

Pure Energy Dance Foundation

DANCEWEAR REQUIREMENTS

Discipline	Footwear	Legs	Body	Accessories	Hair
Tiny Toes/Happy Feet Primary	Ballet Slippers/elastics Options Pink or Black Happy Feet only: Black Tyette or oxford Tap Shoes	Option 1: Mondor Ballet Pink Tights, Option 2: Black Shorts	Option 1: Pink Tank leotard Option 2: White T Shirt, black shorts		Pony Tail/Off face
Ballet	Option 1: So Danca Pink Canvas cross strap Ballet slippers Option 2: as above in Black	Option 1: Mondor Ballet Pink Tights Option 2: Black Tights or leggings	Option 1: Black Mondor 3505 Option 2: White T Shirt		Bun/Off face
Jazz	Option 1: Bloch or So Danca Beige Jazz Shoes Slip-ons Option 2: As above in Black	Option 1: Mondor Convertible beige Tights, leggings or dance shorts. NO PANTS Option 2: Leggings or shorts	Option 1: Fitted Dance top or Leotard Option 2: Fitted T Shirt	Loose Tops over leotard [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. Leggings. NO JEANS!	T-shirt/ Hoodie	Tank Half tops for 16 & up	Off face
Lyrical	Foot Thongs & Beige Bloch dance socks	Option 1: Mondor footless beige Tights, leggings or dance shorts. NO PANTS Option 2: Leggings or shorts	Option 1: Fitted Dance top or Leotard Option 2: Fitted T Shirt	Loose Tops over leotard [must be able to take off] Half tops for 16 & up	
Tap	Junior: 1: Beige Mary Jane 2: Black oxford Elem/Pre Inter: 1: Beige Cuban Heel 2: Black oxford Inter/Sr: Black Capezio Roxy Build Up Oxford [960]	Option 1: Tights, leggings, Capri Pant or dance shorts. NO PANTS Option 2: Leggings or shorts	Option 1: Fitted Dance top or Leotard Option 2: Fitted T Shirt	Loose Tops over leotard [must be able to remove top] Half tops for 16 & up	Off face and up
Acro	None needed	Option 1: Convertible Tights/leggings Option 2: Black Shorts/leggings	Option 1: Leotard or sports bra Option 2: Fitted T Shirt	Cover ups for warm up only	Off face and up
Contemporary	Foot Thongs & Beige Bloch dance socks	Option 1: Mondor footless Tights, leggings or dance shorts. NO PANTS Option 2: Leggings or shorts	Option 1: Fitted Dance top or Leotard Option 2: Fitted T Shirt	Loose Tops over [must be able to take off] Half tops for 16 & up	Off face and up

** Please choose all option 1 or all option 2**

** All Competitive dancers that choose Option 1 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.

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!

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]