

**2021-2022 Season**

**Dance Bag Contents:**

It’s very important that you bring dance basics to class each time – and this is more than a leotard and tights! Please ask your parent to help you pack a dance bag that contains the other essentials, and then remember to bring it to dance each week:

* All dance shoes, for every class in which you are enrolled
* Water bottle (to be brought into class)
* Hair supplies:
	+ Hair ties
	+ Bobby pins
	+ Hair net
	+ Hairspray
* Deodorant
* Band-Aids
* Instant ice pack
* Thera-band
* Tennis ball
* Warm-up clothes suggestions:
	+ Rip-Stop pants or Sweatpants
	+ Ballet Sweater or Studio Jacket
	+ Bloch Booties (or any brand)
* Demi-pointe and Pointe students: sewing kit & mesh bag

Optional but recommended:

* Muscle roller
* Ear buds & music player (for warm ups before class)
* Dance journal & pen

229 Clark Ave Suite B & K

Yuba City, CA 95991

530-755-2501

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