

WARDROBE 101

*Look and perform at your best!
Please follow the following dress code.*

CLASS	FOOTWEAR	CLOTHING	HAIR
STORYTIME BALLET	PINK BALLET SHOES	LEOTARD AND OPTIONAL TIGHTS, SKIRT, SHORTS, TUTU OR BALLET DRESS	PONY TAIL OR BUN
BALLET & TAP	PINK BALLET AND BLACK TAP SHOES		
TOTS IN MOTION	SOCKS OR PINK BALLET SHOES	TANK TOP, T-SHIRT, OR LEOTARD AND COMFORTABLE BOTTOMS	
HIP HOP TOTS	CLEAN GYM SHOES OR BLACK JAZZ SHOES		
BOYS HIP HOP			
TAP	BLACK TAP SHOES		
MUSICAL THEATRE	BLACK JAZZ SHOES	LEOTARD AND OPTIONAL TIGHTS, DANCE SKIRT, SHORTS, OR LEGGINGS	
LYRICAL	BLACK JAZZ SHOES OR TURNING SHOES		
CONTEMPORARY	TURNING SHOES OR BAREFOOT	LEOTARD AND OPTIONAL DANCE SHORTS OR LEGGINGS	
MODERN			
CONTEMPORARY HIP HOP	CLEAN GYM SHOES OR BLACK JAZZ SHOES		
JAZZ	BLACK JAZZ SHOES		
MINI & JAZZ HIP HOP			
ACRO			
POMS			
FLEXIBILITY, JUMPS, AND TURNS			
JAZZ & TUMBLE			
BALLET	PINK BALLET SHOES		LEOTARD, PINK TIGHTS, AND OPTIONAL DANCE SKIRT OR SHORTS
POINTE PREP			
TEEN BALLET			
ELITE BALLET	PINK CANVAS BALLET SHOES	BLACK LEOTARD, PINK TIGHTS, BALLET BELT (I: LIGHT PINK II: LAVENDER III: WHITE)	
POINTE	POINTE SHOES		

Arlington Heights Park District



HOW TO: THE BALLET BUN

How to make the perfect ballet bun

STEP
ONE

Make a Ponytail

Secure your hair tightly into a ponytail using an elastic ponytail holder. You want the ponytail to be tight in order to finish with a tight bun, so wrap the elastic several times, depending on the thickness of your hair. Position the ponytail on your head wherever you want the finished bun to be located. Now, using a brush or a comb, smooth all loose hairs of the ponytail. The hair needs to be completely smooth in order to make a neat and tidy bun.

STEP
TWO

Twist the Ponytail

Next, twist the entire ponytail into a tight rope. You will need to use both hands for this step. Make sure all of your hair is included in the twist.

STEP
THREE

Wrap Hair Around Base

Now, start making your bun. Begin wrapping your hair rope tightly around the base of the ponytail. You'll want the twist to be tight against your head, so continue twisting your hair as you wrap it around. Tuck the ends into the ponytail base. You want your bun to look as neat as possible, so make sure you tuck in all of the loose ends. Secure the end of your hair with a second elastic ponytail holder.

STEP
FOUR

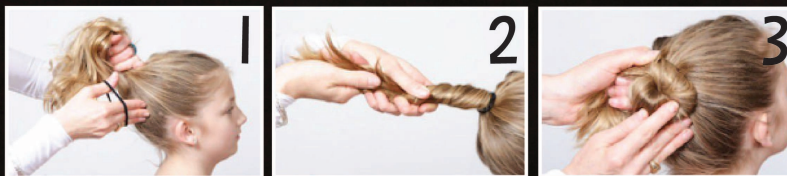
Secure with Hair Pins

The next step is to secure your bun with hair or bobby pins. Make sure to incorporate a bit of hair from the bun as well as your head into each hair pin. This will ensure the bun stays put while you are dancing. If your hair is extra thick or long, you will need to use several pins. Start at the top and make your way around, placing the pins all the way around the base of the bun.

STEP
FIVE

Spray Hair

Now that your bun is in place, ensure that no stray hairs will escape as you dance. Lightly spray your bun and surrounding hair with hairspray to secure the hairstyle. Optionally, use a hair net on your finished bun before spraying for extra support.



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