

Take Five Dance Academy

UNDERSTANDING DANCEWEAR: LEOTARDS, TIGHTS, AND SHOES

Dancewear isn't just about looking uniform – it plays an important role in helping dancers move safely and allowing teachers to give proper corrections.

Here's a quick breakdown:

- Leotards support full movement without distractions.
- Tights offer light compression for muscles and protect the legs.
- Dance shoes (ballet slippers, tap shoes, jazz shoes, etc.) are specially designed to support correct technique and safety.

👉 Tip: Our Dress Code can be found on at [TakeFiveDance.com](https://www.TakeFiveDance.com)

NEED DANCEWEAR?

We sell tights, leotards, and shoes right at the studio!

Stop by the Customer Care Desk and we'll get you all squared away.