

Tisdale Dance Centre Shoe & Dance Wear Requirements

****Note:** You can purchase your dance tights from the studio all year long.**

Ballet Shoes

Tiny Tots, Beginner, Primary and Junior Dancers: Bloch Leather Ballet Shoes purchased from a professional dance store (ex: Dance Street). No Walmart bought ballet shoes please.

Inter A, Inter B and Senior Dancers: Capezio Hanami Canvas Ballet Slippers.

****Canvas shoes can often wear out quicker than leather, so we suggest wearing your "old" ballet shoes for class and then wearing your newer set of canvas shoes for stage.****

Dance Attire All Ages: Bodysuit and Tights

Jazz & Lyrical Shoes

All grades of dance: Bloch Tan Slip On Jazz Shoes

Dance Attire All Ages: Bodysuit and Tights

Tap

Tiny Tots and Beginners Dancers: Capezio Caramel Tap Shoes Mary Jane Style (low heel, Velcro straps). They come with bows to clip on the shoes, but we do NOT use the bows.

****If your dancer's shoe size requires them to move up into the Bloch Show Tappers Tap shoe in Caramel that is fine.****

Primary and Junior Dancers: Bloch Show Tappers Tap Shoes (higher heel with buckle strap).

Inter A, Inter B, Senior Dancers: Bloch Beige Flex Sole Lace Up Shoes **** Make sure you do not buy the tap shoes with the shank in them. You want to be able to bend them in half****

Dance Attire All Ages: Bodysuit and Tights

Modern

Junior Dancers, Inter A, Inter B and Senior Daners: Capezio Hanami Pirouette

**Note: this is different than a foot undie

Dance Attire All Ages: Bodysuit and Tights

Pointe

Each dancer must be fitted at a professional dance shoe supplier like Dance Street and they must be shown to Miss Dana before dancing on them.

Also each pointe dancer must purchase the elastic ribbon.

Dance Attire All Ages: Bodysuit and Tights

Technique

All Grades of Dance: Ballet or Jazz Shoes

Dance Attire All Ages: Bodysuit and Tights

Hip Hop

All Grades of Dance: Indoor running shoes

Dance Attire All Ages: Sweat Pants and Dance Top/T-Shirt

Acro Dance

All Levels Of Acro Dance: Bare feet

Dance Attire All Ages: Convertible tights and body suit. Dance shorts may also be worn.

Song and Dance

All Levels Of Song and Dance: Bare feet, Jazz shoes or Ballet Shoes

Dance Attire All Ages: Comfortable athletic or dance wear

Recreational Jazz and Hip Hop Class

All Levels Of Rec Dance: Jazz shoes (can rent from studio if available) and Indoor Runners

Dance Attire All Ages: Comfortable athletic or dance wear

REQUIRED FOR ALL CLASSES :

- ✓ Hair **MUST** be secured and fixed away from the face. When a dancers hair is down, it can cause injury to her or a classmate. A dancer can work better and learn easier with her hair out of her eyes and when her hair is up it is not a distraction to others.
- ✓ No jewelry (necklaces, bracelets, dangling earrings). If they fly off during class, someone could get injured.
- ✓ Write your name in all of your shoes!!!!!!!!!!!!!! (and your other belongings)
- ✓ Bring a labelled water bottle/cup to class
- ✓ No gum or candy in the studio
- ✓ **NO STREET CLOTHES** allowed for any classes. TDC has the right to ask a dancer not to attend class if they show up in street clothes.

Hygiene:

Dance students are always in close contact with other students and teachers. Keeping a high level of hygiene is important.

This includes being clean each day, wearing deodorant, and having a clean bodysuit and tights.

Due to sensitivities and allergies – perfumes and body sprays are not permitted.