



***Proper Class attire is required.***

## **Dance**

### **Mini Movers (3yrs) / Dance with Me (2yrs)**

Comfortable clothing the dancer can move and stretch in (no dresses, skirts, jeans) sneakers or bare feet. Dance attire may also be worn.

### **Creative dance** (4/5yr olds)

Comfortable clothing the dancer can move and stretch in (no dresses, skirts, jeans) sneakers or bare feet. Dance attire may also be worn.

### **\*Tap/Jazz** (4/5yr olds)

**Girls** - leotard, pink or tan footed tight, dance shorts may be worn, black tap shoes, either tan jazz or pink ballet shoes, hair must be pulled back off face and neck.

**Boys** - white T-shirt, black sweatpants or tights, black tap shoes.

### **Ballet**

**Girls** - leotard, pink footed tights, pink ballet shoes, dance shorts and dance skirts may be worn. Hair in a bun.

**Boys** - white T-shirt, black sweatpants or tights, black ballet shoes.

### **Bollywood**

Comfortable clothing the dancer can move and stretch in (no dresses, skirts, jeans) sneakers or bare feet. Dance attire may also be worn.

### **Contemporary Dance**

**Girls** - leotard, pink or tan stirrup tight, dance shorts may be worn, tan pirouette shoes, hair must be pulled back off face and neck.

**Boys** - white T-shirt, black sweatpants or tights, black jazz shoes.

### **Jazz**

**Girls** - leotard, pink or tan footed tight, dance shorts may be worn, tan jazz shoes, hair must be pulled back off face and neck.

**Boys** - white T-shirt, black sweatpants or tights, black jazz shoes.

### **Lyrical**

**Girls** - leotard, pink or tan stirrup tight, dance shorts may be worn, tan pirouette shoes, hair must be pulled back off face and neck.

**Boys** - white t shirt, black sweat pants or tights, black jazz shoes.

### **Tap**

**Girls** - leotard, pink or tan footed tight, dance shorts may be worn, black tap shoes, hair must be pulled back off face and neck.

**Boys** - white T-shirt, black sweatpants or tights, black tap shoes.



**HEALTHQUEST** kids  
FITNESS CLUB

## Gymnastics

**Girls** - Leotards (without skirts), or gym shorts and tucked in T-shirts. Hair must be tied back. For the child's safety use elastic hair bands. Please do not use bows, hard barrettes, or plastic clips.

**Boys** - Gym shorts and tucked in T-shirts for boys.

No jeans, street clothes, or loose clothing. Denim, Nylon wind or cargo pants do not stretch and make it difficult to spot. Inappropriately dressed students will not be allowed to participate. Please remove jewelry prior to class.

## All Sports / Games and Gaga

Comfortable sports clothing and Sneakers tied tightly with no hanging laces. Absolutely NO Crocs, boots, flip flops, open toe shoes, rain boots.

## Generation Move

**Running Club** - Comfortable clothing the child can move and stretch in (no dresses, skirts, jeans). Sneakers tied tightly with no hanging laces.

**Bootcamp** - Comfortable clothing the child can move and stretch in (no dresses, skirts, jeans). Sneakers tied tightly with no hanging laces.

**Pre-fit** - Comfortable clothing the child can move and stretch in (no dresses, skirts, jeans). Sneakers.

**Kids Cycle** - Comfortable clothing the child can move and stretch in (no dresses, skirts, jeans). Sneakers tied tightly with no hanging laces.

**Kids Yoga** - Comfortable clothing the child can move and stretch in (no dresses, skirts, jeans). Recommended that participants bring their own mat. No shoes of any kind in the Prana Studio.

**Kids Strength and Balance** - Comfortable clothing the child can move and stretch in (no dresses, skirts, jeans). Participants work barefoot as well as in sneakers (no crocs, boots, open toe shoes)

**Inappropriately dressed and disruptive students will not be allowed to participate.**

*Please remember that all participants must be respectful and follow the direction of coaches or will be removed from class.*