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Clothing: Dance/Athletic Attire

- Short or Long Sleeve Shirt (must cover armpit, midriff)
- Leggings/close fitting sweatpants (must cover knees)
- No jewelry
- No zippers
- No lotion/oils
- No long acrylic nails

(all of this is to protect the fabrics and the keep our students safe)

Hair: Pull hair back away from the face securely - it should be something that won't fall out and you won't have to adjust during class.

Shoes: None