

Dance Bag Essentials

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Preparing your child for their dance class is important and here are 4 essential items for their dance bag.

Dance shoes

Okay so this might sound obvious, but it is really important that your child has the correct shoes in the correct size. Ill-fitting shoes can have a negative impact on your child's ability to dance plus it can cause serious development issues in their feet. It is important to check your child's shoes every few months and if they are starting to feel snug, it is time to upsize.

The general rule for ballet shoes is size up.

Don't forget, we have a swapsie box in class so make sure you check in there before you buy anything new. Plus, drop any of your good quality used dance shoes in there to help someone else.

Dance clothes

It is important that all children come to dance class in their uniform and this changes depending on what class they are attending. Extra tights and socks are essential as these items often go missing.

For a full list of uniforms please head over to our store where you can order directly online. Also, Fox Dance Academy hoodies, onesie and booties are available to purchase online which makes getting changes easy and swift.

Hair essentials

Hair should be kept off the face and tied up for dance classes. Make sure there are plenty of hair grips / clips and a brush in your child's bag so that they can fix their hair during class if it should come out of place. There are lots of Fox Dance Academy hair accessories available to purchase online.

Water bottle

It is important that your child is kept hydrated during the class so please ensure they arrive with a water bottle (water only please to avoid sticky spillage). Purchase your Fox Dance Academy water bottle [here](#).