

ANITA COUTTS SCHOOL OF DANCE & PERFORMING ARTS UNIFORM
Available from **Central Dance Supplies, Doveton Street, Ballarat Ph. 5331 8928**

CREATIVE/ PRE-PRIMARY & PRIMARY	French rose Energetiks CL04 leotard, matching tutu (Creative & Pre-Primary) or skirt (Primary) Crossover (optional) & French rose hair bow, Neat Hair Style, Theatrical Pink Bloch ballet shoes S0208G and Theatrical Pink Tights any brand
PREP & GRADE 1	Mulberry Energetiks CL11 leotard, no skirts, Cross over (optional) & Mulberry hair bow, High Ballet Bun (NO FRINGES), Theatrical Pink Bloch ballet shoes S0208G and Theatrical Pink Energetiks THK CT30 Tights
GRADE 2	Baby Blue Energetiks CL11 leotard, no skirts, Cross over (optional) & Baby Blue hair bow, High Ballet Bun (NO FRINGES), Theatrical Pink Bloch ballet shoes S0208G and Theatrical Pink Energetiks THK CT30 Tights
GRADE 3	Lunar Energetiks CL11 leotard, no skirts, Cross over (optional) & Lunar hair bow, High Ballet Bun (NO FRINGES), Theatrical Pink Bloch ballet shoes S0208G and Theatrical Pink Energetiks THK CT30 Tights
GRADE 4	Cerise Energetiks CL11 leotard, no skirts, Cross over (optional) & Cerise hair bow, High Ballet Bun (NO FRINGES), Theatrical Pink Bloch ballet shoes S0208G WITH ribbons and Theatrical Pink Energetiks THK CT30 Tights
GRADE 5 & INTERMEDIATE FOUNDATION	Cobalt Energetiks CL11/AL11 leotard, no skirts. Cross over (optional) & Cobalt hair bow, High Ballet Bun (NO FRINGES), Theatrical Pink Bloch ballet shoes S0208G/L WITH ribbons and Pointes (when notified) and Theatrical Pink Energetiks THK CT30/AT30 Tights
INTERMEDIATE, ADVANCED FOUNDATION, ADVANCED 1 & 2	Black Energetiks AL11 leotard, no skirt, Cross over (optional) & Black velvet hair bow, High Ballet Bun (NO FRINGES), Demi Pointe and Pointe shoes and Theatrical Pink Energetiks THK AT30 Tights
CONTEMPORARY	Black footless tights over Class leotards or Black leotard, Pony Tail (NO FRINGES), CAPEZIO Pirouette Hanami H064W Nude Half Shoe
JAZZ, BROADWAY JAZZ, TAP, MUSICAL THEATRE & ACRO	Junior: Own choice colour crop top, Black Studio 7 CHS01 jazz shorts & Own choice colour 'Jojo' bow, Pony Tail (NO FRINGES), Tan pull-on Capezio EJ2 Split Sole Jazz shoes Sub-Intermediate & above: Own choice colour crop top, Black Energetiks AAS17/CAS17 high waist jazz shorts Pony Tail (NO FRINGES), Tan pull-on Capezio EJ2 Split Sole Jazz shoes
HIP HOP	Own choice colour crop top, Any colour or style shorts or pants (preferably baggy), White sole, any brand e.g. Converse or Adidas high top shoes.
MALE STUDENTS	Classical: White cap sleeve leotard or singlet, Black boys tights, White socks and White ballet shoes Theatrical: Black singlet, t-shirt or leotard, Black shorts or dance pants and Tan pull-on Capezio EJ2 Split Sole Jazz shoes
SPECIALISED TRAINING PROGRAMS (VTP) & ELITE LEVEL PERFORMANCE TROUPES	VTP & Classical: Red Energetiks CL11/AL11 leotard, Black half tutu (for classical), Red hair bow and Shoes WITH ribbons Theatrical: Red Energetiks London CC69/AC69 crop top, Black Studio 7 CHS01 jazz shorts (juniors), Black Energetiks AAS17/CAS17 high waist jazz shorts (sub-inter and above) & Red 'Jojo' bow (juniors)

CLASSICAL CLASSES (ACSOD)

- **PRE-SCHOOL CLASSES -**

In these classes we work with music that is familiar to children; like nursery rhymes and popular tunes; teaching basic steps and encouraging children to be creative and express themselves through their imaginations.

- **PRIMARY** levels children are still encouraged to use their imagination through their dancing, gradually learning more formal steps in classical ballet but without losing the enjoyment. They absolutely love the change of music and extending their vocabulary of steps.
- **GRADE & SENIOR CLASSICAL LEVELS** will be encouraged to take an examination with the RAD & Cecchetti, two of the largest teaching and examining body of ballet in the world. Our school consistently receives 100% pass rate in these exams.
- ACSOD offers a full and outstanding programme for our classical students including ALL major levels of the Royal Academy of Dance syllabi.
- ACSOD also offers Excellence, Specialised Coaching Classes and additional fitness & conditioning classes complimentary to classical dancers.

OTHER CLASSES TO COMPLIMENT CLASSICAL

- **REPERTOIRE & POINTE** – For senior classical students.
- **PILATES/CONDITIONING & PROGRESSING BALLET TECHNIQUE** for greater range of movement, stream-lining muscles and increasing strength and control.
- **CONTEMPORARY** offered every week at ACSOD. Currently one of the most popular styles of dance.
- **EXCELLENCE & SPECIALISED COACHING** classes are offered to students wishing to extend themselves. Taken in addition to/or as a third or fourth class.
- **ACSOD VOCATIONAL TRAINING PROGRAM** for students wishing to pursue a career in dance. Application by audition only.
- **FITNESS** for students wishing to increase fitness, includes cardio and Pilates etc.

PERFORMING ARTS (ACPA)

- **JAZZ TECHNIQUE** - will teach up to date styles and techniques. These classes are fast, bright and so much fun. ACSOD will cater to varying ages and standards. We have classes for the more accomplished students and for those wanting fitness and lots of fun. Always encouraging students' confidence and self-esteem – always fun.
- **BROADWAY JAZZ** – This class will include jazz dancing in the style of Broadway with an up tempo fitness warm up followed by a new routine learnt in class every week.
- **SING DANCE ACT** – Another wonderful class that is offered at ACSOD. For the child that enjoys singing and dancing. This class also has an acting component which teaches the child how to use their body and voice to portray a character.
- **TAP** – This class offers a fun and warm environment where children can learn to make rhythm and music with their feet. At ACSOD we offer many levels of tap. Always fun and much to learn.

OTHER CLASSES TO COMPLIMENT PERFORMING ARTS

- **VOCAL COACHING** - Now available at ACSOD, with a specialised Musical Theatre teacher who has years of knowledge in this style of singing and performing.
- **LIMBER** for greater range of movement, stream-lining muscles and increasing strength and control.
- **CONTEMPORARY** offered every week at ACSOD. Currently one of the most popular styles of dance.
- **EXCELLENCE** classes are offered to students wishing to extend themselves. Taken in addition to/or as a second or third class.
- **ACRO** classes are offered to students wishing to develop their acrobatic, fitness, upper body strength and core control skills.