

NIAGARA DANCE CENTRE CLASS ATTIRE GUIDE 2024–2025

Unless otherwise specified, suggested attire for **girls** for all classes includes: a leotard and tights, and then atop that, they can wear relatively form-fitting clothes that will keep them comfortable and their temperature regulated (i.e., tanks, t-shirts, long-sleeved tees, sweatshirts, bike shorts, dance skirts, leggings, etc.). We do not mind athleisure or matching sets but we do mind if dancers cannot fully participate because they have to stop time and again to adjust their clothing. **Boys** should wear form-fitting shirts and shorts, leggings, or slim-cut athletic pants. They may want to consider a dance belt for comfort as they get older. **Everyone** should avoid loose-fitting, restrictive, and/or uncomfortable clothing. Hair *must* be secured away from the face for all classes. Students who are not dressed appropriately for class may be asked not to participate for their safety. For recommendations for specific styles, please ask Miss Amy!

WHERE TO PURCHASE: Locally, we recommend Bailey's Slipper Shop. Online, Discount Dance Supply (www.discountdance.com) is a reputable retailer, and if you use code TP133711, they donate a small portion of your purchase to our studio.

CLASSES WITH SPECIFIC ATTIRE REQUIREMENTS

ACRO

Leotard (any color), cropped tights (any color), and/or form-fitting top that can tuck into shorts or leggings permitted—dancers should be cognizant that they will be going upside down and should plan dancewear accordingly

BALLET TECHNIQUE

Black leotard, pink tights, form-fitting black top and black shorts permitted

JUMP, TURN & STRETCH

Leotard (any color), tights (any color), and/or form-fitting top and shorts or leggings permitted

CLASSES THAT TEND TO GENERATE QUESTIONS

MY GROWN-UP & ME

Aim for comfort!

PRIMARY PREP • TUMBLE & GROOVE

We encourage dancewear, but appreciate that it can feel restrictive at this age. Leggings, shorts, t-shirts, and the like are acceptable alternatives if your little one needs an alternative.

CHEER DANCE • HIP HOP • STRENGTH & CONDITIONING

Feel free to wear athletic wear, but be mindful in cheer and hip hop that dancers may be doing tricks that take them upside down.

FLEXIBILITY

Think yoga or Pilates.

MUSICAL THEATRE

Think jazz.

CONTEMPORARY

Think lyrical.

ADULT CLASSES

You're grown-ups. Do what you want! You've earned it.