specify leather split-sole simply because, as a rule, leather shoes last longer and present a better appearance than canvas; the split-sole allows greater flexibility of the foot. Elastics must be sewn properly in the shoes and not merely tied.
- **Dance shoes should never be worn outside of the dance studio, either on the street or elsewhere.** The studio floors are covered with professional quality dance floors; dirt from the street is harmful to the surface. Also, as the shoes are designed for dance inside, there is no protection of the foot whatsoever.
- **Dance attire must always be covered by street clothes when not in the classroom.**
- **All female students with long hair are to wear their hair in a neat, tidy bun without bangs** (see photos below). Those with short hair should wear their hair pinned neatly off the face. Male students' hair should be neatly combed.
- **All students should present a neat appearance at all times.** You may wish to purchase more than one leotard and pair of tights depending on the number of classes per week your child attends. Students are expected to wear clean uniforms for each class and to keep their shoes in good condition. **PUT CHILD'S FIRST AND LAST NAME IN ALL CLASS ATTIRE, INCLUDING SHOES.**
- Dancers in Youth Ballet I and above are expected to be responsible for and to carry their own dance bag and equipment, which should include: ballet slippers, class leotard, extra pink tights, hair accessories.
- If your child is taking pointe classes, in addition to the items in the list above, they should also carry: Pointe shoes (stored outside of the dance bag—see the instructor for details) and necessary supplies.

CLASS SUPPLIES — PROGRESSING BALLET TECHNIQUE (PBT)

In this class, students will be working with various sizes of exercise balls (provided by BGLV) and resistance bands on a yoga mat. Each student should provide his/her own Resistance Band measuring 6" wide and 9 feet long; and may purchase one for \$10.00 at the Ballet Guild. Students should bring his/her own yoga mat.

UNIFORM PURCHASING INFORMATION

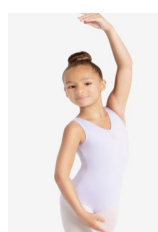
Any dance supply store should carry the required uniform items listed on Page 11. Recommended local sources are DC Dancewear, En Arabesque Dancewear, and Freemotion — see contact information on Page 2 of this handbook. Ballet Slippers should be purchased from a reputable dancewear supplier to ensure the proper fit for class.



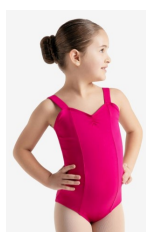
Pre-Ballet



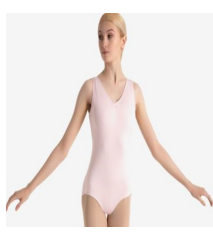
Youth Ballet I



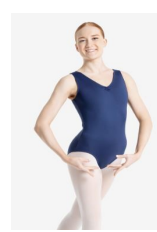
Youth Ballet II



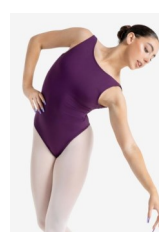
Youth Ballet III



Level A



Level B



Advanced



Boys

UNIFORM LIST - LEOTARDS/TIGHTS/BALLET SLIPPERS

PRE-PROFESSIONAL DIVISION • LEOTARDS & TIGHTS (FEMALES)

PINK TIGHTS: Capezio, Mesh Transition Seamed. Adult sizes. #9, Classical Pink / Child sizes—#9C, Classical Pink

LEOTARDS (LISTED BY LEVEL):

- **LEVEL A — Capezio, Studio Collection Pinch Front V Neck Leotard — Pink**
Adult Sizes: SE1008W — <https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard>
Child Sizes: SE1008C — <https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard-child>
- **LEVEL B — Capezio, Studio Collection Pinch Front V Neck Leotard, — Navy**
Adult Sizes: SE1008W — <https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard>
Child Sizes: SE1008C — <https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard-child>
- **ADVANCED — Capezio, Studio Collection V Back Pinch Tank Leotard — Aubergine**
Adult Sizes: SE1009W — <https://www.capezio.com/studio-collection-v-back-pinch-tank-leotard>
Child Sizes: SE1009C — <https://www.capezio.com/studio-collection-low-v-back-w-pinch-tank-leotard-girls>

COMMUNITY DIVISION • LEOTARDS & TIGHTS (FEMALES)

PINK TIGHTS: Capezio. Child Sizes — #1915C, Footed, Ballet Pink —OR— #1916, Transition Tight, Ballet Pink

-OR- MATCHING SKIN TONE TIGHTS: So Danca Footed Tights—TS74, Adult Sizes / TS73, Child sizes

- Child Sizes: <https://www.sodanca.com/collections/children-tights/products/ts73?variant=41828486185122>
- Adult Sizes: <https://www.sodanca.com/collections/women-tights/products/ts74>

LEOTARDS (LISTED BY LEVEL):

- **PRE-BALLET — Bloch, Girls Short Sleeve Skirted Leotard - Light Pink (CL5342)**
[Girls Short Sleeve Skirted Leotard, Light Pink – BLOCH Dance US \(blochworld.com\)](https://www.blochworld.com/girls-short-sleeve-skirted-leotard-light-pink)
- **YOUTH BALLET I — Capezio, Studio Collection Pinch Front V Neck Leotard - Girls — Pink (SE1008C)**
[Capezio Studio Collection Pinch Front V Neck Leotard - Child | Capezio®](https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard-child)
- **YOUTH BALLET II — Capezio, Studio Collection Pinch Front V Neck Leotard – Girls — Lavender (SE1008C)**
[Capezio Studio Collection Pinch Front V Neck Leotard - Child | Capezio®](https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard-child)
- **YOUTH BALLET III — Capezio, Studio Collection Wide Strap Camisole Leotard – Girls — Bright Mulberry (SE1012C)**
[Capezio Studio Collection Wide Strap Camisole Leotard - Child | Capezio®](https://www.capezio.com/studio-collection-wide-strap-camisole-leotard-child) (also available in adult sizes)

BALLET SLIPPERS • PINK FOR FEMALES / BLACK FOR MALES

Split-sole leather ballet slippers are preferred if available in your child's size.

- **Style #S0208L - Adult Sizes: Prolite II Leather, Ladies, Pink, Split Sole**
https://us.blochworld.com/products/ladies-prolite-2-leather-ballet-shoes-white-leather?_pos=4&_sid=2cf6f9279&_ss=r
- **Style #S0203M - Adult Sizes: Precision Leather, Men's, Black, Split Sole**
https://us.blochworld.com/products/mens-precision-leather-ballet-shoes-black-leather?_pos=3&_sid=ba6ed8ad4&_ss=r
- **Style #2027 - Childrens Sizes: Capezio Juliette 2027, Girls, Leather, Split Sole, Pink**
<https://www.capezio.com/leather-juliet>
- **Style #S0205G - Children's, Leather, Full Sole (Girls-Pink/Boys-Black)**
<https://us.blochworld.com/collections/children-dance-shoes-ballet/products/childrens-dansoft-leather-ballet-shoes-pink-leather>

MALE STUDENTS

- Black unitard or tights, or Black leggings (as long as pants are close fitting to the body)
- Solid color or white T-shirt; dance belt (older boys); White socks
- Black leather split-sole leather ballet slippers (*if available*)