

ASA BALLET PROGRAM SUPPLY LIST FOR LADIES

Please refer to the "Where and how many to Purchase" document for all items in the table below.

ITEM	Introduction to Dance and Ballet Foundations 1	5 th /6 th Ballet Foundations 2	7 th /8 th Ballet Foundations 2	Intermediate Dance	Contemporary Core	Classical Core
We strongly recommend purchasing or constructing a Portable Ballet "Barre" - 4ft in length	X	X	X	X	X	X
We strongly recommend having a 5ft x 5ft minimum dedicated distraction free (pet and people free) space within the home or garage.	X	X	X	X	X	X
Yoga mat/ and pointe shoes for ladies approved to study pointe	Not needed	With teacher's approval only	With teacher's approval only	X	Not needed	X
A plain style black camisole or tank leotard- any brand	X	X	X	X	X	X
Ballet full footed (or transitional) tights in pink or your child's skin tone- brand of your choice	X	X	X	X	X	X
Pink Ballet or skin tone slippers in canvas or leather- brand of your choice	X	X	X	X	X	X
Opaque black footless tights	X	X	X	X	X	X
"Technical Manual and Dictionary of Classical Ballet" by Gail Grant	X	X	X	X	X	X
Black Flamenco skirt- brand of your choice	X	X	X	X	Not Needed	Not needed
Black character shoes with a 1.5 in heel- brand of your choice	X	X	X	X	Not Needed	Not needed

"WHERE AND HOW MANY TO PURCHASE" FOR LADIES

Item's strongly recommended for remote-styled learning:

1. A portable ballet "barre". The barre may be purchased through Walmart or Ebay .
Video on how to make your own barre: <https://youtu.be/GZ12ILHg3BM>

2. Dedicated distraction free dance space for practice: This space should be at least 5ft X 5ft square (the larger the better if possible) and should have a piece of vinyl flooring laid down under the portable- barre for the student to dance on. Vinyl flooring may be purchased at Home Depot or Lowes.

Black camisole or tank leotard. The leotard should be plain and simple in style- May be purchased locally at Barry's Capezio (480) 946-3651, Dee's Dancewear (602) 867-3340 or online at www.discountdancesupply.com

It is suggested that your child has at least 2 leotards in order to be able to keep a clean laundered leotard ready for each day of dance classes.

Ballet full footed or transitional tights in pink or color to match your child's skin tone - May be purchased locally at Barry's Capezio, Dee's Dancewear or online at www.discountdancesupply.com

It is suggested that your child has at least 2 pairs of tights in order to be able to keep a clean laundered pair ready for each day of dance classes.

Ballet slippers in pink or color to match your child's skin tone: Purchase 1 pair in either leather or canvas. May be purchased locally at Barry's Capezio, Dee's Dancewear or online at www.discountdancesupply.com

Opaque black footless tights for jazz and modern classes- This item may be purchased at Walmart, Target, or any ballet supply store. Purchase 1 pair of black footless tights.

POINTE SHOES- (PLEASE NOTE THAT THERE IS NO POINTE WORK GIVEN IN INTRODUCTION TO DANCE AND BALLET FOUNDATIONS 1) Pointe work for ladies begins only with the instructor's approval in the 5th/6th Ballet Foundations 2 and 7th/8th Ballet Foundations 2 levels. **For students beginning pointe, you will receive notification via email from your child's instructor on the date of her pointe shoe fitting at Dee's Dancewear. Please do not purchase this item until you receive this notice and have had your child attend the fitting with her instructor.**
For students in Intermediate Dance, Ballet Corps and Ballet Corps Intensive, it is suggested you purchase 1 pair in the brand of your choice.

Black Flamenco skirt- may be purchased at Barry's Capezio, Dee's Dancewear or online at www.discountdancesupply.com

Black Character shoes with a 1.5 inch heel: may be purchased at Barry's Capezio, Dee's Dancewear or online at www.discountdancesupply.com

"Technical Manual and Dictionary of Classical Ballet" by Gail Grant- Purchase this item used online at www.amazon.com