

ADX Xtreme Dance

Shoe and Dance Clothing Requirements

A designated cover-up as well as street shoes must be worn by all students arriving and leaving the studio. Dance shoes are not to be worn in the parking lot. Panties should not be worn with leotard and tights. Please label all shoes, accessories & dance bags. Ballet dancers need to have their ballet shoe drawstrings sized, trimmed, and tucked under for every class. Tap elastic or “tap ties” are required for all dancers wearing patent tap shoes. Tap ties are available for purchase in the office. Hair should be secured off of the neck and out of the face in a bun or ponytail. Please, no jewelry including hoop or dangle earrings.

Ballet & Tumble Combination Class (Creative Movement)

Girls: solid black leotard, pink tights, pink leather full sole ballet shoes. Ballet drawstrings need to be sized, trimmed, and tucked under for class. Please do not purchase a leotard with an attached skirt. **Boys:** white fitted tee (tucked in), black jersey shorts, black socks, black leather full sole ballet shoes, black tap oxfords. Ballet drawstrings need to be sized, trimmed, and tucked under for class.

Ballet & Tap Combination Class (PK I/II & Primary I/II)

Girls: solid black leotard, pink tights, pink leather full sole ballet shoes. Ballet drawstrings need to be sized, trimmed, and tucked under for class. Black patent tap shoes with tap elastics. Please do not purchase a leotard with an attached skirt. **Boys:** white fitted tee (tucked in), black jersey shorts, black socks, black leather full sole ballet shoes, black tap oxfords. Ballet drawstrings need to be sized, trimmed, and tucked under for class.

Ballet Technique I-V & Pointe (Ages 6 & older)

Girls: solid black leotard, pink tights, pink canvas split sole ballet shoes with elastics sewn in an “X”. Leg and ankle warmers may be worn as needed. Black ballet skirt with teacher approval. **Boys:** white fitted tee (tucked in), black jersey shorts or black leggings, dance belt, black socks, black canvas split sole ballet shoes with elastic sewn in an “X”. Ballet drawstrings need to be sized, trimmed, and tucked under. **Dancers are not wear dance shorts or street style clothing.** All dancers level III and higher also need a tennis ball and Thera-bands 1-red (medium) and 1-green (heavy).

Jazz Technique I-V & Street Jazz (Ages 6 & older)

Girls: solid color leotard, jazz top, athletic bra, hot shorts, trunks, black or tan tights. Black leather gore slip-on jazz shoe. Sweats may only be worn at the beginning of class during stretching. No hoodies or street style clothing. **Boys:** solid color fitted tee (tucked in), black jersey shorts, black leather gore slip-on jazz shoe.

Tap Technique I-V (Ages 6 & older)

Girls: solid color leotard, jazz top, athletic bra, hot shorts, trunks, black or tan tights. Black leather tap oxfords. Sweats may only be worn at the beginning of class during warm up. No hoodies or street style clothing. **Boys:** solid color fitted tee (tucked in), black jersey shorts, black socks, black leather tap oxfords.

Modern Technique I-III (Ages 6 & older)

Girls: black leotard, black footless tights. Bare feet. Sweats may only be worn at the beginning of class during stretching. No hoodies or street style clothing. **Boys:** black fitted tee (tucked in), black jersey shorts, bare feet.

Lyrical/Contemporary Class (Ages 9 & older)

Girls: solid color leotard, jazz top, athletic bra, hot shorts, trunks, black or tan tights. Foot undies or bare feet. Sweats may only be worn at the beginning of class during stretching. No hoodies or street style clothing. **Boys:** solid color fitted tee (tucked in), black jersey shorts, bare feet.

Hip Hop (Ages 5 & older)

Street style clothing. No jeans, skirts, dresses or restrictive clothing. Dancers will also need a tennis shoe that allows for movement, slides, and turns. Please keep your shoes clean and free of debris for class.