

Welcome to the SFX Irish Dance Program!

(Affiliated with the Foy School of Irish Dance)

Practice Information

- Dancers should arrive at least 5 minutes early to class.
- Dancers should wear comfortable clothing.
- All dancers must wear socks and shoes.
- Dancers will NOT be allowed to practice in socks or bare feet.
- All dancers should bring a water bottle with them to class.

Performance Information

- Dancers must purchase and wear the proper dance level costume.
- Dancers should wear silver or gold headband and hair should be in two neat braids, a French braid, or hair should be curled.
- Dancers should wear dancing underwear underneath their costume. No athletic shorts allowed. Please see the costume information page on the website for detailed costume information.

Competition Information

- Dancers in the advanced beginner level and Intermediate level are invited to participate in competitions throughout the year. Visit the “feis info” tab on the website to sign up.
- Dancers in the advanced dancer level are required to participate in at least one team and one solo competition throughout the year. Dancers in the advanced dancers level are also required to take hard shoe class.
- Dancers who compete at any level are invited to purchase the Foy School “fancy” costume. Dancers who are at the Novice competition level or above are invited to purchase a solo dress. Visit www.foyirishdancers.com for ordering information.

Questions? Please contact:

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