



## *Class Attire - Why is it important?*

Just like any other sport where the appropriate uniform and protective gear is necessary, dance requires certain clothing and shoes in order for your child to learn to their best capacity. So it's important to factor in the cost of dance apparel into your budget, and aim to have the recommended attire within three weeks of your dancers enrolment. Here are a few reasons why we have a dress code;

### **A sense of belonging**

A uniform is an important addition to ensure students feel a sense of belonging within our studio at Dance Kix. It creates a tangible identity as a team and builds pride within our students. It also prevents economic and social differences being experienced within the studio, and removes the peer pressure of buying expensive labels to fit-in.

### **No Distractions**

Dancers move a lot! The worst situation in class is being uncomfortable in clothing that doesn't fit properly, is pulling somewhere that hurts or is simply distracting. Our uniform is both practical and comfortable, ensuring that students maintain their modesty when learning and mastering the art of dance. It is necessary that a dancer's hair is tied back so it is out of their face, either in a bun or ponytail.

### **Teachers Easily See Body Alignment**

Correct alignment is key to being able to progress and succeed in dance. This is not an easy task to complete and it takes time to determine where your centre of gravity is and how this interconnects with alignment. Mastering correct alignment influences a dancers ability to balance, turn, and use the full body with every movement. Dance teachers play a big part in helping their dancers figure this out. The proper dancewear makes it easy for teachers to see alignment that is off and then correct it.

### **Look The Part, Play The Part**

In order to be a dancer, it helps to feel like a dancer! Dressing the part always makes you feel more confident and ready to do your best. In order for dancing to be enjoyable and progressional, discipline is required and uniforms are a reminder that there a practical rules to follow and respect to ensure everyone has a great time in class.



## *Attire by class style*

### **Dance With Me & Preschool Ballet**

We are very relaxed with dance attire in this age group. If your child has a favourite dancing outfit they would like to wear, that's fine by us! For safety reasons, long dresses are not recommended. Alternatively, a leotard and skirt for girls or shorts and t-shirt and short for boys. Ballet slippers are recommended and can be purchased from our online store.

### **Preschool Jazz/Tap Combo**

As this class is a combination class, tap shoes and jazz shoes are required and can be purchased from our online shop. If your child has a favourite dancing outfit they would like to wear, that's fine by us! For safety reasons, long dresses are not recommended. Alternatively, Dance Kix singlet or leotard and skirt/shorts for girls and t-shirt and shorts for boys.

### **Ballet**

Ballet shoes are essential for correct form and technique, and can be purchased from our online store. A leotard with a lightweight skirt (ballet tights are optional), Dance Kix stock a beautiful, high quality aqua leotard with attached skirt available from our online store. Boys can wear shorts or leggings and a t-shirt.

### **Contemporary/Lyrical**

Students are required to wear foot undies available from our online store (Yes, we know! A very strange name for footwear) these provide a turning pad under the ball of the foot, which helps dancers in turning and moving across the floor. Dance Kix stock a beautiful, high quality aqua leotard with attached skirt available from our online store. Alternatively, students may choose to wear a Dance Kix singlet or Dance Kix shirt with leggings or form fitting shorts. These can be purchased from our online store.

### **Jazz/Hip Hop & Music Theatre**

Jazz shoes are essential for correct form and technique, and can be purchased from our online store. Students may choose to wear a Dance Kix singlet or Dance Kix shirt with leggings or form fitting shorts. Boys can wear shorts or leggings and a Dance Kix t-shirt.

### **Tap**

Tap shoes are essential and are available from our online store. Dance Kix also stock a beautiful, high quality aqua leotard with attached skirt. Alternatively, students may choose to wear a Dance Kix singlet or Dance Kix shirt with leggings or form fitting shorts. Boys can wear shorts or leggings and a Dance Kix t-shirt.

### **Hair**

All long hair is to be tied up, preferably in a bun or ponytail.

### **Where can I find the online store?**

Dance Kix has an online shop selling dance shoes and dance attire, which is easily accessed via our website. Once orders have been placed, we deliver the order to your dancers next class for collection. Featured within the store is an easy to follow sizing guide to help you select the correct size, should you need to exchange due to incorrect sizing we will arrange that for you.

We also hold a pop-up shop, which occurs once per term at our studio locations, where we can individually size your child for the correct fit. Contact our office for dates of the next pop-up shop.