

SunDance 2020 Required Equipment

- SunDance dress code
- Fit Ball
- Theraband (2 if possible)
- Small ball (approx. volleyball size)
- Tennis ball or equivalent
- Yoga or Pilates Mat

Optional Equipment (recommended but not required)

- Dance floor for your home – can be purchased through CCDT
- Portable ballet barre – [make your own](#), or can be purchased through CCDT

We will be placing an order for marley dance flooring and portable barres; if you would like to place an order please email schoolofccdt@ccdt.org before **5pm on Friday June 19th**. Orders placed after this time may not be fulfilled. Pick-up will be at the studio during the week of June 29th.

- The marley flooring is 6'x5'3" in black or grey, and comes with a roll of vinyl floor tape - **\$168.37**
- The portable ballet barre is 4'6" long with barres on two levels, weighs just 15 lbs, assembles and disassembles easily with no tools required, and comes in a carrying case - **\$416.97**

Equipment Resources

- [This website](#) provides helpful guidance on the size and type of equipment required, including the size of fit ball that is most appropriate for your dancers' height. Please note that a Tennis Ball is fine in lieu of a Lacrosse Ball, and that you do not need the last two items on the list.
- If you do not have a pilates/yoga mat, they are available online and in many stores, such as Sportchek, Walmart, Winners, etc.
- Fit balls and therabands/resistance bands are available online and/or at most athletic or pilates supply stores. Please do shop around, but here are a few options:
 - [55 inch fit ball](#)
 - [65 inch fit ball](#)
 - [Theraband](#)
- For the small ball, you can purchase a small stability ball or pilates ball, or use a soft toy ball of a similar size (approx. 20-23 inches in diameter) if you have one already.
 - [Small stability ball](#)
- You will also need a tennis ball, or an equivalent of similar size

If you have difficulty finding any of the above, please do reach out for help!

Our PBT teacher Lindsay Storms has also provided a helpful image of some possible substitutions in case you are unable to find something before SunDance begins. Please see the following page for details.

Equipment Substitutions

