

## Class Requirements & Recommendations

Monday's	
Acrobatic Arts	Body Flexibility, Stability & Mobility + Contortion Arts
<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Massage balls are recommended for body recovery. For the dance technique portion of the class, students may wear foot thongs or split sole jazz shoes; however, bare feet are required for the majority of the session.</p>	<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>It is required that all students wear shorts, except for those who prefer to wear a sleeveless leotard on its own.</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Resistance Bands</li> <li>• Looped Stretch Resistance Bands</li> <li>• Mini Looped Stretch Bands</li> <li>• Foam Roller</li> <li>• Stretch Straps / Yoga Belt</li> </ul> <p>Bringing massage balls is recommended, as they will be beneficial during class. Please ensure you also bring a pair of socks; ankle socks are acceptable provided they fully cover the foot.</p>

Tuesday's		
Hand Balancing	Limbering & Tumbling	Advanced Acrobatic Arts
<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Hand Balancing Pedestal Canes</li> </ul> <p>Students are encouraged to bring their own Hand Balancing Pedestal Canes, as PADA has only three sets available for those who do not possess their own equipment.</p>	<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Massage balls are recommended for students to support hand and foot recovery exercises.</p>	<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Shorts with a crop top, or leotard (recommended), due to high-intensity activities</li> </ul>

Thursday's	
Aerial Arts (Ages 6-11)	Aerial Arts (Ages 12+)
<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Wearing Leggings</li> </ul> <p>Leggings may be worn but are not mandatory. Students who wear shorts can use large socks with the ends removed over their knees to help prevent friction burns.</p>	<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Wearing Leggings</li> </ul> <p>Leggings may be worn but are not mandatory. Students who wear shorts can use large socks with the ends removed over their knees to help prevent friction burns.</p>

## Friday's

Acrobatic Arts	PADA Performing Team
<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p><b>Optional:</b></p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Massage balls are recommended for body recovery. For the dance technique portion of the class, students may wear foot thongs or split sole jazz shoes; however, bare feet are required for the majority of the session.</p>	<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> <li>• <b>Hand Balancing Canes (if part of the Hand Balancing Class)</b></li> </ul> <p><b>Optional:</b></p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Jazz shoes or foot thongs may be needed for students participating in specific dances. Hand balancing canes are required for students whose routines include the use of canes.</p>

## Saturday's

Acrobatic Arts	Body Conditioning & Wellbeing	PADA Performing Team
<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p><b>Optional:</b></p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Massage balls are recommended for body recovery. For the dance technique portion of the class, students may wear foot thongs or split sole jazz shoes; however, bare feet are required for the majority of the session.</p>	<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p><b>Optional:</b></p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Resistance Bands</li> <li>• Looped Stretch Resistance Bands</li> <li>• Mini Looped Stretch Bands</li> <li>• Foam Roller</li> <li>• Stretch Straps / Yoga Belt</li> </ul> <p>Appropriate footwear such as trainers or jazz shoes may be required. Massage balls are recommended to support effective body recovery.</p>	<p><b>Requirement:</b></p> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> <li>• <b>Hand Balancing Canes (if part of the Tuesday Hand Balancing Class)</b></li> </ul> <p><b>Optional:</b></p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Jazz shoes or foot thongs may be needed for students participating in specific dances. Hand balancing canes are required for students whose routines include the use of canes.</p>