

# ALL DANCE INTENSIVES 2024 INFORMATION SHEET

## CHILDREN'S DANCE & MUSICAL THEATRE INTENSIVE DRESS CODE

**(Ages 5-7)**

**All Students in the CHILDREN'S Dance Intensive will need dance clothes and shoes for each class style listed below:**

**GIRLS:** *Any color Leotard*, Pink Ballet Tights or form fitting stretch pants, and Pink split-sole Ballet Shoes.

No shoes needed for jazz. Tap shoes needed for tap.

Hair is to be worn back with no stray hair in your face.

**BOYS:** *Any color "no logo", Form-fitting T-shirt*, Black Men's Tights and/or Black shorts. Black ballet shoes needed for ballet, no shoes for jazz, and tap shoes for tap.

Hair is combed back with no stray hair in your face.

## YOUNG DANCE INTENSIVE GIRLS DRESS CODE

**(Ages 7-9)**

**All Students in the YOUNG/BEG Dance Intensive will need dance clothes and shoes for each class style listed below:**

**GIRL'S BALLET:** *Any color Leotard*, Pink Ballet Tights, and Pink split-sole Ballet Shoes. *Ballet skirts allowed.* Hair is worn in a ballet bun with no stray hair in your face.

**GIRL'S JAZZ:** Same as ballet with added layers of form fitting tops & black form fitting athletic pants or black biker shorts. Bare Feet.

No Jazz shoes needed. Hair is to be worn back with no stray hair in your face.

## ADVYOUNG & BEG TEEN DANCE INTENSIVE GIRLS DRESS CODE

**(Ages 9-13)**

**All Students in the YOUNG/BEG Dance Intensive will need dance clothes and shoes for each class style listed below:**

**GIRL'S BALLET:** *Any color Leotard*, Pink Ballet Tights, and Pink split-sole Ballet Shoes. *Ballet skirts allowed.* Hair is worn in a ballet bun with no stray hair in your face.

**GIRL'S JAZZ:** Same as ballet with added layers of form fitting tops & black form fitting athletic pants or black biker shorts. Bare Feet.

No Jazz shoes needed. Hair is to be worn back with no stray hair in your face.

## ADV & INT DANCE INTENSIVE GIRLS DRESS CODE

All Students in the ADV & INT Dance Intensive 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. *Ballet skirts allowed.* Black or Dark Compression Socks. Pointe Shoes or Pink Ballet Shoes. Hair is to be worn in a ballet bun with no stray hair in your face.

**GIRL'S JAZZ:** Any Color Leotard, Pink or Black Tights, Black form fitting athletic pants acceptable. Black or Dark Compression Socks. Bare Feet. No Jazz shoes needed. Hair is to be worn back with no stray hair in your face.

## DANCE INTENSIVE BOYS DRESS CODE

**BOY'S BALLET:** *Any color "no logo", Form-fitting T-shirt,* 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:** Same as ballet. Bare Feet. No Jazz shoes needed. Hair is combed back with no stray hair in your face.

## DANCE SUPPLIES NEEDED

Note: No supplies needed for Children's Dance & YOUNG Dance Intensive (ages 7-9) Students

All Students in the **ADV/INT** & **ADV YOUNG/BEG TEEN** Dance Intensives will need a **YOGA MAT** and a **LARGE FITNESS BALL** for **Progressing Ballet Technique classes.**

Please follow the chart below for the correct size.

### **LARGE FITNESS BALL SIZE CHART**

<u>Student's Height</u>	<u>Fitness 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

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In addition to the yoga mat and fitness ball, each **ADV/INT** student will need a **long purple theraband** (\$10), a **light blue theraband** (\$5), **yellow and green small bands** (\$5 each)

In addition to the yoga mat and fitness ball, each **ADV YOUNG/BEG TEEN** student will need the **yellow and green small bands** (\$5 each)

**THERABANDS CAN BE PURCHASED FROM MELINDA DURING THE FIRST DAY OF THE DANCE INTENSIVE!**