

# Ballet & Lyrical Info

## **Dress code recommendations:**

- Pink or white tights, leotard (any color) and Ballet slippers or socks.
- Hair must be pulled up and out of the face, long hair can be pulled back into either a ponytail or bun.
- Short hair can be pulled into a half up half down style, or be pinned/slicked back in any way.

## **Class structure outline (may slightly vary)**

Kids should arrive 10-15 min early to change shoes and make sure hair is up and out of the face.

5:00-5:15: This will be spent warming up

5:15-5:30: Ballet techniques and barre.

5:25-5:30: Break time for water and shoe changes

5:30-5:55: Spent on lyrical techniques and dances

5:55-6:00: Cool down and shoe changes.

\*The 6-7PM class will be structured the same way.