

Inside Performance:

Please join us at the Dance Center Evanston on Friday, August 9th for a showing of one of Chicago's exciting Jazz Dance companies. Inaside will perform choreography from its upcoming shows with a special guest performance from the Choreography Project. Price is \$10. Tickets will be available for purchase at starting at Lunch time on the 5th. Seating is limited to 100 people.

Items for Specialty Classes:

Foam Roll/Muscle Maintenance: Foam Rollers (bring extra if you don't mind sharing), golf balls, tennis balls

Yoga: Yoga Mat (bring extra if you don't mind sharing)

* We have a lot of students flying in from out of town. If you are driving, please consider bringing extra foam rollers and yoga mats if you have them.

Website apparel ordering:

This year Inaside is excited to open our web store for merchandise. Please use the link and click on the menu: inasidedance.threadless.com

Dress Code:

Girls: Leotard (any color; required for ALL classes. NO CROP TOPS or SPORTS BRAS)

Tights (any color; required for Ballet)

Leggings, Capris, or Jazz Shorts (can be worn for all other classes EXCEPT ballet; please make sure shorts are an appropriate length and not too short.)

T-shirts, Sweats, Baggy clothing (can be worn for Hip Hop)

***Bring SOLID black outfit for Saturday Presentation. (Black leotard with solid black leggings, shorts, capris, tights, etc)

Boys: Solid Color T-Shirt or Tank

Dance Belt

Leggings, Capris, or Jazz Shorts

T-shirts, Sweats, Baggy clothing (can be worn for Hip Hop)

*** Bring SOLID black outfit for Saturday Presentation. (Black t-shirt/tank with solid black leggings, shorts, capris, tights, etc)

Bring ALL dance shoes!! Ballet and Jazz shoes (various styles and colors are welcome).

Jump Rhythm Jazz and Hip-Hop classes: CLEAN (not worn outside) Flat sole sneakers

Latin Ballroom Jazz: Character shoes if you have them. If not, jazz shoes are fine.

* You do NOT need to buy Character shoes if you do not have them. Depending on the teacher and level, they may not be worn.

Special Recognitions.

This year Inside will present 3 different awards. The **Integrity** award will recognize dancers that always have a positive attitude and willingness to help others. The **Passion** award will be given to dancers that lead with their hearts and show their love of dance in all they do. The **Pride** award will celebrate dancers who hold themselves and their appearance with pride and refinement. Inside is excited to extend this recognition to dancers that shine, not only in their favorite classes, but in all that they do. We will present the awards on Saturday during the parent showcase which is 2:30-3:30.