

What to Wear to your Just For Kix Dance Class

Dance Class Attire

When a dancer comes to class, they should feel like they are 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 that day. Please try to change your dancer into special clothing for dance class:

- For anyone who wants to wear them, tights and leotards are recommended. Help your dancer dress up and feel special.
- Older dancers tend to enjoy wearing jazz shorts, and tanks or t-shirts. This is fine for most classes. Occasionally the instructor may request that dancers wear all black attire, but we'll give plenty of notice before we ask that.

Shoes

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. The notes below are for jazz shoes.

- Our young dancers (PreK - 3rd grade) 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. For those in more than one class that wear the same shoes (like jazz shoes), parents may want to consider having a practice pair and a performance pair of shoes.
- Our older dancers, 4th - 12th 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.
- Hip Hop dancers can wear tennis shoes to class but should wear their performance shoes a few times before each performance to break them in. Hip Hop shoes should not be worn outside until the dancer is no longer going to use them for performances.
- **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.

Hair

For class, hair MUST be pulled back into a ponytail, bun or braid during all dance classes. A bun 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 reach down to 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 push it out of their eyes during class which can create habits that will transfer to the stage or competition floor.

Dance Bag

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

- their dance shoes
- extra practice clothes in case of accidents/emergencies
- hair items (in a small, separate bag/container) and hairspray
- a water bottle (no leaks) - bring two or three
- a healthy snack if dancer will be at class for two or more hours
- Hygiene items such as deodorant, pads, tampons, etc.

Hydration

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, side, or front 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 floor and is costly to remove or repair. Please do not let your dancer bring any of these drinks - water is just fine for hydration. If parents or siblings are waiting in the building, please only consume clear drinks. Thank you!

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

If you have any questions about class attire, please contact our Program Director at 763-843-5838 or stfrancis_mn@justforkix.com.