



of Irish Dance

271-0696

MJPAcademy@hotmail.com

Welcome to M.J.P. Academy! The following is some information to help you get started

What to wear:

- Students have the following options of what to wear to class.
- Shorts and a T-shirt or tank top as long as the shirt is not oversized and properly fits the student. Shorts must be above the knee as Irish dance involves a lot of leg work and corrections often involve how to properly straighten or bend the knee. If shorts are very short (approx. one to three inches long) then tights must be worn underneath.
- Tights (preferably black but nude, white or ballet are acceptable) and any color or style bodysuit.
- **DANCERS ARE NOT PERMITTED TO WEAR PANTS OF ANY SORT TO DANCE CLASS AS THEY CAN CAUSE DANCERS TO TRIP AND FALL.**

Shoes

Dancers may wear black ballet slippers. (Pink ballet slippers may be worn but if dancing in performances, black slippers are required) These can be purchased at any dance store throughout the city.

Or they may wear Irish ghillies (also called poms)- the small, black Irish dancing shoe. If you intend to purchase these shoes, please do not buy them at the ballet shops around town as they will sell you Highland dance shoes which are the wrong shoe.

These shoes can be purchased used online, or new at “Steele Celtic Dancewear” at the following address:

576 Coach Grove Road S.W.
Calgary, Alberta T3H 1R8 **Phone:**(403) 686-3514

Reminders

- Please label dancer’s shoes with a pen or permanent marker in case they are misplaced.
- Students are encouraged to bring a water bottle to every class (no pop or juice please)