

Southland Ballet Academy

Summer Intensive Things to bring

Useful Items

first aid kit with plenty of band-aids

sewing kit with safety pins

Theraband – for stretch class

Yoga Mat – for stretch class

Dancewear for women

Pink pointe shoes

Pink technique shoes

Character shoes with 1 ½ inch heels

Character skirt-black knee length circle skirt

Pink tights to be worn under leotard

Black leotards

White Camisole leotard (no crisscross straps) for performance

White Practice tutu for performance

Socks – for contemporary class

Dancewear for Men

Black or white ballet shoes

Tights and/or unitard

White t-shirts

Dancebelts

Socks – for contemporary class

Everyday Need to Have

Water bottle

Lunch