

Getting your child ready for their ballet class. These steps can greatly enhance their experience, allowing our teachers to concentrate on the class and creating a smoother learning environment.

# CLASSES PREPARATIONS FOR PARENTS

1

## **BALLET SHOES FITTING**

Please click [here](#) for a guide

2

## **PROPER WAY OF WEARING BALLET SHOES**

Please click [here](#) for a guide

Securing drawstrings inside of ballet shoes by Masking tape Click here → [Tutorial video](#)

3

## **HAIR BUN**

Please click [here](#) for a tutorial

4

## **UNDERGARMENTS**

Please click [here](#) for a guide

5

## **PRE-CLASS RESTROOM VISIT**

Use the restroom before the class begins as this ensures uninterrupted participation in the class

6

## **ARRIVE EARLY**

Please arrive at least 10 - 15 minutes prior to the scheduled class time. This provides your child for their mental preparation, enabling them to acclimate to the new environment and ease into the class setting seamlessly with a calm and centered mindset.

# BALLET SHOE GUIDE

## FINDING THE RIGHT SIZE



### CORRECT SIZE

Snug fit and should be comfortable.

*When buying slightly larger size for growing feet, pull the shoe as far forward as possible, there should not be more than one thumb length width of material in front of their feet.*

### WRONG SIZE



#### Too tight

Toes joint are bent. Uncomfortable to wear and unhealthy for feet.



#### Too Loose

Excess material, a trip hazard. Teachers will not have a clear view of the feet.

# BALLET SHOE GUIDE

## PROPER WAY OF WEARING BALLET SHOE

### CORRECT WAY



Drawstring should be tied in a butterfly knot and tucked in neatly

### INCORRECT WAY



Drawstrings untied, butterfly knots are not neatly tucked in

# BALLET SHOE GUIDE

## PROPER WAY OF WEARING BALLET SHOE

### SECURING DRAWSTRINGS INSIDE OF BALLET SHOES BY MASKING TAPE



[CLICK HERE TO WATCH VIDEO](#)

# HAIR BUN GUIDE

## A PERFECT BALLET BUN

### CORRECT WAY



Smooth & neat flat cinnamon roll shape bun,  
centered and secured in a hairnet

[CLICK HERE TO WATCH TUTORIAL](#)

### INCORRECT WAY



#### Untidy

Bun is not tied properly and not kept in hairnet.  
Hairspray or gel not applied on the loose wisps or fizz



#### Loose

# DANCEWEAR GUIDE

## PROPER BALLET ATTIRE

### CORRECT WAY



No visible undergarment showing.  
wear nude/skin coloured high-cut undergarments  
with thin material

### INCORRECT WAY



Visible and colourful Undergarments.  
Distracting and unsightly