

Pure Energy Dance Foundation

DANCEWEAR REQUIREMENTS

Discipline	Footwear	Legs	Body	Accessories	Hair
Tiny Toes Happy Feet	Ballet Slippers/elastics Girls Pink, Boys Black Black Tap Shoes [elastics]	Girls: Mondor Ballet Pink Tights, Boys: Black Shorts	Girls: Pink Tank leotard Boys: White T Shirt, black shorts		Pony Tail
Ballet	Girls: So Danca Pink Canvas cross strap Ballet slippers Boys: as above in Black	Girls: Mondor Ballet Pink Tights Boys: Black Tights	Girls: Black Mondor 3505 Boys: White T Shirt, black shorts or leggings/tights		Bun
Jazz	Girls: Bloch or So Danca Beige Jazz Shoes Slip-ons Boys: As above in Black	Girls: Mondor Convertible beige Tights, leggings, Capri Pant or dance shorts. NO PANTS Boys: Jazz Pants or shorts	Girls: Fitted Dance top or Leotard of any style and color Boys: Fitted T Shirt	Loose Tops over [must be able to take off]	Off face and up
Hip Hop	Must have Clean inside only white runners	Loose pants such as track or sweats. NO JEANS!	T-shirt/ Hoodie	Tank Half tops for Inter 2 & up	Off face
Lyrical	Beige performance dance socks	Girls: Mondor footless beige Tights, leggings, Capri Pant or dance shorts. NO PANTS Boys: Jazz Pants or shorts	Girls: Fitted Dance top or Leotard of any style and color Boys: Fitted T Shirt	Loose Tops over [must be able to take off] Half tops for Inter 2 & up	
Tap	Junior/Elementary: Black slip on leather tap shoes Inter/Sr: Black tied leather tap shoes	Girls: Tights, leggings, Capri Pant or dance shorts. NO PANTS Boys: Jazz Pants or shorts	Fitted Dance top or Leotard of any style and color Boys: Fitted T Shirt	Loose Tops over [must be able to take off] Half tops for Inter 2 & up	Off face and up
Acro	None needed	Girls: Convertible Tights Boys: Black Shorts	Girls: Leotard or sports bra, any color Boys: Fitted T Shirt	Cover ups for warm up only	Off face and up
Contemporary	Foot Thongs & Beige performance dance socks	Girls: Mondor footless Tights, leggings, Capri Pant or dance shorts. NO PANTS Boys: Jazz Pants or shorts	Girls: Fitted Dance top or Leotard of any style and color Boys: Fitted T Shirt	Loose Tops over [must be able to take off] Half tops for Inter 2 & up	Off face and up

** All female competitive dancers must have a black **Mondor Matrix Wide Strap Leotard 3505****

GROOMING – HAIR:

Must be worn off face in an **up-do** style if touches shoulders, i.e. braids, ponies, bun, etc. This is for all dancers [male & female].

No bangs! Please pin them back off the face. Hair must be in a bun for Ballet.

If hair is in short style, please use a hair band, clips or barrettes. NO jewelry please!

Hint: please keep a hair elastic in your child's dance bag at all times.

Dance Wear Suppliers:

City Dancewear, #106, 5403 Crowchild Trail N.W. #403-288-3060 &

6624 Centre Street South

Bodythings, 12445 Lake Fraser Dr. S.E. & 5308-17th Avenue S.W.

Muge 202 – 3132 26th Street NE [they do not carry Mondor]