

Lexington School of Ballet

Hair Requirements & What to Pack in Your Dance Bag

Hair Requirements:

Students at every level of the LSB Ballet Program are expected to come to class with their hair in a bun. Having hair up and away from the face eliminates a distraction from the students and allows them to focus on their ballet instruction. Students in our Jazz and Modern programs should also have their hair up and away from the face, preferably in a bun or a ponytail.

HOW TO PUT HAIR IN A BUN: Although it may seem tricky, doing a bun is actually quite easy! Please review these videos on how to do a bun in various hair types:

Longer, thicker hair

<https://www.youtube.com/watch?v=iUQBTbhif7o>

Shorter hair

<https://youtu.be/dBS-DfU-LFU>

Multiple hair types

<https://youtu.be/zUC3WzQrT6s>

- **Step 1)** Gather hair up and into a secure ponytail using a strong hair elastic.
- **Step 2)** Twist the ponytail, then coil it around the elastic band, trying to make at least one complete circle. Using bobby pins, secure the coil while holding it in place with your hand.
- **Step 3)** If necessary, spritz with hairspray or hair gel.
- **Step 4)** Place a hairnet around the bun to trap loose hair, then twist and wrap it as many times as necessary to secure it completely. You should then reinforce the hairnet with some bobby pins.

Dance Bags

Every student at LSB should have a dance bag. Students are encouraged, even at a young age, to pack this bag the night before with all of the things that they need for class. It is extremely important that you print your child's name on their dance bag, as well as on *all clothing and shoes*.

All students should pack the following in their dance bag:

Ballet Students

- Leotard (class color)
- Skin tone or pink tights
- Pink elastic waistband
- Ballet slippers (Skin tone or pink leather only, elastics securely sewed)
- Close fitting dance sweater for the winter months
- Small notebook & pen/pencil
- Brush or comb
- Bobby pins and/or barrettes
- Hairspray or gel to hold hair*
- Hairnets
- Hair elastics

Jazz Students

- Leotard (class color)
- Black jazz shoes
- Black jazz pants
- Brush or comb
- Hair elastics
- Bobby pins and/or barrettes
- Hairspray or gel to hold hair*

Modern Students

- Leotard (class color)
- Black footless tights
- Brush or comb
- Hair elastics
- Bobby pins and/or barrettes
- Hairspray or gel to hold hair*

**Hairspray and gel should only be used by students in grades Junior IV and up.*

***Please also note that necklaces, bracelets and dangling earrings should never be worn in any class.**

Wearing jewelry in dance class is dangerous, as it can fly off and hurt other students.