

SUMMER INFORMATION 2025

**NOTE: This is information for all workshops and dance intensives including Dress Code and Supplies needed.*

DRESS CODE - TRIPLE THREAT WORKSHOPS

All students should wear comfortable clothing that they can dance in. We suggest shorts, biker shorts, yoga pants, leggings, etc., along with t-shirts, tank tops and tighter fitting clothing. NO JEANS. Bring a light sweater or sweat shirt in case you get cold with the AC. Bring a water bottle and snacks. All students enrolled in Triple Threat will receive an email with directions on how to prepare. Please bring your dance shoes for ballet and tap, and girls if you have character shoes please bring those as well.

DRESS CODE - CHILDREN'S DANCE & MUSICAL THEATRE WORKSHOP

All Students in the CHILDREN'S Dance Intensive will need dance clothes and shoes for each class style listed below:

GIRLS: Any color Leotard, Pink Ballet Tights or form fitting, stretch pants, and Pink split-sole Ballet Shoes. No shoes needed for jazz. Tap shoes needed for tap. Hair is to be worn back with no stray hair in your face.

BOY'S: Any color "no logo", Form-fitting T-shirt, Black shorts. Black ballet shoes needed for ballet, no shoes for jazz, and tap shoes for tap. Hair is combed back with no stray hair in your face.

NOTE: No supplies needed for this workshop.

DRESS CODE - LITTLE GEMS DANCE PARTY

Little GIRLS: Any color Leotard, Pink Ballet Tights or bare feet, tights or leggings. Hair is to be worn back with no stray hair in your face.

Little BOY'S: Any color "no logo", Form-fitting T-shirt, Any color shorts (no jeans). Bare feet or black ballet or jazz shoes. Hair is combed back with no stray hair in your face.

NOTE: No supplies needed for this workshop.

DRESS CODE - YOUNG & BEG TEEN DANCE INTENSIVE WORKSHOP

All Students in the YOUNG/BEG Dance Intensive will need dance clothes and shoes for each class style listed below:

GIRL'S BALLET: Any color Leotard, Pink Ballet Tights, and Pink split-sole Ballet Shoes. Ballet skirts allowed. Hair is worn in a ballet bun with no stray hair in your face.

GIRL'S JAZZ: Same as ballet with added layers of form fitting tops & black form fitting athletic pants or black biker shorts. Bare Feet. No Jazz shoes needed. Hair is to be worn back with no stray hair in your face.

BOY'S: Any color "no logo", Form-fitting T-shirt, Black shorts. Black ballet shoes needed for ballet, no shoes for jazz, and tap shoes for tap. Hair is combed back with no stray hair in your face. Head bands or bandannas can be

DRESS CODE - ADVANCED & INTERMEDIATE DANCE INTENSIVE WORKSHOP

All Students in the ADV & INT Dance Intensive will need dance clothes and shoes for each class style listed below:

GIRL'S BALLET: Any Color Leotard, Pink or Black Tights, Black form fitting athletic pants acceptable. Ballet skirts allowed. Black or Dark Compression Socks. Pointe Shoes or Pink Ballet Shoes. Hair is to be worn in a ballet bun with no stray hair in your face.

GIRL'S JAZZ: Any Color Leotard, Pink or Black Tights, Black form fitting athletic pants acceptable. Black or Dark Compression Socks. Bare Feet. No Jazz shoes needed. Hair is to be worn back with no stray hair in your face.

BOY'S BALLET: Any color "no logo", Form-fitting T-shirt, Black Men's Tights, black biker shorts or tight shorts and/or Black tight joggers. Black ballet shoes and/or black compression socks. Hair is combed back with no stray hair in your face. Head bands or bandannas can be worn.

BOY'S JAZZ: Same as ballet. Bare Feet. No Jazz shoes needed. Hair is combed back with no stray hair in your face. Head bands or bandannas can be worn.

SUPPLIES NEEDED

ADV & INT DANCE INTENSIVE and ADV YOUNG & BEG TEEN DANCE INTENSIVES

Each student will need their own **YOGA MAT** and a **LARGE FITNESS BALL** for **Progressing Ballet Technique** classes.

Please follow the chart below for the correct size.

LARGE FITNESS BALL SIZE CHART

<u>Student's Height</u>	<u>Fitness Ball Size</u>
under 4'8"	45 cm or 18' fitness ball
4'8" to 5'3"	55 cm or 22' fitness ball
5'4" to 5'10"	65 cm or 26' fitness ball
5'10" to 6'4"	75 cm or 30' fitness ball

In addition to the yoga mat and fitness ball, each **ADV/INT** student will need a **long purple or yellow theraband** (\$15.00 each), a **light blue theraband** (\$10.00 each), **yellow and green small bands** (\$5.00 each).

In addition to the yoga mat and fitness ball, each **ADV YOUNG/BEG TEEN** student will need the **yellow and green small bands** (\$5.00 each)

**ALL THERABANDS CAN BE PURCHASED FROM MELINDA
DURING THE FIRST DAY OF THE DANCE INTENSIVE!**

DIAMOND DANCE