

DANCE ATTIRE - ADULT

LADIES:

<p>BALLET & BALLET FOR EXERCISE - Black leotard & pink tights, (you may also wear a T-shirt over this apparel, any color) or jazz pants, capris or leggings (any color, or athletic shorts with lycra shorts), & pink leather ballet shoes. You may wish to bring a towel or thin exercise mat.</p>	<p>TAP - jazz pants or casual pants, or athletic shorts w/lycra shorts, t-shirt or lightweight shirt, black tap shoes.</p> <p>JAZZ & JAZZ FOR EXERCISE - jazz pants, capris or leggings (any color, or athletic shorts with lycra shorts), and black jazz oxford shoes. Bring a towel or thin exercise mat.</p>	<p>BELLY DANCING - Barefoot, sports bra or fitted t-shirt, with exercise shorts or pants.</p> <p>HIP/HOP - any color leotard or exercise clothes, black jazz pants or lycra bike shorts & black jazz oxford shoes.</p> <p>SALSA, C&W, SWING & BALLROOM – Leather soled dress shoes and comfortable clothes. Ladies sandals should have a strap across the back.</p>
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MEN:

<p>BALLET & BALLET FOR EXERCISE - White t-shirt & Unitard or men's black tights (heavy fabric) or lycra shorts with athletic shorts with a dance belt and black ballet shoes with socks.</p>	<p>TAP - Athletic shorts with lycra bike shorts or casual pants, t-shirt or lightweight shirt, black tap shoes.</p> <p>JAZZ & JAZZ FOR EXERCISE - Athletic shorts with lycra bike shorts, or black jazz pants, t-shirt and black jazz oxford shoes. Bring a towel or thin exercise mat.</p>	<p>HIP/HOP –Same as Jazz, black jazz oxford shoes or sneakers.</p> <p>SALSA, C&W, SWING & BALLROOM – Leather soled dress shoes and comfortable clothes.</p>
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MEN & WOMEN:

<p>YOGA - Barefoot, any exercise clothes. Bring a towel or thin exercise mat.</p> <p>ZUMBA – Exercise clothes & sneakers.</p>	<p>HOOP DANCING – Comfortable activewear. Teacher will provide hoops for student use and/or purchase.</p>	<p>FLAMENCO - Check with your teacher at the first class.</p>
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