

Just For Kix of White Bear Lake
What to Wear to Class Information for 2016-2017 Dance Season

What to wear to class/how to do hair for class

When a dancer comes to class, s/he should feel like s/he is at a dance class. Proper attire is important - if a dancer simply wears whatever s/he wore to school that day, dance class is no longer a special thing, but just another thing to get done with on that day. Please try to change your dancer into special clothing for dance class:

- For boys of any age, they can wear shorts and tanks or t-shirts, or men's dance pants.
- For our youngest dancers, tights and leotards are recommended because they usually LOVE wearing these items! Help your dancer dress up and feel special. Put your dancer's hair up in a bun.
- For older dancers, they tend to enjoy wearing jazz shorts and tanks or t-shirts. This is fine for most classes, except ballet:
 - For ballet, dancers MUST wear light colored tights (prefer pink) and a dark leotard (prefer black).

Dancers should always wear appropriate footwear to dance class. PLEASE WRITE YOUR DANCER'S NAME INSIDE THEIR SHOES WITH A SHARPIE in case they are left behind.

- Our young dancers can wear their performance dance shoes for both practice and performing, as long as they still look performance worthy for the next performance. If not, we recommend purchasing a new or newer used pair prior to the next performance.
- Our mid-range aged dancers, 4th-7th grade or near these ages, can wear their performance shoes for both practice and performing, depending on how many classes they are in and how much wear the shoes get each week. Parents may want to consider having a practice pair and a performance pair for their dancer.
- Our older dancers, 8th-12th grade, can wear their performance shoes for both practice and performing IF they are only in one or two classes with those shoes. We highly recommend that ALL dancers of this age have a practice pair and a performance pair (the only exclusion to this may be for those in Senior Lyrical as the "Turners" we are using this year last a long time and get better with every use).
- Practice pair / Performance pair - it is recommended that your dancer wears his/her Performance pair for at least two weeks prior to performing the first time, and then to at least one class prior to each performance/competition to make sure the shoes are comfortable and broken in.
- **Ballet** - dancers MUST have pink split-sole ballet slippers in either canvas or leather for class AND performing. Ballet slippers are relatively inexpensive, so having a practice and a performance pair is recommended. Dancers can purchase these ballet slippers wherever they like, but if they need to be fitted, we recommend they go to JT's Dancewear, 2179 4th St #2b, White Bear Lake, MN 55110, (651) 653-9992.

- **TAP** - all dancers should go to JT's Dancewear, 2179 4th St #2b, White Bear Lake, MN 55110, (651) 653-9992 to be fitted for tap shoes:
 - Preschool - 3rd graders should wear the Tyette style shoe (Capezio makes the Tyette, but it doesn't have to be this brand - please get the Mary Jane style with the black tying ribbon).
 - 4th-12th graders - this year, we are going to use a heeled tap shoe. Please purchase the Footlight tap shoe in black.

For class, hair MUST be pulled back into a ponytail (even boys with long hair), bun or braid during all dance classes. A high bun (near or on top of the head) is highly recommended for all dancers, but especially those in 2nd-12th grade - this makes "spotting" much, much easier. If your dancer's hair is shorter than that, please pull or clip back what you can. Many younger kids come to class with a "bob" haircut and say they can't pull it back, but yet the sides of their hair cover their faces when they turn or touch the floor. Use headbands, barrettes, clips and binders as much as possible to pull the hair off of the dancer's face. The point of pulling the hair back is not only to let the instructor see the posture of the neck, but also so that the dancer doesn't have to mess with it or touch it while in class.

Dance Bag - It is helpful if your dancer has a dance bag that includes:

- their dance shoes
 - put each pair of shoes into a smaller, separate bag inside the bigger bag to reduce rubbing and wear
- extra practice clothes in case of accidents/emergencies
- hair items (in a small, separate bag/container)
- a water bottle
- a healthy snack if dancer will be at class for two or more hours

Your dancer is allowed to only drink WATER at class. WATER BOTTLES ARE ENCOURAGED!!!
Dancers can bring water bottles into class and place them at the back of the room.

NO GATORADE, POWERADE OR OTHER COLORED DRINKS allowed. We have had too many spills in the past, which is detrimental to our lease agreement and can be costly to remove or repair. Please do not let your dancer bring any of these drinks - water works just fine for hydration. Thank you!

******* Help your dancer have a successful class by having him/her fully prepared for class - proper clothes and finished hair will make such a difference! *******

If you have any questions about class attire, please contact our Program Director at 651-653-8539 or whitebearlake_mn@justforkix.com, or our Home Office at 218-829-7107 or dance@justforkix.com.