

Summer Intensive Personal Supplies

We recommend students attend SI with the following supplies. Label your supplies.

- Notebook, pen/pencil for daily journaling.
- Dictionary of Ballet Terms (*The Language of Ballet: A Dictionary* by Thalia Mara is good choice)
- Exercise/ Yoga/ Pilates Mat
- Thera-Band
- Plenty of Water/ Liquids
- Healthy Lunch & Snacks
- Supplies for Progressive Ballet Technique class*

Progressive Ballet Technique*

Use what you have, do not purchase new items if you already have these things at home. Students will need the following supplies to fully participate in the Progressive Ballet Technique class.

1) Yoga Ball appropriate to students' height. Student should be able to sit on ball with legs at a 90 degree angle. https://www.amazon.com/Goonidy-Anti-Burst-Stability-Excercise-Workout/dp/B0C2PG2XSD/ref=sr_1_1_sspa?crid=7ZO0Q9HW7FMD&dib=eyJ2IjoiMSJ9.u2ZT4k6K-yqX0BmTcDFy-mpQBki7mtUgtLeviv-X9vYW5lMqvm0_7LmhOW3ixyfi_GicXTEHR0ih8HVhiZQ7WCOezg9ap7zi6Xa1YvV71Z17JTFHo2GbQ5lyC5_3XNbPoe6fFYGi-sTKieQeSzwfCR4Iidc-0w0JKoJVY8iEypF4FydKn5qD6slpobEkOSo3w40IHcJRVFwcHmwDovIYZUHLHSzFLDDi4x8gNHhY4fNyds8nZJU0P_IBT8uT9Tf2jkHM4otWi2AsEL-5Z9eqVMabodcpf3FhkWx-SMg9b8k.MqKxe6vEIQIMufOu927TJ1XPMhlkyxsnkw5nCyfAR60&dib_tag=se&keywords=yoga%2Bball&qid=1715131068&sprefix=yoga%2Bball%2Caps%2C157&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1&psc=1

Approximate Chart:

- 55 cm for heights 3' 8" to 4' 5"
- 65cm for heights 4' 5" to 5' 2"
- 75 cm for heights 5' 2" to 5' 7"
- 85 cm for heights 5' 7" and above

2) Small fusion ball. 9" circumference https://www.amazon.com/Small-Exercise-Ball-Pilates/dp/B07215Y8MR/ref=sr_1_7?crid=3KBJA68A1CPWX&dib=eyJ2IjoiMSJ9.HL2Pakkmz6dugaQWw7LnyqzAkol68zgb508C5qja3T23kHgbugQcrXRlp5Q-v8sUfo724oAO7ys4UyemtIvwtI_d2DFdlAGqsIRkQNKmhBtRzfimDHN6RrbApvK_AkVxIEe_OHrBoXVax_KCdt0Ti-PA-bNX6n25UYalZqzx-bkDwNk8DM_k8fH6MONZ6jD_2VMuK1cGGnSl82RQEkM5d4hsxGsJZkvDbZttoK_FiXApvYuYDCpOinjFVysDbZTMEZHuOzivi_sNljhSGvM04j6EXKGHum0klJArv1Sa8.YENpZHRid6F_q1oRn5tyNgRMLhwwFQOeCkQbwhp-dmU&dib_tag=se&keywords=9inch%2Bfusion%2Bball&qid=1715130992&sprefix=9inch%2Bfusion%2Bball%2Caps%2C152&sr=8-7&th=1

3) Theraband

[Resistance Bands for Working Out, Exercise Bands for Physical Therapy, Stretch, Recovery.](#)

[Pilates, Rehab, Strength Training and Yoga Starter Set](#)
[amazon.com](#)

- 4) yoga mat
- 5) 2 paper plates

Summer Intensive Class Attire

Ladies: Black Leotard and Convertible Pink Tights. Be prepared with Ballet Shoes, Pointe Shoes (only, if currently en pointe), Character, Jazz, Tap Shoes are optional. Hair securely groomed appropriately with no loose hair. Hair should be worn in a classical ballet style: secured neatly away from face in a low or high bun.

Gentlemen: Black Tights (white crew socks optional) and Fitted White/Black Shirt. Be prepared with Black Ballet Shoes. Character, Jazz, Tap Shoes are optional.