

Celestial Stars Arts Academy

Required Dance Wear for classes and rehearsals

Dress Code: Why does it matter? When taking a classical ballet class dancers are asked to wear a specific color, perhaps a specific leotard, tights, and shoes. The reason this is so important is dancers need to be able to see the lines their body is making, they need to notice hip alignment, straight knees, lifted arches, head alignment, arm position and so much more technical detail. They do not need to be distracted by color, straps, patterns, lines and random things. In addition, when a teacher looks across the room, it is so much easier to catch and correct things when there is a uniform look to all the dancers. Parents- Don't let your children push these boundaries. You are paying for quality ballet instruction with progress you can measure - partner with the teacher by supporting the dress and hair standards that are part of the discipline you are wanting by putting your child in ballet.

All Students

Each student needs a dance bag with extra leotard, tights, shoes, hair items and sewing kit. During the winter months you may wear leg warmers and/or a Ballet sweater until warmed up. You are only to wear the appropriate color leotard for your level and your clothing must be clean with no rips or holes. Extra articles of clothing are not permitted, including skirts and shorts. No bras or underwear (Mondor's are acceptable). Ballet shoes must fit, do not get shoes 'to grow into' as this impairs movement. NO BAGGY CLOTHES, STREET WEAR, OR JEWELRY. Never walk outside in your dance shoes and always cover up when outside.

Hair

- Ballet students will wear their hair slick back into a secure bun (**NO PONYTAILS**)
- All other students secure hair up and out of face

Creative Movement

- Light pink leotard with skirt
- Ballet pink tights
- Split-sole pink leather Ballet Shoes

Dress code selections are available at:

www.discountdancesupply.com

Use the 'find my dress code' feature and search: Celestial Stars.

I-Pre-Ballet

- Black leotard with skirt
- Ballet Pink tights
- Split-sole pink leather or canvas Ballet Shoes

Pointe

Professionally fitted pointe shoes, elastic and ribbons
Dancers must have new shoes once shoes are 'dead'

II-Beginner

- Light Blue leotard
- Ballet Pink Tights
- Split-sole pink canvas Ballet Shoes

Contemporary

Black or tan tights and black dance shorts or leggings allowed

Hip-Hop

Black or tan tights and black dance shorts or leggings allowed
Dance boots or Sneakers

III-Intermediate

- Royal Blue Leotard
- Ballet Pink Tights
- Split-sole pink canvas Ballet Shoes

Boys/Men

White or black leotard or t-shirt
Black tights or bike shorts
Black split-sole canvas ballet shoes
Dance belt
Jazz pants allowed for contemporary and hip hop

IV-Advanced

- Purple Leotard
- Ballet Pink Tights
- Split-sole pink canvas Ballet Shoes

Teen

Navy leotard, ballet skirt allowed
Ballet Pink Tights
Split-sole pink canvas Ballet Shoes

V-Pre-professional

- Red Leotard
- Ballet Pink Tights
- Split-sole pink canvas Ballet Shoes

Company

Company leotard
Black stirrup foot tights

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Leveling Guide

This is a general guideline but does not account for the individuality of each student. The ultimate decision for leveling is made by the Artistic Director and staff and accounts for age, experience, ability, discipline, work ethic, enthusiasm, etc.

<u>Level</u>	<u>Age</u>	<u>Pre-requisite</u>	<u>Minimum Required</u>
CM I	3-4		1 class per week
CM II	4-5	1 year of CM for 4yr old	1 class per week
I	5-7	1 year of CM for 5 yr old	1 class per week
II	7-9	1 year of Ballet for 7 yr old	1 class per week
III	9-11	2 years of Ballet	2 classes per week
IV	12-14	3 years of Ballet	3 classes per week
V	15+	4 years of Ballet	3 class per week
Pointe	12+	(evaluation required)	3 Ballet classes per week
Teen	12-19		
Beg. Adult	18+		
Inter. Adult	18+	Teacher recommendation	
Adult Pointe	18+	(evaluation required)	

Company:

Petite	10-11	audition	2 Ballet, 1 contemporary
Junior	12-14	audition	3 Ballet, 1 contemporary, company
Senior	15+	audition	3 Ballet, 1 contemporary, company