

10. Class Requirements & Recommendations

Monday's	
Acrobatic Arts	Body Flexibility, Stability & Mobility + Contortion Arts
Requirement: • Bottle of Water • 2 Yoga Blocks Optional: • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt 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.	Requirement: • Bottle of Water • It is required that all students wear shorts, except for those who prefer to wear a sleeveless leotard on its own. • 2 Yoga Blocks Optional: • Massage Balls • Resistance Bands • Looped Stretch Resistance Bands • Mini Looped Stretch Bands • Foam Roller • Stretch Straps / Yoga Belt 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.

Tuesday's		
Hand Balancing Arts	Limbering & Tumbling Arts	Advanced Acrobatic Arts
Requirement: • Bottle of Water • 2 Yoga Blocks • A Pair of Plain Black Socks Optional: • Massage Balls • Hand Balancing Pedestal Canes • Hand Balancing Blocks • Hand Balancing Parallettes Bars • Yoga Belt 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.	Requirement: • Bottle of Water • 2 Yoga Blocks Optional: • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt Massage balls are recommended for students to support hand and foot recovery exercises.	Requirement: • Bottle of Water • 2 Yoga Blocks Optional: • Massage Balls • Shorts with a crop top, or leotard (recommended), due to high-intensity activities • Yoga Belt

Thursday's	
Aerial Arts	Contemporary Lyrical & Commercial / Street Dance
Requirement: • Bottle of Water • 2 Yoga Blocks Optional: • Massage Balls • Wearing Leggings or Socks over Knees 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.	Requirement: • Bottle of Water • 2 Yoga Blocks Footwear For Contemporary Lyrical Dance: • Barefoot or Foot Thongs Footwear For Commercial / Street Dance: • Trainers Footwear For Jazz Technique: • Jazz Shoes, Foot Thongs, or Barefoot

Friday's

Acrobatic Arts	PADA Performing Team
Requirement: • Bottle of Water • 2 Yoga Blocks Optional: • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt 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.	Requirement: • Bottle of Water • 2 Yoga Blocks • Hand Balancing Canes (if part of the Hand Balancing Class) Optional: • Massage Balls • Jazz Shoes or Foot Thongs 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.

Saturday's

Acrobatic Arts	Body Conditioning & Wellbeing	PADA Performing Team
Requirement: • Bottle of Water • 2 Yoga Blocks Optional: • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt 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.	Requirement: • Bottle of Water • 2 Yoga Blocks Optional: • Massage Balls • Resistance Bands • Looped Stretch Resistance Bands • Mini Looped Stretch Bands • Foam Roller • Stretch Straps / Yoga Belt Appropriate footwear such as trainers or jazz shoes may be required. Massage balls are recommended to support effective body recovery.	Requirement: • Bottle of Water • 2 Yoga Blocks • Hand Balancing Canes (if part of the Tuesday Hand Balancing Class) Optional: • Massage Balls • Jazz Shoes or Foot Thongs 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.