

Domaine Forget – 2017

DANCE INTENSIVE

CLOTHING – DANCE for classes and finale demonstration

Classical ballet (female)	Dance slippers or neutral color socks Tights, legging or well-fitted neutral color pants Leotard, tank top or well fitted neutral color t-shirt Point shoes (if you already own some) Ballet skirt (optional) Sports bra
Classical ballet (male)	Dance slippers or neutral color socks Tights or well-fitted neutral color pants Tank top or well-fitted neutral color top Dance belt (optional)
RUBBERBAND Method Hip-Hop (male and female)	Multiple and various tops Tights, leggings and/or comfortable exercise pants Warm sweater and/or hoody Running shoes Cotton socks

The important thing is to dress adequately to the dance style of the class. Ex: Loose comfortable clothes for hip-hop and more fitted clothes for ballet.

Other useful things you might need:

Yoga mat, knee pad, hair pins and elastics, a reusable bottle, a towel, and a small emergency kit (band aids, muscle cream, anesthetic balm etc...) Warm clothes and a note pad with a pen.