

TRAINING SESSIONS

As of 24 January 2018

Uniform, Hair and Training Essentials	
<p><u>FOUNDATION STREAM</u> Pre-Beginner Program Beginner Program</p>	<p><u>TRAINING</u></p> <ul style="list-style-type: none"> • Red Leotard <ul style="list-style-type: none"> ✓ From any Bloch Dance Stores - Choose from the following designs: <i>L51637G - DOLLY, L52720G – EVANLEIGH, L3409G – PETAL OR</i> ✓ From Capezio by Ballet Emporium: <i>CL13 RED – ENERGETICS CROSS BACK CAMISOLE</i> • Club PERÓ Shorts OR Any Black Shorts / Leggings • Hair should be tied back in a high pony tail or bun <p><u>WINTER TRAINING</u> (Can be added to the above training uniform)</p> <ul style="list-style-type: none"> • Black Ballet Cross-Over <ul style="list-style-type: none"> ✓ From any Bloch Dance Stores: <i>Z0658 – BLACK OR</i> ✓ From Capezio by Ballet Emporium: <i>CX09 – BLACK MOCK CROSS OVER</i> • Any Black Long Leggings
<p>Club PERÓ have a listing account at the following <u>Bloch Dance Stores</u> (Bondi Junction, City/York St & Parramatta) and <u>Capezio by Ballet Emporium</u> (Bronte) The staff have on file the above Club PERÓ red leotard styles for your convenience.</p>	
<p><u>FOUNDATION STREAM</u> Novice Program Intermediate Program</p> <p><u>COMPETITION STREAM</u> Multiples Program National Levels 3-10 Program</p>	<p><u>TRAINING</u></p> <ul style="list-style-type: none"> • Black Leotard (From Bloch Dance Stores OR Capezio by Ballet Emporium - Any design) • Club PERÓ Shorts OR Any Black Shorts / Leggings • Toe Shoes (<u>COMPETITION STREAM</u> gymnasts, when advised) • Hair should be tied back in a high pony tail or bun <p><u>WINTER TRAINING</u> (Can be added to the above training uniform)</p> <ul style="list-style-type: none"> • Black Ballet Cross-Over <ul style="list-style-type: none"> ✓ From any Bloch Dance Stores: <i>Z0658 – BLACK OR</i> ✓ From Capezio by Ballet Emporium: <i>CX09 – BLACK MOCK CROSS OVER</i> • Any Black Long Leggings <p><u>COMPETITION</u></p> <ul style="list-style-type: none"> • Black Leotard (From Bloch Dance Stores OR Capezio by Ballet Emporium - Any design) • NEW STYLE Club PERÓ Tracksuit Jacket and Leggings • Club PERÓ Competition Leotard (with appropriate coloured underwear / body stocking) • Toe Shoes (<u>COMPETITION STREAM</u> gymnasts, when advised) • Hair should be tied back and hair-sprayed in a high bun
<p>All uniform items MUST BE NAMED.</p>	
<p>Gymnasts are not required to provide their own apparatus, however, if you are interested, please speak to your daughter's coach prior to purchasing.</p>	
<p>Every gymnast should have their own water bottle, light snack, small towel and deodorant for each training session.</p>	
<p>Club PERÓ training sessions are nut-free. Please DO NOT pack nuts or any nut-related products in your daughter's bag for snack time.</p>	

PLEASE NOTE: Over the past 2 years, the **OLD STYLE** Club PERÓ Tracksuit Jacket and Pants has been phased out. Please do not have your daughter wear any **OLD STYLE** uniform items from 2018.

If you decide that you would like to purchase a uniform during the year, parents and guardians will need to personally place the order themselves. Please speak to your daughter's coach for a Uniform Order Form for personal orders.