

Help in ordering the correct size ballet shoes for A1 Dancers

1. If you already have a pair check the size & make on those, untie the drawstring & stretch.

Always put ballet tights or thin socks on to try dance shoes.



2. Put the shoes on (if you can).

Remember ballet shoes should fit snugly, as long as the toes can lie straight & flat in these two positions they are likely to be fine.

Some young dancers or those with less developed technique try & grip the floor with their toes & bunch them up. Lightly press with your fingers, if there's room for the toes to lie straight the shoes are likely to be big enough.

First check toes can lie flat when the knees are bent in a demi plié (this makes your feet long!).

Then check they can lie flat en demi pointe.

There should be no obvious space at the toes or bagginess around the sides or at the heel.



Deciding which size to order

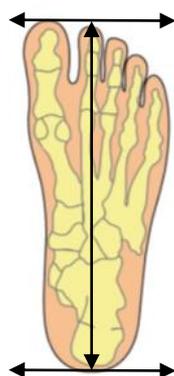
1. If shoes have been worn regularly for several months but now feel a bit tight, order 1 full size up e.g. old ones which have stretched are 8.5, order 9.5. Teenagers may only need half a size up as their feet generally grow more slowly.
2. If they're very tight, making the toes bend & buckle or you can't get them on, or you're ordering the first pair then order the outdoor shoe size & then in the notes section give us these details. Take a measurement as follows & we will try & judge the likeliest size to order for you.

A. Wearing ballet tights or thin socks, stand on a piece of paper & demi plié, mark on the paper at the back of the heel & front of the longest toe, make sure toes are flat, some like to grip the floor which would make the measurement too small.

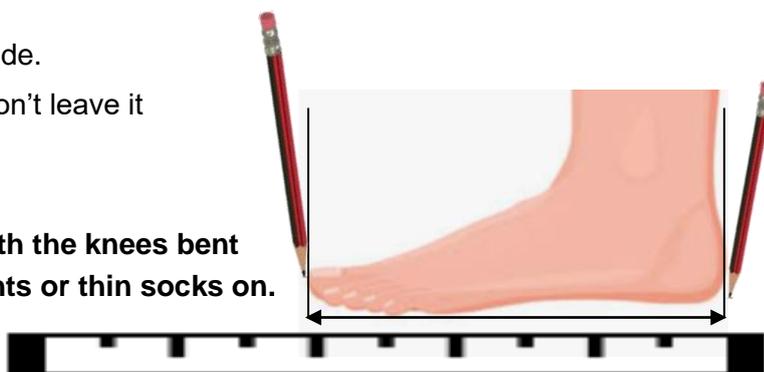
B. Tell us which toe is the longest.

C. Whether the foot is narrow, medium or wide.

Remember, we'll need time to do this so please don't leave it until the last minute to place your order!



Take this measurement but with the knees bent in a demi plié & with ballet tights or thin socks on.



When you receive your new shoes be sure to try them on a clean floor in case they're not correct. Check back over these instructions & see the video How to check your shoes fit & are fastened safely & securely - Ballet drawstrings & Tap laces at <https://www.youtube.com/user/A1Dancers>

Disclaimer: A1 Dance cannot accept any responsibility for loss or damage as a result of using these instructions.