

What to wear to my Tumbling Class:

Going to dance class is a very special event each week. It is something that every dancer looks forward to doing. Getting ready for dance class is just as important as participating in the dance class. It is part of the "discipline" of being a dancer. At New Creations Dance Studio we take pride in the way our dancers look and participate while in class.

Listed below are the requirements for your class:



Tumbling Attire:

Traditional Tumbling Wear: Biketards and Leotards.

Leotard and Unitards: Camisole, tank, short sleeve, long sleeve. Any color No attached skirts.

Sports Bras should be worn under the leotard when needed.

Other options:

Two piece lycra outfits: Crop top with tank, short or long sleeve. With bike pants length or capri length bottoms.

Only very, very tight fitting lycra camisole tops may be worn over the leotard.

Things not to wear:

No Panties under leotard.

No regular "bras" always wear some sort of sports bra under the leotard.

No skirts or shorts should be worn over the tights and leotards.

No T-shirts or shorts over the tumbling outfit. The teacher must be able to see the entire body.

No tank T-shirts should be worn. Only lycra camisole tops should be worn over the sports bra.

No jewelry in class: watches, bracelets, necklaces. Small earrings are fine.

No loose fitting capri pants are allowed for these classes.

Boys: T-Shirt and Shorts

Tumbling Shoes:

Traditional Dance Shoes: Bare footed dancers NO SHOES.

Dance Hair Style:

Traditional Dance Hair Style: Pony Tail, Bun, French Twist, French Braid.

Long Hair: Pony Tail, Dog ears, Bun, French Twist, French Braid tucked up off the neck. Two buns on top of head. Short bangs may be worn down. Use barrettes to keep short hair up.

Short Hair: Half Up, Half Down. The front part should be pulled up and the back is left down. Bangs on the forehead must be secured to the head and out of the dancer's eyes