

SAINT LOUIS **BALLET**

Dress Code and Shoes

Most SLB Dress Code items can be found at these local dancewear stores:

- Madison's Dancewear
- The Dance Bag
- Head to Toe Dancewear
- St. Louis Dancewear
- On Pointe Dancewear LLC

Dress Code

Ladies:

- Black Leotard for high school participants. Solid color leotard for post-grads.
- Pink Tights. For Performances, Body Wrappers A45 in Ballet Pink
- Pink canvas or leather ballet shoes
- Pointe/Variations classes: a short ballet skirt is permissible
- Contemporary classes: Black, tan, or pink tights that can be converted to footless. Black dance socks.
- Hair neatly secured back in a bun or similar style
- Close-fitting warmups as needed, only during cold weather, backstage, or for injury maintenance.

Men:

- Black footed tights
- White, Gray, or Black fitted athletic t-shirt
- Black ballet shoes, or White ballet shoes with White socks.
- Hair kept neatly groomed and off the face.

Pointe Shoes

The staff is available for pointe shoe consultations to help you find your best option. We have been pleased with Freed, Bloch, Capezio, and Suffolk, to name a few brands. Students are expected to be well-stocked in their ideal shoe so there are no emergencies as we near performances; however, you should be certain that you are in a shoe that the company approves before purchasing too many pairs. For performances shoes should be neat, securely sewn, and quiet.

SLB hopes to provide a pointe shoe seminar to PD's with Freed of London if they visit us this fall.

Shoes are not provided for Professional Division students. However, Saint Louis Ballet does have accounts with Freed and Bloch. We may be able to order custom pointe shoes for you through these accounts. Although this would provide a discounted company rate, the student is fully responsible for all costs, included a shipping & handling fee, to be paid in full before the shoes are ordered.



SAINT LOUIS **BALLET**

CALENDAR AND IMPORTANT DATES

Please note:

- Items in **bold** involve the Professional Training Program; however, on rare occasion a PT may be selected to be in other company productions as needed, so please be aware of the entire season.
- School (SLBS) dates and holidays are listed for those wishing to supplement their schedule with SLBS evening classes.
- More events and performances may be added.

2022

Aug 15 th	Company begins
Aug 18 th	School classes begins
Sept 5 th	Labor Day Weekend, no classes on Monday only
Sept 6th	Professional Training Program classes begin
*Oct 1 st -2 nd	“Of Note” performances at the Touhill
Oct 22 nd	SLB tours to Rolla (no PT’s on this tour)
Oct 25th-31st	Fall Break, No Classes *** Newly Added****
Nov 23rd-27th	Thanksgiving weekend <ul style="list-style-type: none">- School closed 23rd-27th- Nutcracker rehearsals at the Touhill through the 23rd- Nutcracker Opening weekend performances 26th-27th
Dec	Nutcracker resumes at the Touhill, performances 16th- 23rd.
Dec 22nd	Winter Break begins: No Classes

2023

Jan 5th	Classes resume
Jan 16 th	Martin Luther King Jr. Day – no SLBS classes
*Feb 10th-12th	“Do It For Love” at Kirkwood Performing Arts Center
Mar 19th- 25th	Spring Break, No Classes
April 9 th	Easter Sunday, no classes
April 22nd	Possible weekend tour to perform in Springfield, MO
April 28-30th	Swan Lake at the Touhill
Spring, TBA	SLB Gala
May 20th	SLB performs new works at the Grandel, featuring PT’s
May 26th	Last day of PD classes
May 27-29 th	Memorial Day weekend, no school classes
June 8 th -10 th	SLBS Recital weekend
June 13 th	Last day of SLBS classes



Saint Louis Ballet – Schedule Options for Professional Training Program

Daytime classes – (Mandatory for PTP)

*TBA rehearsals are announced at the start of that week, and are subject to change up to 24 hours in advance of that day.

Monday – Friday:

12:30 – 2:00: Ballet

2:15 – 3:00: Pointe, Pas de Deux, Variations, Contemporary, or various enrichment classes

3:00 – 4:30: *TBA. This time is usually for rehearsals only involving company members, but it is possible for PT's to be scheduled into a company rehearsal on occasion. This is typically once or twice a week depending on casting, and shouldn't start before October. Fridays could go as late as 5:30.

Saturday:

11:00 – 12:30: Ballet

2:00 – 5:30: Again, *TBA, but expect possible rehearsals, especially for *The Nutcracker* and *Swan Lake*.

Evening classes with Saint Louis Ballet School (not mandatory)

PT's are welcome to increase their class load with Ballet 8 in the school. Any interest in taking lower levels requires permission from the school administrators. PT's should register for any class they intend on taking, and attend regularly (not a drop-in class, ideally). Makeup classes should be scheduled through the office.

Ballet 8 Schedule:

Monday: 7:30 – 9:00, Ballet w/ Mr. Horiuchi (prioritize this extra class)

Tuesday: 7:00 – 8:30, Ballet w/ Mr. Bloodgood, 8:30-9:15, Variations

Wednesday: 4:45 – 6:15, Ballet w/ Ms. Wilson, 6:15 – 7:00 - Pointe

Thursday: 5:45 – 7:15, Ballet with Pointe w/ Ms. Houston

Friday: Private lessons available upon request (schedule ahead of time through the office)

Saturday: 12:45 – 2:15, Ballet w/ Ms. Houston, 2:15 – 3:00, Pointe

Additional Genres:

SLBS offers weekly evening classes in Contemporary, Tap, Jazz, and Hip Hop.

SLBS also offers private music lessons. In the past we've provided piano, voice, flute, or violin.

Inquire with the school administrators for further information.

Performance weeks: During any week leading up to a performance, assume that your hours will go much later for tech rehearsals on stage. Please keep your schedule open during these weeks.

Independently

SAINT LOUIS **BALLET**

Area Hospital Systems and Health Care Resources

SLB does not provide health care coverage for Professional Division members, but we are happy to facilitate connecting you to top-quality care in the area.

Hospitals:

St. Louis is fortunate to have a number of nationally recognized hospitals. The following hospitals have excellent reputations and some have numerous locations around town:

- BJC – Barnes-Jewish Hospitals, connected to Washington University Medical Center
- Mercy Hospital
- Missouri Baptist Hospital (aka “Mobap”) is also connected to BJC
- St. Luke’s Hospital
- SSM Health
- Cardinal Glennon Children’s Hospital (usually admits patients up to age 21)

The closest hospitals to the studio are the following:

- MoBap Hospital: 3015 N Ballas Rd, (314) 996-5000
- St. Luke’s Hospital: 232 S Woods Mill Rd, (314) 434-1500
- Mercy Hospital, Chesterfield: 15740 S Outer Forty Rd, (314) 251-0500
- Barnes-Jewish West County: 12634 Olive Blvd, (314) 996-8000

Urgent Care Centers:

These are ideal if you have a small malady that needs prompt medical attention, but don’t wish to go through the more involved ordeal and expense of a hospital’s emergency room. St. Louis has Urgent Care Centers throughout the city and suburbs.

The closest Urgent Care to the studio:

- St Luke’s Urgent Care: 17421 Chesterfield Airport Rd, (636) 685-7720 (not open 24/7)

For 24 Hour Urgent Care:

- 24/7 Healthcare (Creve Coeur), in Fernwood Plaza, 13035 Olive Blvd, St. Louis (Creve Coeur), (314) 548-6550

Physical Therapy:

- Athletico, Bryan Lind (SLB’s regular company PT): (636) 349-8060

Chiropractor

- Dr. Sturges, in St Charles (636) 922-4140

Orthopedic Doctor (our regular company for serious injuries)

- Dr. Devyani Hunt, Washington University Center for Advanced Medicine (314) 747-2539

Mental Health Resources:

Students are always welcome to come to SLB staff with mental health concerns. We are not qualified to provide treatment, but we can help to connect them to professionals. We have had positive experiences with the following:

- Behavioral Health Response: (314) 469-4908



SAINT LOUIS **BALLET**

St. Louis Region Neighborhoods

St. Louis area counties:

- St Louis City County - the actual city, “downtown” near the Mississippi River
- St. Louis County - the suburbs around the city, including the following:
 - o West County (our studio is here)
 - o North County (our most-often used theater, Touhill Performing Arts Center is here)
 - o South County
 - o Central County
 - o St. Charles County (separate from St. Louis County, but it’s near the studio)

When searching for apartments, keep the following in mind:

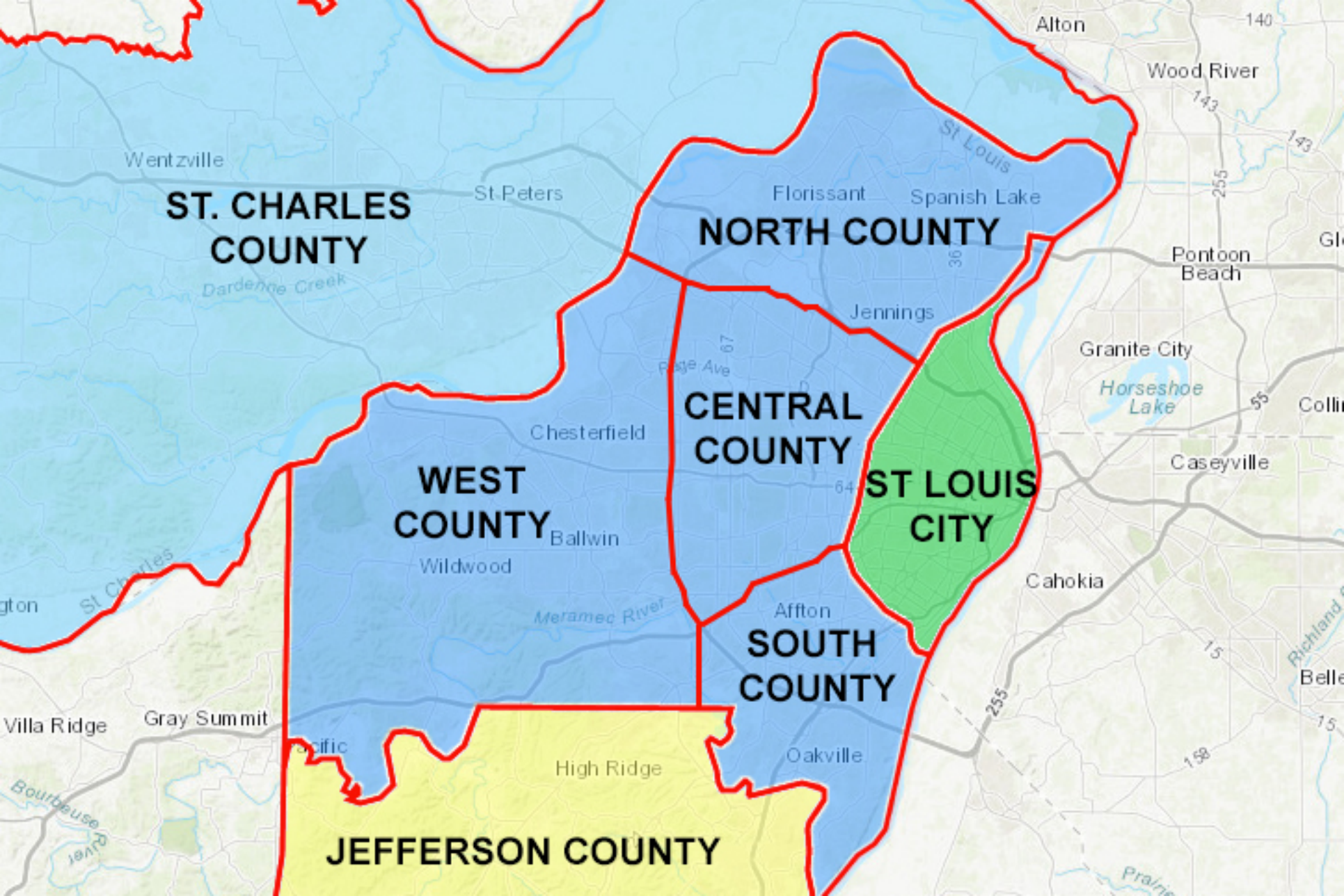
- You’ll spend most of your time at the studio.
- Public transportation in St. Louis is not widespread or convenient.

Neighborhoods/cities with ample apartments:

- West County
 - o Chesterfield (the studio is in the west part of Chesterfield, known as “Chesterfield Valley”)
 - Chesterfield is safe, family oriented, and full of convenience – shops, access to major highways. Our studio is located in a shopping center called Chesterfield Commons.
 - o Creve Coeur – Also safe, slightly further from the studio (east), slightly closer to the Touhill and to other things in the city.
 - o Maryland Heights – Safe, more affordable, northeast of the studio, halfway between the studio and the Touhill.
 - o Ballwin/Manchester – Safe, affordable, fairly close to the studio (southeast) – further from the Touhill. The area has everything you need, but isn’t as accessible to things to do around town.
- North County
 - o Very affordable, but it’s harder to find safe locations, and it’s not close to the studio. (The Touhill is on a very safe college campus....no need to worry.) Look elsewhere first.
- Central County
 - o Clayton – very safe, great highway access, due east of the studio, south of the theater, near the city. More expensive.
 - o Richmond Heights – adjacent to Clayton, similar, but more affordable.
 - o University City – Fun area, close to the Touhill, some streets are safer than others
- South County
 - o Kirkwood and Webster Groves, safe and fun areas, but far from the Touhill
- St. Louis City – not near studio, but there’s lots to do if you find safe areas.
 - o Central West End – near Forest Park and Washington U/Barnes Jewish Hospital complex. Major streets include Kingshighway and Lindell Blvd). Safer if you have garage parking.
 - o South city/Carondolet – affordable and it’s a neat area, but some neighborhoods are rough.
 - o Downtown – not near the studio, especially with traffic.
 - o Midtown – the geographic center of the city, it’s between the Central West End and Downtown. It includes Saint Louis University (SLU)’s campus, but it’s not close to the studio.

Online search websites: zillow.com, apartments.com, apartmentfinder.com, padmapper.com, rent.com





ST. CHARLES COUNTY

NORTH COUNTY

CENTRAL COUNTY

WEST COUNTY

ST LOUIS CITY

SOUTH COUNTY

JEFFERSON COUNTY

Alton

Wood River

Wentzville

St. Peters

Florissant

Spanish Lake

Dardenne Creek

Pontoon Beach

Jennings

Granite City

Horseshoe Lake

Page Ave

Chesterfield

Caseyville

Ballwin

Wildwood

Meramec River

Cahokia

Affton

gton

St. Charles

Villa Ridge

Gray Summit

Pacific

High Ridge

Oakville

255

158

Bourbeuse River

Richland

Belle

Prairie

SAINT LOUIS **BALLET**

St. Louis Area Colleges and Universities

Please note that although an address says “St. Louis,” that does not mean they are in the city limits of St. Louis, only that they are within the counties.

- University of Missouri – St. Louis (UMSL)
 - o 1 University Blvd, St. Louis, MO 63121 (North County)
 - o umsl.edu
 - o SLB’s main theater, the Touhill Performing Arts Center, is on their campus
- Washington University (Wash U)
 - o 1 Brookings Drive, St. Louis, MO (Central County)
 - o wustl.edu
- Saint Louis University (SLU)
 - o 1 N Grand Blvd, St. Louis, MO (in the city)
 - o slu.edu
- Webster University
 - o 470 E Lockwood Ave, Webster Groves, MO (South-Central County)
 - o webster.edu
- Missouri Baptist University (MoBap U)
 - o 1 College Park Dr, St. Louis, MO (West County, near the studio)
 - o mobap.edu
 - o One former company member lived in their dorms while dancing in SLB’s company.
- Maryville University
 - o 650 Maryville University Dr, St. Louis, MO (West County, near the studio)
 - o maryville.edu
- Lindenwood University
 - o 209 S Kingshighway St, St. Charles, MO (in St. Charles...not to be confused with Kingshighway near Forest Park!)
 - o lindenwood.edu
 - o We’ve performed at their theater and used their facilities for past summer programs.
- Harris-Stowe State University
 - o 3026 Laclede Ave, St. Louis (in the city, east of SLU)
 - o hssu.edu
- Fontbonne University
 - o 6800 Wydown Blvd, St. Louis, MO (Clayton – Central)
 - o fontbonne.edu
- St. Louis Community College
 - o This highly reputable community college is a great place to start, and has numerous campuses throughout the area, and online options.
 - o stlcc.edu
- University of Health Sciences and Pharmacy in St. Louis
 - o 1 Pharmacy Place, St. Louis, MO (Near Forest Park)
 - o uhsp.edu
- Logan University – Specifically for chiropractic education
 - o 1851 Schoettler Rd, Chesterfield, MO (close to the studio)
 - o logan.edu
- Goldfarb School of Nursing at Barnes-Jewish College
 - o 4483 Duncan Ave, St. Louis, MO 63110 (two campuses, at MoBap Medical Center in West County, and at Wash U/Barnes Jewish hospital campus in the Central West End)
 - o barnesjewishcollege.edu

