

MY DANCE CLASS CHECKLIST

It is hard to forget what to pack with this check list.

1. Download
2. Print
3. Laminate
4. Put in dance bag



Why do I have to put my hair up?

- Does your child have bangs or pieces of hair falling down? How about little frizzies tickling their shoulders? In the middle of a combination or rehearsal, they may reach up and brush their hair out of their way. When a dancer does this all the time, after a specific step, or in a rehearsal, it actually becomes muscle memory, and they will continue to "brush their hair away" onstage, even if it is slicked back and pinned up!
- Ponytails can hurt when you whip your head around.
- Centered ballet buns can help with your balance.



Even your youngest dancer can get ready on their own!

Dance class dress codes are important:

Why a leotard?

- Prevent Injury
It allows your teacher to ensure you are using proper technique and your body is in alignment.
- Uniformity
It allows the teacher to pick up on details that might otherwise be missed if distracted by the differences in everyone's clothing.

Always check with your dance instructor for special items, restrictions, and directions.



● My hair is up!

● Leotard

● Tights

● Shoes

● Water

● Snack