

## Trainee Dress Code & Schedule

Boston Ballet School students adhere to a specific dress code, as detailed in registration materials. A listing of recommended retailers is available on our website. *BodyWrappers* and *Motionwear* are the official slippers, tights, and leotards for Boston Ballet School.

All students are expected to maintain a neat appearance. Long hair must be worn in a bun and short hair must be pulled back off the face. For the safety of the students, only simple stud earrings are permissible. Leg warmers or other warm-up gear are not permitted in class.

### Women's Dress Code

- Leotard- *Motionwear* Style #2518, Plum #470 & Grey #491
- *Motionwear* Skirt Style #1021, Black #060
- Tights- Ballet Pink *BodyWrappers* tights, Style #A81
- Pink Ballet Slippers- *BodyWrappers* leather slippers and pink elastic, Style #201C or #201A
- Pointe Shoes- Pink with ribbon and elastic
- Character Shoes- Black character shoes
- Character Skirt- *BodyWrappers* Character Skirt Style Adult #511 or Girls #511
- Modern tights- *BodyWrappers* black footless tights, Style #A33

### Men's Dress Code

- White Short-Sleeved Leotard- *Motionwear* Style #2104
- Grey Ankle Tights- *Motionwear* Style #7130/491
- White Ankle Socks- Students may wear any plain, thin socks from their wardrobe
- White Ballet Slippers- *BodyWrappers* leather slippers with elastic, Style #201C or #201A
- Dance Belt

### Schedule

<b>Trainee:</b>	Technique	Monday	10:00-11:30am
	Pointe	Monday	11:30am-12:30pm
	Mens	Monday	12:30-1:30pm
	Rehearsal	Monday	1:30-2:30pm
	Pilates-Women Only	Tuesday	9:00-10:00am
	Technique	Tuesday	10:00-11:30am
	Pas de Deux	Tuesday	11:30-1:00pm
	Character	Tuesday	1:30-2:30pm
	Technique	Wednesday	10:00-11:30am
	Pointe	Wednesday	11:30am-12:30pm
	Mens	Wednesday	12:30-1:30pm
	Modern	Wednesday	1:30-2:30pm
	Technique	Thursday	10:00-11:30am
	Pointe	Thursday	11:30am-12:30pm
	Mens	Thursday	12:30-1:30pm
	Technique	Thursday	2:30-4:00pm
Technique	Friday	9:45-11:15am	
Technique	Friday	1:00-2:30pm	
Men Conditioning	Saturday	8:30-9:30am	
Technique	Saturday	10:30am-12:00pm	