

Tuesday 26th August 2025

Photo Week (Pre-Juniors)

Photo Week is just around the corner! During Photo Week each group performing in our '[Express Yourself](#)' concert will be photographed in their costumes to be featured in our Concert Program. This photoshoot will take place on the same days they attend their regular classes, during the week of: **Monday 8th – Saturday 13th September.**

During Photo Week you may be required to arrive a little earlier and/or pick-up a little later than usual to ensure we have enough time to Photograph each class, change costumes and have a quick dress rehearsal in the big studio.

Photo Day gives students, parents and teachers a chance to get prepared for the concert next term and to practice doing the hair and makeup required for concert day. Please check the arrival and pick-up times for your class below, along with the checklist of items you will require for each of your classes.

Please arrive with Hair & Make-Up done wearing the uniform requirements on the Photo Day Checklist.

Monday 8th September						
CLASS DAY	CLASS TIME	LEVEL	STYLE	TEACHER	ARRIVAL	PICK-UP
MON	4:00 pm	Pre-Junior	BALLET	Miss Donna	4:00 pm	5:20 pm
MON	5:00 pm	Pre-Junior	JAZZ	Miss Sarah	4:45 pm	5:45 pm
MON	4:00 pm	Pre-Junior	TAP	Miss Sarah	5:30 pm	6:30 pm

Tuesday 9th September						
CLASS DAY	CLASS TIME	LEVEL	STYLE	TEACHER	ARRIVAL	PICK-UP
TUE	4:00 pm	Pre-Junior	BALLET & JAZZ	Miss Sarah	4:00 pm	5:50 pm

Thursday 11th September						
CLASS DAY	CLASS TIME	LEVEL	STYLE	TEACHER	ARRIVAL	PICK-UP
THU	4:00 pm	Pre-Junior	ACRO & HIP HOP	Miss Sam	4:00 pm	5:30 pm

Saturday 13th September						
CLASS DAY	CLASS TIME	LEVEL	STYLE	TEACHER	ARRIVAL	PICK-UP
SAT	10:15 am	Pre-Junior	BALLET & JAZZ	Miss Jade	10:00 am	11:50 pm
SAT	11:45 am	Pre-Junior	CONTEMPORARY	Miss Angelica	11:20 am	12:40 pm
SAT	12:30 pm	Pre-Junior	HIP HOP	Miss Angelica	12:10 pm	1:15 pm

Please Note: Parents are not permitted to stay at the studio on Photo Day, unless volunteering. All parents who volunteer must be pre-arranged and hold a valid Working With Children Check. This practice also aids students in becoming accustomed to being without their parents on the day of the concert and helps them learn who will be assisting them during the concert. If you'd like to volunteer, you can sign-up at mapa.com.au/volunteers

PRE-JUNIOR PHOTO DAY CHECKLIST (BOYS)

BALLET (Boys)

- ☐ Boys Short Sleeve Leotard (White)
- ☐ Boys Ballet Tights/Leggings (Black)
- ☐ Clean White crew socks
- ☐ White Ballet Shoes
- ☐ Male Support / Dance Belt OR White Briefs
*Recommended for boys once they reach around 10yrs.
MUST be worn for boys 13yrs and over.*



JAZZ (Boys)

- ☐ Official MAPA Studio T-Shirt
- ☐ Black shorts
- ☐ White Briefs
- ☐ Black socks
- ☐ Black Jazz Shoes



CONTEMPORARY (Boys)

- ☐ Official MAPA Studio T-Shirt
- ☐ Black shorts
- ☐ White Briefs



TAP (Boys)

- ☐ Official MAPA Studio T-Shirt
- ☐ Black shorts
- ☐ White Briefs
- ☐ Black socks
- ☐ Black Tap Shoes



HIP HOP (Boys)

- ☐ Official MAPA Studio T-Shirt
- ☐ Black shorts or trackpants
- ☐ White Briefs
- ☐ White Socks
- ☐ Clean White High-Top Sneakers



PRE-JUNIOR PHOTO DAY CHECKLIST (GIRLS)

Dancers should already have most items for class. The only uniform items you should need to purchase for Photo Day are tights and the skin-tone high cut underwear which can both be purchased or ordered through Reception. If you are having trouble finding anything else, please speak with one of our staff.

UNIFORM & SHOE REQUIREMENTS FOR PHOTO DAY (GIRLS)

BALLET	
<input type="checkbox"/> "Energetiks" Cleo Camisole Leotard (cornflower) <input type="checkbox"/> "Fiesta" Theatrical Pink Tights (footed OR convertible) <input type="checkbox"/> Skin tone high cut dance brief underwear <input type="checkbox"/> Pink Ballet Shoes (<i>Canvas ONLY, <u>NO</u> Leather</i>)	

JAZZ	
<input type="checkbox"/> "Energetiks" Cleo Camisole Leotard (cornflower) <input type="checkbox"/> "Fiesta" Skin-Tone / Tan Tights <input type="checkbox"/> Skin Tone high cut dance brief underwear <input type="checkbox"/> Tan Jazz Shoes Slip On (<i><u>NO</u> shoelaces</i>)	

TAP	
<input type="checkbox"/> "Energetiks" Cleo Camisole Leotard (cornflower) <input type="checkbox"/> "Fiesta" Skin-Tone / Tan Tights <input type="checkbox"/> Skin Tone high cut dance brief underwear <input type="checkbox"/> Tan Tap Shoes	

CONTEMPORARY	
<input type="checkbox"/> "Energetiks" Cleo Camisole Leotard (cornflower) <input type="checkbox"/> "Energetiks" Salmon Pink <u>Footless</u> Tights <input type="checkbox"/> Skin Tone high cut dance brief underwear	

HIP HOP	
<input type="checkbox"/> Official MAPA Studio T-shirt (White) <input type="checkbox"/> Black MAPA Basketball Shorts <input type="checkbox"/> "Fiesta" Skin-Tone / Tan Tights (THU Class only) <input type="checkbox"/> Skin Tone high cut dance brief underwear <input type="checkbox"/> White Crew Socks <input type="checkbox"/> White High-Top Sneakers Available @ Spendless shoes 'HEAT by 8 Mile' \$30.00 Also available @ Rebel 'Nike Court Shoe' \$89.99	

PRE-JUNIOR PHOTO DAY CHECKLIST (GIRLS)

HAIR KIT ITEMS

MAPA Bun Kits are available at Reception for \$16. Packs of Hair ties, pins and bun nets are also available for \$3 each. Choose from *Blonde, Brown or Black*.

Includes 3 hair ties + 10 bobby pins + 10 U-Pins + 2 Bun Nets inside a pink MAPA Embossed Tin.

- ☐ Hairspray and/or Hair Gel
- ☐ Small spray bottle
- ☐ Hairbrush
- ☐ Hair Ties (*to match hair colour*)
- ☐ 10 or more Bobby Pins
- ☐ 10 or more U-Pins (*BALLET & CONTEMPORARY*)
- ☐ 3 x Bun Nets (*BALLET & CONTEMPORARY*)



MAKE-UP KIT ITEMS

RECOMMENDED BRAND/ITEMS:

If you're looking for natural, non-toxic makeup, we recommend "Eco Minerals" or "Inika" brand of make-up. They are cruelty free, vegan, 100% pure, safe & natural cosmetics.

- ☐ Mineral Foundation or Translucent Powder
- ☐ Blush (pink or peach)
- ☐ Eye Shadows (White & Medium Brown)
- ☐ Eyebrow pencil or powder
- ☐ Black Mascara
- ☐ Eyeliner (optional)
- ☐ Lipstick 'Rose Pink' colour
- ☐ Makeup wipes



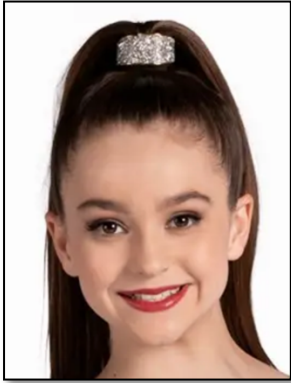
MISCELLANEOUS ITEMS

- ☐ Dressing Gown/Robe (can be worn over costumes to keep warm)
- ☐ Water Bottle (water only)
- ☐ Dry Snacks (nothing that may stain costumes)



STEP BY STEP HAIR INSTRUCTIONS

HIGH PONYTAIL (Jazz, Tap & Hip Hop)



STEP 1: Start with Damp Hair

Lightly spray the scalp with a spray bottle filled with water to dampen the roots. Hair is generally easier to manage when it hasn't been recently washed.

STEP 2: Apply Gel

Take a generous amount of thick gel and apply it to the roots of the hair. This will help slick the hair down and keep it in place.

STEP 3: Brush Hair Back and Up

While the hair is still wet, use a brush to pull the hair back and up.

STEP 4: Secure the Ponytail

Gather the hair into a ponytail at the crown of the head using strong hair elastics. It is recommended to use two or three hair elastics (depending on thickness of hair), this will help keep the hair secure while dancing.

STEP 5: Check Visibility

Ensure the top of the ponytail is visible when viewing the dancer at eye level. This helps any hairpieces or accessories stand out on stage and in the photos (see picture above).

HIGH BALLET BUN (Ballet & Contemporary)

STEP 1: Create a High Ponytail

Follow the same steps as for the high ponytail.

STEP 2: Twist the Hair

Depending on hair length, twist the ponytail and spiral it around the elastic. For fine hair, you can back-comb the ponytail a few times to create more volume, then twist and spiral to create the bun.

STEP 3: Use a Bun Net

Cover the bun with a bun net one or two times, ensuring all hair is tucked inside. Then wrap the excess net in a circle underneath the bun to conceal it.

STEP 4: Shape the Bun

Use your fingers to squish and blend the hair into a large, flat circular shape.

STEP 5: Secure the Bun

Press the bun against the head and use U-pins to secure it first. Follow with bobby pins until all areas are secure. Use additional bobby pins for any loose strands, especially around the ears or nape of the neck.

STEP 6: Finish with Gel or Hairspray

Apply more gel or hairspray to keep everything in place.

Note: Please do NOT use hair donuts. A Classical Ballet bun should be quite flat and not stick out too much.



STEP BY STEP MAKE-UP INSTRUCTIONS

Stage makeup is essential for enhancing facial features and expressions under bright stage lights, ensuring visibility for the audience. Keep in mind that standard makeup may get washed out, so a more pronounced application is necessary. Here's a simple guide for parents to help apply dance stage makeup. For Photo Week, you can apply the make-up lighter than for stage.

STEP 1: Prepare the Face

- Start with a clean and moisturized face. We also recommend the 'Milk' brand Matte Primer to help makeup last longer.
- Apply a matte finish foundation that is slightly darker than the dancer's skin-tone, to counteract stage lights. Blend evenly.
- Use concealer to cover any blemishes or under-eye circles, blending well.

STEP 2: Set the Makeup

- Lightly dust translucent setting powder over the foundation and concealer to reduce shine.

STEP 3: Apply Blush

- Choose a natural-looking blush and apply it to the apples of the cheeks, blending outward towards the temples.

STEP 4: Eyeshadow Application

- **Base Colour:** Apply a light neutral shadow (such as Ivory or beige) to the entire eyelid and up to the brow bone to create a base.
- **Transition Colour:** With a fluffy brush, apply a medium shade (such as tan or light brown) into the crease to create depth.
- **Defining Colour:** Use a darker brown eyeshadow to define the outer corner of the eye and the crease, blending well for a smooth look.
- **Highlight Colour:** Apply a light shadow (such as ivory or white) to the inner corner of the eye and just under the brow bone to brighten and lift the eyes. A shimmery white or champagne shadow can be applied to the inner corner of the eye and blended out toward the centre of the eyelid for some added glow.

Step 5: Eyeliner (optional)

- Apply black eyeliner along the upper lash line for definition. A slight wing can be added to extend the eye.

Step 6: Mascara

- Apply several coats of mascara to both the upper and lower lashes to enhance the eyes.

Step 7: Lips

Line the lips first for a more defined shape, then apply lipstick, ensuring even coverage.

Step 8: Final Touches

- Check the overall look in natural light if possible and make any necessary adjustments.
- Ensure all makeup is set and looks vibrant, as stage lights can wash out colours.

Makeup Removal: After the concert, use a gentle makeup remover to thoroughly clean the face.

If you don't have makeup remover, coconut oil is a great substitute.

HAIR & MAKE-UP INSTRUCTIONS - BOYS

Hair should be neatly styled off the face with gel. Makeup is also recommended for Boys. Minimal makeup should be worn to stop the bright lights washing them out. Base foundation or translucent powder to take away shine, light bronzer to highlight the cheekbones and black mascara on the eye lashes.