

# SWAN STUDIO DANCE

## DRESS CODE

### BALLET

**Primary Ballet** - RAD regulation Mondor pinched front pink cotton/lycra tank leotard, RAD regulation light pink chiffon skirt, bare legs, RAD thin pink ankle socks, pink canvas full sole ballet slippers

**Grades 1&2** - RAD regulation Mondor pinched front pink cotton/lycra tank leotard, pink ballet tights, pink canvas full sole ballet slippers, black canvas low heel character shoes, black character skirt with a variety of pink ribbons.

**Grades 3-5** - RAD regulation Mondor pinched front navy cotton/lycra tank leotard, pink micro fibre convertible tights, pink canvas full sole ballet slippers, black canvas higher heel character shoes, black character skirt with a variety of blue ribbons

#### **Grades 6-8 -tba**

Vocational Grades (Intermediate Foundation to Advanced 2) - Ainslewear style black coloured leotard, pink microfibre convertible tights, pink ballet slippers or softened pointe shoes, properly fitted pointe shoes

**Boys (Primary, Grades 1&2)** - clean, solid white short-sleeved T-shirt, black bike shorts, white socks, white ballet slippers with elastic, black character shoes

**Boys (Grades 3 & up)** - clean, solid white short-sleeved T-shirt, black tights, hite long socks, black ballet slippers with elastic

All female levels - hair **MUST** be in a proper bun with hair pins and a hair net. Shorter hair must be pulled neatly away from the dancer's face with a comb, head band or barrettes

#### **How to Sew Elastics on Ballet Shoes:**

When you purchase a pair of ballet shoes you will be given a piece of elastic. Please be sure how to sew elastics on prior to your first class.

Step 1 - Fold heel over the base of the sole. That is where you sew elastic (not halfway up the shoe). Mark this point.

Step 2 - Measure the amount of elastic on the foot allowing an extra half inch on each end to form a square to sew around. Sew the elastic on the inside of the shoe by hand. The elastic should be sewn in a square through the inside lining, not through the leather or canvas. Elastics should give support without being too tight

#### **Help With Hair...**

It is important for all dancers to have neat and well-secured hair for class. All age groups **MUST** come to class with hair worn off the face and **ALL** ballet students must wear their hair in a bun wherever possible.

**Short Hair:** Please neatly brush off face or use hair clips

**Medium Length Hair:** Bangs should be neatly trimmed or clipped off the face. A head band may be worn to hold short hair back. If hair is too short for a full pony tail try putting the top half in a pony tail

#### **Long Hair:** (How to do a Pony tail/Bun)

- 1) For a basic pony tail, first lightly spray hair with water for better control. Gather hair and pull in back. (Use more gel if needed)
- 2) Use a brush or the "tail" end of a comb to smooth out bumpy or uneven areas. Form a pony tail by brushing hair up from the jaw line and towards the back of the head (this will form a high bun). Placement of the pony tail determines the placement of the bun.
- 3) Use a hair elastic to secure pony tail. A tidy pony tail with hair drawn back snugly is the key to a great ballet bun.
- 4) Apply more water or gel to keep the hair neat if needed. Twist or braid the pony tail to start the bun. (It may be easier to achieve a "flat" bun by twisting the hair.)
- 5) Coil the pony tail in a tight circle. Instead of stacking coils on top of each other, try to coil hair outwards to increase the diameter of the circle formed. (This will keep the bun flat.)
- 6) Use hair pins (the "U" pins) all around the coil to secure it to the rest of the hair. Slide each pin through the outer part of the coil and into the base (centre) of the bun.
- 7) When hair is secure enough that it stays in a bun on its on, wrap a fine hair net around the bun, twisting and wrapping until the hair net lightly secures bun.
- 8) Large buns may protrude too much; to flatten bun, carefully remove some of the pins (the hair net will hold he bun). Then flatten the bun and re-pin around the bun.
- 9) For extra hold, hen hair and bun are secure, spray with hair spray and secure loose hairs with bobby pins.
- 10) Avoid the use of hair scrunchies around the bun. The bun should be secure on its on without the use of a scrunchie.

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**Hair Supply Checklist:**

- Spray bottle with water
- Brush and tail comb
- Hair spray
- Hair gel
- Hair pins ("U" shape)
- Bobby pins
- Fabric covered elastics
- Hair net (Should be the same colour as your own hair)