

TEEN GIRL'S DRESS CODE

for BegInt, IntAdv, & Adv Classes

All Students in the TEEN Classes AGES 10 & up will need dance clothes and shoes for each class style listed below:

GIRL'S BALLET: Any Color Leotard, Pink or Black Tights, Black form fitting athletic pants acceptable. Pink Ballet Shoes must be worn.

Pointe Shoes for Pointe. No Jewelry.

Hair is to be worn in a ballet bun with no stray hair in your face.

GIRL'S JAZZ & CONTEMPORARY: Any Color Leotard, Pink or Black Tights, Black form fitting athletic pants acceptable. Black or Dark Compression Socks for Contemporary. Bare Feet for Jazz. No Jazz shoes needed. Hair pulled back with no stray hair in your face. No jewelry.

GIRL'S TAP: Same as Jazz, but must have tap shoes.

Hair is to be pulled back. No jewelry.

GIRL'S MUSICAL THEATRE DANCE: Same as Jazz. Character Shoes (if you have them) or Bare Feet. Hair is to be worn back. No jewelry.

TEEN BOY'S DRESS CODE

for BegInt, IntAdv, & Adv Classes

All Students in the TEEN Classes AGES 10 & up will need dance clothes and shoes for each class style listed below:

BOY'S BALLET: Any Color Form fitting T-shirt (NO LOGOS), Black Men's Tights and/or Black shorts. Black ballet shoes and/or black compression socks. Hair is combed back with no stray hair in your face.

BOY'S JAZZ & CONTEMPORARY: Same as ballet. Bare Feet. No Jazz shoes needed. Hair is combed back with no stray hair in your face.

BOY'S TAP: Same as Jazz, but must have tap shoes.
Hair is to be combed back with no stray hair in your face.

BOY'S MUSICAL THEATRE: Same as ballet. Jazz shoes needed.
Hair is combed back with no stray hair in your face.

TEEN SUPPLIES NEEDED FOR STRENGTH AND PBT WELLNESS MOVEMENT CLASSES

Students in Women's and Men's Strength Classes will need hand weights around 8-10lbs for every class

All Students in PBT and Wellness classes will need a **YOGA MAT** and a **LARGE FITNESS BALL**. Students in company and higher level ballet/jazz classes will need **THERABANDS (see below)**

Please use chart below for the correct size of the LARGE FITNESS BALL

<u>Student's Height</u>	<u>Ball size</u>
under 4'8"	45 cm or 18' fitness ball
4'8" to 5'3"	55 cm or 22' fitness ball
5'4" to 5'10"	65 cm or 26' fitness ball
5'10" to 6'4"	75 cm or 30' fitness ball

List of Therabands needed

"purple" theraband (\$10)
"blue" theraband (\$5)
"yellow" & "green" theraband (\$5/each)

THERABANDS & ROLLERS NEEDED FOR INT ADV & ADV JAZZ CLASSES!