

2023

 **danceworks 114**



**WHAT DO I NEED
FOR MY CLASS?**

*Reminder this is a guide only as Danceworks do not enforce a strict uniform on its dancers although highly encouraged to get the most out of our classes.

Welcome to Danceworks 114 in 2023!

To make sure you are ready to return to classes, or join us for the first time, we have outlined the items required for each class. We hope this helps you to feel prepared & ready to kick off an excitement filled year!

Mini's age group

Mini Groovers are asked to come dressed comfortably wearing non restrictive clothing. Dancers can wear any clothes they wish, whether it be a fairy dress, superman costume, leggings & a tee, or even a leotard and a skirt.

SHOES: Canvas Ballet flat (no ribbons) Black



Mini Trio A & B are asked to come dressed comfortably wearing non restrictive clothing. Dancers can wear any clothes they wish, whether it be a fairy dress, superman costume, leggings & a tee, or even a leotard and a skirt.

SHOES: Canvas Ballet flat (no ribbons) either Black or Ballet pink. (see photo above)

For **TAP** they require Black Tap Shoes



Mini Monkeys should wear tight fitting clothes to safely execute skills & tricks. Shorts, leggings, a crop top or even a T-shirt that can be tucked in works well.

Shoes: no shoes for this one, barefoot only.



Music & Movement dancers can come dressed in any clothes or shoes of their liking. We do just ask that you have a think about what clothes could be restrictive (such as denim) or inconvenient for stretching, running, jumping and having fun!

Dance shoes as above or regular shoes. We can't allow dancers to be in socks as the floors are too slippery.



Acro & Cheer Classes



Doesn't matter which Acro level you are participating in, to ensure you are executing your skills & tricks safely dancers should come in fitted clothing, barefoot and their **hair tied back.**

Appropriate clothing items: Fitted shorts or leggings, tees that can be tucked in if needed, crop top, singlets etc
*Cheer classes will be required to purchase plain white sneakers for end of year concert performance.

Hip Hop Classes



It's preferred that dancers wear looser fitting clothes such as track suit pants & a tee, or even leggings to allow them to get the full flow & effect of Hip Hop moves.

SHOES: Any sneaker they own. Such as runners, converse etc.
when concert rolls arounds, you will be asked to source a neutral coloured shoe for their performance, such as this all white sneaker shown in picture.



Prep & Juniors - Trio, Tap & Skills

Whether you are enrolled into Prep Trio, Prep Skills, Prep Tap, Junior Skills or Junior Tap please come dressed comfortably wearing non restrictive clothing. Dancers can wear any clothes they wish, whether it be a fairy dress, superman costume, leggings & a tee, or even a leotard and a skirt.

SHOES: Black Tap shoes, Black canvas ballet shoes (no ribbons)



Classical Classes

Intermediate, Upper, Gold Star, Elementary & PBT

Although not compulsory, it is preferred that dancers come wearing a Leotard, tights and a skirt to all classes. If this is not achievable, tight fitting clothes such as shorts and a crop top can be worn.

Why should we wear Leotards to dance?

This allows their teacher to correct posture, alignment and technique without clothing acting as a barrier or obstructing the dancer.

Leotards will prevent a dancer from slipping on clothing or avoid their balance being thrown off from clothing items.

Additionally, leotards provide freedom of movement while dancing, allowing for greater mobility.

When you look like a dancer, you feel like a dancer. Dressing appropriately for ballet class will also help dancers get into the style of the class.



..... Tap Classes

Attire is a little more relaxed in Tap.

It's preferable that long pants are not worn so that they don't get caught up under your shoes. .



Any exercise clothing is appropriate for Tap class

Either style Black Tap shoe can be worn also

Jazz Classes



A lot like Tap, there is a lot more Freedom of attire in your Jazz & Funk classes. However, it is still very important for your teachers to be able to see placement & movement of your bodies in order to help you get the most out of your classes. For this reason, you can't go wrong with Activewear.

Whether you prefer leggings, tights, T-shirts, singlets, crop tops - the choice is yours, just make sure you can move without restriction.

SHOES: all dancers will need leather jazz shoes for this class. They can be lace up or slip on as shown in photo.

Contemporary

It is **COMPULSORY** that all contemporary dancers wear knee pads to class

Why? Knee pads are to protect dancers from injury.

The padding helps to limit impact during floor moves to ensure freedom of movement.

Knee pads can be purchased from most dance brands online or in store. (Black or Tan- FYI if you are also a Performance Team member Tan will be required for performances)

NO SHOES REQUIRED FOR CONTEMPORARY

Students are again encouraged to wear non restrictive activewear type clothing for this lesson, as above for Funk / Jazz class.



Example of students chosen activewear to Jazz and/or Contemporary classes



Performance Teams!

Please refer to corresponding styles class for information on appropriate class attire

WHAT YOU WILL NEED

Jazz : Black Leather Jazz shoes
Capezio Ultra Soft Footed Tights

Classical: Pink Leather Shoes w/ Ribbons
Energetiks Footed Tights in colour Salmon

Contemp: Tan knee Pads
Energetiks Footed Tights in colour Salmon

Tap: Black Tap Shoes
Capezio Ultra Soft Footed Tights

Hip Hop: Colour shoes to be confirmed
No tights for Hip Hop



Hair up, please!

Please be reminded that all dancers must attend class with their hair tied back out of their face. Teachers will request dancers tie up their hair before continuing lessons

Why is it important to have your hair tied back for sport?

- It ensures we are executing skills & tricks safely
- Stop it from getting in your way / face whilst dancing
- Having you hair out can be very distracting, students tend to play with it instead of concentrating on class content

