



WHAT TO WEAR TO BALLET CLASS

LADIES

Leotard and tights and ballet skirt if you like; leggings and a top are also fine though nothing too baggy especially not round the knees, ankles or mid-drift. Please try to avoid clothing with stripes or neon as those can make it harder to judge correct placement.

MEN

Men's ballet-wear or leggings or shorts and a t-shirt. A dancer's belt (support) is also recommended.

FOOTWEAR

Soft ballet shoes - if you haven't purchased these before, it's best to try them on in a ballet shop rather than order online as sizes can vary. Some will come with elastics already sewn; if not, just ask in the shop.

SOME LONDON DANCEWEAR SUPPLIERS

(Closest tube is Holborn, followed by Covent Garden)

- Freed of London, 94 St Martin's Lane, London, WC2N 4AT
- Bloch: 69-71 Monmouth St, Covent Garden, London WC2H 9DG
- Dancia International: 168 Drury Lane, London, WC2B 5QA
- Capezio: 33 Endell St Covent Garden, London, WC2H 9BA