

Acro **Dancewear Requirements 2017 - 2018**

Appropriate uniform minimizes distractions in class, and allows the instructor to see the students' bodies clearly to make appropriate corrections to their technique. If the instructor has difficulty seeing what is going on with a student's body, she is unable to help the student to dance safely and to their fullest potential.

Part of what we are trying to instill in our students is a sense of discipline and an understanding of the etiquette that comes along with proper dance training. Please be respectful of the art form by coming to class properly groomed. **Students who are not following the dress code may be asked to sit out of class. Prior to this happening, the teacher will speak with the parent about the student's attire.**

All Acro Classes

- **Black Bodysuit or Black Sports bra**
- **Black Dance Shorts (if the shorts have a colored waistband, this is permitted)**
- **Tan or white capri/knee length tights (for the exam, students will need the capri length, not ankle tights)**
- **Feet MUST be bare**

- Hair for girls must be off the face in a low bun or two french braids, tucked into a bun (for safety purposes). A single braid or high bun makes it difficult to headstand or do somersaults.
- No jewelry is to be worn during class
- No loose clothing such as tank tops, sweaters or shirts
- All of the above is required to ensure each student can be spotted safely by the instructor.

All of the required dancewear may be purchased at:

Adajio Dance & Skate Apparel
15379 – Castle Downs Road (Lakeside Landing Mall)
780 457 – 0006