



# Elevation

*News and information from Laura Wilson School of Dance*

## LWSD Class Uniform

This brief note gives an overview of the class uniform for the various classes at LWSD. Please feel free to ask the class teacher if you require any more info, but hopefully the information below will be a good starting point!

### Ballet

#### Pre-primary & Primary ballet

Pale pink leotard with capped sleeves worn with pink cross over skirt. Pink ballet tights or socks. Pink ballet shoes with elastic. A pink cross over cardigan is optional. Students should arrive for class with hair tied up.

#### Grade 1 ballet

Pale pink leotard with no sleeves, worn with a belt. Pink ballet tights and shoes with elastic. A pink cross over cardigan is optional. Students should arrive for class with hair tied up.

#### Grade 2-4 ballet

Mulberry leotard worn with a belt. Pink ballet tights and shoes with elastic. A black or pink cross over cardigan is optional. Students should arrive for class with hair in a bun.

#### Grade 5 ballet

Black thin strap leotard. Pink Ballet tights & ballet shoes with elastic. Warm up accessories are optional. Students should arrive for class with hair in a bun.

#### Intermediate Foundation and Intermediate ballet

Black thin strap leotard. Pink Ballet tights & soft block ballet shoes with ribbons. Pointe shoes with ribbons. Warm up accessories are optional. Students should arrive for class with hair in a bun.

#### Boys ballet

White T-shirt or vest or leotard worn with blue or black shorts or leggings and black ballet shoes with elastic.

#### Moving up to dancing en-pointe

For many Ballet students, getting their first pair of Pointe shoes and starting to work en-pointe is a recognition and reward for the hard work that they have put in so far, and that they are ready to develop further. As a guide, this will often be the case as students progress through grade 5, although it must be stressed that for their own wellbeing, students must not go out and get pointe shoes until they are confirmed as being ready by

a properly qualified teacher, as serious and long term damage can be done by attempting to dance en-pointe too early.

Once your teacher has said that you are ready, you'll find that getting your first set of pointe shoes is a totally different process to getting regular shoes, and it is important that the fitting is done by an expert. This is one of those things that you just can't do on the internet or by mail order, you need to go to a specialist who will carefully assess the individual dancer and fit a shoe which will provide the right support for each foot. Every dancer's foot is different, so a professional fitter will consider the different shapes, designs and structures of shoe, resulting in a correctly fitted shoe which will provide the right support when dancing en-point and will help to avoid injury.

Most good dance shops will have a qualified fitter, but do bear in mind that it is normally necessary to make an appointment for fitting in advance. It is common for a first fitting to take up to an hour.

Some local Dance Shops which offer a fitting service include: Fit to Dance (Altrincham) 0161 233 0567, The Dance Place (Crewe) 01270 256555 and Flashdance (Hanley) 01782 281235

A first set of pointe shoes, including the fitting will probably cost about £40 - £50.

The fitter will ask if silicon pads are allowed, and the answer to this is yes. We firmly recommend that once the girls have got their pointe shoes, they do not wear them until their teacher has seen them in class – just to double check that everything looks right.

### Tap

#### Pre primary - grade 1

Cerise pink Lycra leotard worn with black leggings and black tap shoes (Mary Jayne style with Teletone taps on toes and heels).

#### Grade 2 to 3

Black high neck leotard worn with black jazz pants, Open toe black tap shoes with Teletone taps on toes and heels.

#### Grade 4 and above

Black high neck leotard worn with black jazz pants, Lace -up black tap shoes with Teletone taps on toes and heels.

#### Boys

Plain white, black or blue T-shirt worn with black jazz pants or jogging bottoms. Black tap shoes with Teletone taps on toes and heels.

## Modern

### Primary - Grade 2

Cerise pink Lycra leotard worn with black leggings and black jazz shoes. Hair is worn up.

### Grade 3 and above

Thin Strap black leotard worn with leggings or jazz pants. Hair is worn up.

### Boys

Plain white, black or blue T-shirt worn with black jazz pants or jogging bottoms.

## Musical Theatre

### Musical Theatre 1

Cerise pink Lycra leotard worn with black leggings and black jazz shoes. Hair is worn up.

### Musical Theatre 2 & 3

Thin Strap black leotard worn with leggings or jazz pants. Hair is worn up.

### Boys

Plain white, black or blue T-shirt worn with black jazz pants or jogging bottoms.

## Contemporary

Own suitable dance wear. Please note this lesson requires bare feet - socks are not permitted (foot thongs are a good thing to have) Long hair should be worn up.

## Street Dance

Own suitable dance wear - footwear should be jazz shoes / jazz trainers or clean sports trainers. Long hair should be tied up.

## Acro

LWSD Acro leotard worn with bare legs or black leggings, leotard will be available to buy from the studio in September

## Cheshire Youth Ballet

Girls working within the CYB associate scheme will wear a CYB Blue cotton sleeveless leotard (Available through LWSD) worn with white belt pink ballet tights and pink shoes. (Soft blocks and point shoes if working at this level in weekly class). Hair worn in a bun. Boys will wear CYB white T-shirt or vest or leotard worn with blue or black shorts or leggings and black ballet shoes with elastic.

## Where to get your uniform?

All of our uniform items are fairly standard, and should be available from any good dance shop. For those based in Holmes Chapel, Sam Dales in Macclesfield Road stocks a range of dancewear. For online purchases we often recommend Dance Direct.

## LWSD Branded items

LWSD T-shirts, Hoodies and Onesies are available to order from the studio.

## Any Questions?

If there's anything we've missed here, or you're just not sure about something, please don't hesitate to ask your class teacher - we're here to help!



[www.laurawilsonschoolofdance.co.uk](http://www.laurawilsonschoolofdance.co.uk)

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