

# ABA CLASS LEVELS & DRESS CODE



Dancers are not required to purchase ABA leotards, but they must match their class level color.  
If you would like to purchase an ABA leotard, please see Ms Meg for a fit-test.

## Adult

Adult classes are offered in Beginner or Intermediate (experience needed), and Modern. All classes begin with 30 minutes of PBT.

- Leotards/tights, leggings/tanks, tees - whatever makes you feel comfortable so you can move!
- Pink or Skin-tone Canvas Split Sole Shoes

## Creative Movement

### 2 - 3 Years Old

Learn the love of music and movement in this fun, game-based class!

- **Girls:** Leotard of any style/color, Ballet Socks or Pink or Skin-tone ballet tights, Pink or Skin-tone Canvas Split Sole Shoes
- **Boys:** Shorts / Athletic shirt, Ballet Socks, Black Canvas or Leather Split Sole shoes

## Pre-Ballet

### 3 - 5 Years Old

Fun, game-based movements for beginning dancers.

- **Girls:** Bubblegum Pink cap-sleeve skirted ABA leotard
- Ballet Socks or Pink or Skin-tone ballet tights
- Pink or Skin-tone Canvas Split Sole Shoes
- **Boys:** Bubblegum Pink or White shirt
- Black Ballet Shorts
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)

## Level 1

### 5 - 6 Years Old/Kindergarten; no experience necessary

Aspiring dancers will learn basic positions at the barre and in the center.

- **Girls:** Lipstick Pink ABA leotard
- Grey Alignment Belt (Provided by Studio)
- Pink or Skin-tone convertible ballet tights
- Pink or Skin-tone Canvas Split Sole Shoes
- **Boys:** Lipstick Pink or White shirt
- Black Ballet Shorts
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)

## Level 2

## At least one year of training

Dancers will refine their technique further at the barre and center. They will add Progressive Ballet Technique (PBT) to their training.

- **Ballet Girls:** Lilac ABA leotard
- Grey Alignment Belt (Provided by Studio)
- Pink or Skin-tone convertible ballet tights
- Pink or Skin-tone Canvas Split Sole Shoes
- **Ballet Boys:** Lilac or White shirt
- Black Ballet Shorts
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.

## Level 3

## At least two years of training

Dancers will continue to add new movement to their vocabulary. In addition to Progressive Ballet Technique (PBT), they will also add Yoga, Jazz, Contemporary and Character classes to begin a well-rounded repertoire.

- **Ballet Girls:** Baby Blue ABA leotard
- Grey Alignment Belt (Provided by Studio)
- Pink or Skin-tone convertible ballet tights
- Pink or Skin-tone Canvas Split Sole Shoes
- **Ballet Boys:** Baby Blue or White shirt
- Black Ballet Shorts
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.
- **Jazz:** Uniform leotard, tights, and optional trash bag shorts. Tan Jazz Shoes required, Hair in a bun
- **Character Girls:** Uniform leotard, character skirt, Pink or Skin-tone convertible tights, and age-appropriate black character shoes. Shoes for Levels 3, 4 & 5 (\$40) and skirts (\$40) should be purchased through ABA. Ms Carolyn will take measurements and order them.
- **Character Boys:** White shirt, Black Jazz/Yoga Pants, Black jazz shoes
- **Contemporary:** Uniform leotard, rights, and optional black shorts or leggings. Black or skin tone socks (Ms Katie prefers Bombas or Apolla Shocks, but they're not required).
- IF DESIRED: yoga mat, yoga strap, and 2 blocks (these are also provided by the Studio)

## Level 4

## At least three years of training

Dancers will continue to gain strength and confidence. They will continue in Progressive Ballet Technique (PBT), as well as Yoga, Jazz, Contemporary and Character. They will work on building their stamina.

- **Ballet Girls:** Royal Blue leotard
- Grey Alignment Belt (Provided by Studio)
- Pink or Skin-tone convertible ballet Tights
- Pink or Skin-tone Canvas Split Sole Shoes
- **Ballet Boys:** Royal Blue or White shirt

- Black tights or shorts (tights at Director's discretion)
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.
- **Jazz:** Uniform leotard, tights, and optional trash bag shorts. Tan Jazz Shoes required, Hair in a bun
- **Character Girls:** Uniform leotard, character skirt, Pink or Skin-tone convertible tights, and age-appropriate black character shoes. Shoes for Levels 3, 4 & 5 (\$40) and skirts (\$40) should be purchased through ABA. Ms Carolyn will take measurements and order them.
- **Character Boys:** White shirt, Black Jazz/Yoga Pants, Black jazz shoes
- **Contemporary:** Uniform leotard, rights, and optional black shorts or leggings. Black or skin tone socks (Ms Katie prefers Bombas or Apolla Shocks, but they're not required).
- **All:** 1 pound ankle weights; IF DESIRED: yoga mat, yoga strap, and 2 blocks (these are also provided by the Studio)

## Level 5

## Pre-Pointe; At least four years of training

Dancers will continue to gain strength and confidence. They will continue in Progressive Ballet Technique (PBT), as well as Yoga, Character, Contemporary, and Jazz. Pre-pointe classes will also be added this year. (Students are invited to get their pointe shoes depending on their age and strength.)

- **Ballet Girls:** Black leotard
- Hunter Alignment Belt (Provided by Studio)
- Pink or Skin-tone convertible ballet Tights
- Pink or Skin-tone Canvas Split Sole Shoes
- **Ballet Boys:** Hunter or White shirt
- Black tights or shorts (tights at Director's discretion)
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.
- **Jazz:** Uniform leotard, tights, and optional trash bag shorts. Tan Jazz Shoes required, Hair in a bun
- **Character Girls:** Uniform leotard, character skirt, Pink or Skin-tone convertible tights, and age-appropriate black character shoes. Shoes for Levels 3, 4 & 5 (\$40) and skirts (\$40) should be purchased through ABA. Ms Carolyn will take measurements and order them.
- **Character Boys:** White shirt, Black Jazz/Yoga Pants, Black jazz shoes (See Order Form for shirt)
- **Contemporary:** Uniform leotard, rights, and optional black shorts or leggings. Black or skin tone socks (Ms Katie prefers Bombas or Apolla Shocks, but they're not required).
- **All:** 1 pound ankle weights; IF DESIRED: yoga mat, yoga strap, and 2 blocks (these are also provided by the Studio)

## PreProfessional A | Recreational A

## At least five years of training

Dancers will continue their progress in Progressive Ballet Technique (PBT), Yoga, Character, Contemporary, and Jazz. Pointe work and Modern will begin at this level.

- **Ballet Girls:** Black leotard
- Lavender Alignment Belt (Provided by Studio)
- Pink or Skin-tone convertible ballet Tights
- Pink or Skin-tone Canvas Split Sole Shoes

- Mesh/Translucent Ballet skirt for pointe class (Optional)
- **Ballet Boys:** Lavender, Black, or White shirt
- Black tights or shorts (tights at Director's discretion)
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.
- **Jazz:** Uniform leotard, tights, and optional trash bag shorts. Tan Jazz Shoes required, Hair in a bun
- **Pointe:** Pointe shoes (must have a first fitting with Ms Carolyn present), toe pads, shoe bag. Optional toe tape, toe caps, and spacers are the dancer's responsibility.
- **Character Girls:** Uniform leotard, character skirt, Pink or Skin-tone convertible tights, and age-appropriate black character shoes. Skirts (\$40) should be purchased through ABA. Ms Carolyn will take measurements and order them. 1.5" heeled Character shoes are available locally.
- **Character Boys:** White shirt, Black Jazz/Yoga Pants, Black jazz shoes (See Order Form for shirt)
- Contemporary: Uniform leotard, rights, and optional black shorts or leggings. Black or skin tone socks (Ms Katie prefers Bombas or Apolla Shocks, but they're not required).
- **Modern:** Uniform leotard, tights, optional trash bag shorts. No Shoes, Hair in a bun
- **All:** 2 pound ankle weights; IF DESIRED: yoga mat, yoga strap, and 2 blocks (these are also provided by the Studio)

## PreProfessional B | Recreational B

## At the Director's Discretion

Dancers will continue their progress in Progressive Ballet Technique (PBT), Pointe work, Yoga, Character, Contemporary, Modern, and Jazz. Variations classes will begin at this level.

- **Ballet Girls:** Black leotard
- Royal Alignment Belt (Provided by Studio)
- Pink or Skin-tone convertible ballet Tights
- Pink or Skin-tone Canvas Split Sole Shoes
- Mesh/Translucent Ballet skirt for pointe class (Optional)
- **Ballet Boys:** Royal Blue, Black, or White shirt
- Black Ballet tights or shorts (tights at Director's discretion)
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.
- **Jazz:** Uniform leotard, tights, and optional trash bag shorts. Tan Jazz Shoes required, Hair in a bun
- **Pointe:** Pointe shoes (may have a fitting with Ms Carolyn present), toe pads, shoe bag. Optional toe tape, toe caps, and spacers are the dancer's responsibility.
- **Character Girls:** Uniform leotard, character skirt, Pink or Skin-tone convertible tights, and age-appropriate black character shoes. Skirts (\$40) should be purchased through ABA. Ms Carolyn will take measurements and order them. 1.5" heeled Character shoes are available locally.
- **Character Boys:** White shirt, Black Jazz/Yoga Pants, Black jazz shoes (See Order Form for shirt)
- **Contemporary:** Uniform leotard, rights, and optional black shorts or leggings. Black or skin tone socks (Ms Katie prefers Bombas or Apolla Shocks, but they're not required).
- **Modern:** Uniform leotard, tights, optional trash bag shorts. No Shoes, Hair in a bun
- **All:** 3 pound ankle weights; IF DESIRED: yoga mat, yoga strap, and 2 blocks (these are also provided by the Studio)

\* Colorful leotards can be worn on Saturdays and during ABASI \*

\* It is best to purchase shoes locally to make sure you have the right fit \*

We want all students to be comfortable in their uniform. Please contact us if you have any questions.

[Locally, We Recommend:](#)

LaBrie  
<https://www.capezio.com/labrie-by-capezio>  
In Smithfield, RI

Competitor's Closet  
<http://competitorscloset.net/>  
In Warwick, RI

The Dancer's Drawer  
FB: The Dancers Drawer  
In N. Attleboro, MA

[Online, We Recommend:](#)

Discount Dance  
<https://www.discountdance.com>  
ABA's Teacher Code: TP 119972

Carolina Dancewear  
<https://carolinadancewear.com/>  
See their FB page for Live Sales