



contemporary dance program

summer intensive for high school students

Dorm Information

Residence hall rooms come with the basics:

- Single bed and mattress (one per student)
- Pillow, Bed Linens, and Blankets
- Desk and chair (one per student)
- Window coverings
- Area rug or carpeting
- Closet or wardrobe
- Lamp
- Wastebasket
- Ethernet connection
- Local telephone service with voice mail (phone not provided)

Things to Bring

The following is a list of recommended things to bring and not bring to the dorms, provided by IU Residential Services.

To protect the health and safety of everyone living in or visiting the residence halls, we cannot permit some items in the buildings. Below are some helpful lists to help you prepare for your move to Bloomington.

You Will Need to Bring:

- Dance Clothes (See Dress Code)
- Water Bottle
- Journal and Writing Utensils
- Knee Pads
- Umbrella & Rainwear
- Bathing Suit, Sleep Wear, Casual Clothing, Comfortable Shoes (Participants will Walk a Lot!)
- Bathrobe, Shower Shoes, Towels, Toiletry Items & Small Plastic Bucket to Carry Them
- Sun Glasses, Sun Screen, Bug Spray
- Alarm Clock/Cell Phone
- Clothes Hangers
- Extension Cords
- Personal Prescription Medications / First Aid Kit



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You May Want to Bring:

- Computer*
- Electric Fan*
- Iron*
- Hair Dryer
- Laundry Basket/Bag and Detergent (if you plan to do laundry)
- Snack Food & Beverages
- Small Sewing Kit
- Travel mug/dishes & cutlery for Snacks

Please Leave These Things at Home:

- Alcohol Containers of any kind (empty or full)
- Candles
- Combustible Liquids
- Electric Open-Coil Heaters or any Appliance with Exposed Burners
- Firearms, BB Guns, Paintball Guns, Pellet Guns, Sling Shots and Weapons
- Fireworks
- Halogen Lights and Lamps
- Incense and Incense Burners
- Pets
- Power Tools
- Toaster Ovens, Stoves and Camping Stoves, Charcoal and Propane Grills, Hot Plates & Immersion Coils for Heating Water

Dress Code Information

Ballet:

Leotard and Tights (with holes in the bottom for easy shift into Modern)
Unitard
Ballet Slippers (no pointe shoes)
Ballet Skirts or warm-ups which may be taken off
Hair Pulled Away from Face
No Dangling Jewelry

Modern/Contemporary:

Leotard and Tights (without feet)
Unitard
Fitted sweat pants and T-Shirt (short or long-sleeved), for warmth and skin protection during floor work (must be removed if asked for by teacher)
Hair pulled away from face, but not in a centered bun. Low ponytails or very high buns are best for long hair. (This is to ensure proper alignment of head when lying on one's back)
Bare feet (socks or foot paws may be worn only if authorized by the teacher.)
No Dangling Jewelry
Knee pads are recommended for dancers with sensitive knees

Jazz/Musical Theater:

Same as Modern/Contemporary
Jazz shoes

Improvisation/Composition/Rep/Theater Games

Same as Modern/Contemporary
Knee pads are recommended for dancers with sensitive knees

Ariel/Butoh/Yoga

Same as Modern/Contemporary

Bodywork

comfortable clothing i.e. T-Shirt or Sweatshirt & Sweat Pants, leggings, or LONG Sweat Shorts (Please Do Not Wear Short Shorts)
hair may be up or down

Injury Prevention/Dancing Through a Cultural Lens/ LMA/Dance in College

comfortable exercise wear
All of these classes may have some activity and will include a fair amount of lecture, so warm-ups are encouraged.