

10. Class Requirements & Recommendations

Monday's	
Acrobatic Arts	Body Flexibility, Stability & Mobility + Contortion Arts
<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt <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>Requirement:</p> <ul style="list-style-type: none"> • 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 <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Resistance Bands • Looped Stretch Resistance Bands • Mini Looped Stretch Bands • Foam Roller • Stretch Straps / Yoga Belt <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 Arts	Limbering & Tumbling Arts	Advanced Acrobatic Arts
<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks • A Pair of Socks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Hand Balancing Pedestal Canes • Yoga Belt <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>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt <p>Massage balls are recommended for students to support hand and foot recovery exercises.</p>	<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Shorts with a crop top, or leotard (recommended), due to high-intensity activities • Yoga Belt

Thursday's	
Aerial Arts (Ages 6-11)	Aerial Arts (Ages 12+)
<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Wearing Leggings <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>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Wearing Leggings <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

Friday's	
Acrobatic Arts	PADA Performing Team
<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt <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>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks • Hand Balancing Canes (if part of the Hand Balancing Class) <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs <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

Saturday's		
Acrobatic Arts	Body Conditioning & Wellbeing	PADA Performing Team
<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt <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>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Resistance Bands • Looped Stretch Resistance Bands • Mini Looped Stretch Bands • Foam Roller • Stretch Straps / Yoga Belt <p>Appropriate footwear such as trainers or jazz shoes may be required. Massage balls are recommended to support effective body recovery.</p>	<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks • Hand Balancing Canes (if part of the Tuesday Hand Balancing Class) <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs <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>