



DANCE ATTIRE

2017/18 DANCE SEASON

updated January 5, 2018

We are proud to be one of Canada's first YPAD certified studios!



Dance teaching certifications in Acrobatic Arts (TM), Acrobatic Arts (TM), A.D.A.P.T. (TM), C.D.T.A. and Leap 'n Learn (TM)

Below are the suggestions of acceptable dance wear for classes. Footwear and tights for performances may or may not remain the same. Performance footwear will be communicated in February, and all efforts will be made to keep consistency with class wear and be cost-conscious. Our studio prefers no crop tops be worn to classes. Dance wear selected below has been chosen for its quality and safety in a dance learning environment. Requirements may change as needed, and updates will be posted accordingly. Please know that proper footwear is most important: it must fit the dancer properly to prevent injury or unnecessary strain (typically foot strain caused by trying to keep shoes on that are too big). Younger dancers may need two pairs of shoes per season - they're growing, and that's a good thing :)

	SHOES	BODYWEAR	NOTES - Preferred Brands
Acro	None - barefeet required	females: Biketard OR Leotard and dance shorts; crop tights, convertible tights or bare legs males: athletic shorts above knee and t-shirt or tank top	n/a
Acro/Cheer & Acro/Jazz	Indoor running shoe/non-marking sole	females: Biketard OR Leotard and dance shorts; crop or convertible tights or bare legs males: athletic shorts above knee and t-shirt or tank top	n/a
Acro for Tots (Parented)	Students - barefeet required Parents - Indoor running shoe/non-marking, clean sole	females: Biketard OR Leotard and dance shorts; crop tights, convertible tights or bare legs or athletic leggings and a tank top (tight fitting) males: athletic shorts above knee and t-shirt or tank top	n/a
Ballet - ages 12+	Bloch or Capezio pink leather ballet slipper	females: dance leotard (Black) with pinch front; skirt optional; ballet pink or white tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Mondor or Revolution (in-studio)
Ballet - ages 4 - 7	Bloch or Capezio pink leather ballet slipper	females: dance leotard (any colour); skirt optional; ballet pink or white tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Revolution (in-studio)
Ballet - ages 8 - 11	Bloch or Capezio pink leather ballet slipper	females: dance leotard (Navy) with pinch front; skirt optional; ballet pink or white tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Mondor or Revolution (in-studio)
Ballet/Jazz Fusion	Bloch or Capezio pink leather ballet slipper AND Jazz slip on (Tan)	females: dance leotard (Black or Navy); pinch front leo for ages 9+; skirt or shorts optional; ballet pink or tan tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Mondor or Capezio or Revolution (in-studio)
Contemporary	Bloch Tan leather slip on Jazz shoe OR Footundeez OR turn shoe	females: dance leotard (any colour) and shorts (optional) OR tank top and shorts; convertible tights males: shorts and t-shirt or tank top	Leotard: Mondor Tights: Capezio
Demi-Pointe	Bloch or Capezio demi-pointe slipper	females: pinch front dance leotard (Black or Navy); skirt or shorts optional; ballet pink or white tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Mondor or Capezio
Jazz - Recreation	Bloch Tan leather slip on jazz shoe preferred	females: dance leotard (Black or Navy preferred); dance shorts; tan tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Capezio or Revolution (in-studio)
Jazz - Performance Crew & Company	Bloch Tan leather slip on jazz shoe (females) / Black leather slip on jazz shoe (males)	females: dance leotard (Black or Navy preferred); dance shorts; tan tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Capezio or Revolution (in-studio)

	SHOES	BODYWEAR	NOTES - Preferred Brands
Leap Learn + Play	Bloch or Capezio pink leather ballet slipper OR pink So Danca gym slipper	females: dance leotard (any colour) ; skirt optional; ballet pink or white tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Revolution (in-studio)
Lyrical	Footundeez OR Ballet Slipper	females: dance leotard (Black or Navy); pinch front leo for ages 10+; skirt or shorts optional; ballet pink or white tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Mondor or Capezio or Revolution (in-studio)
Musical Theatre	Bloch Tan leather slip on jazz shoe Black leather slip on jazz shoe (males)	females: dance leotard (Black or Navy preferred); dance shorts optional; tan tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Mondor or Capezio or Revolution (in-studio)
Musical Theatre - Performance Company	Tan leather slip on jazz shoe Black leather slip on jazz shoe (males)	females: dance leotard (Black or Navy preferred); dance shorts optional; tan tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Capezio or Revolution (in-studio)
Princess Ballerinas	Bloch or Capezio pink leather ballet slipper OR pink So Danca gym slipper	females: dance leotard (any colour) ; skirt optional; ballet pink or white tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Revolution (in-studio)
Rock 'n Rollers	Indoor running shoe/non-marking sole	comfortable and snug fitting gym clothing	n/a
Street/Stage & Street/Hip Hop	Indoor running shoe/non-marking sole	comfortable clothing / sweatpants and leggings, tshirt or tank top	n/a
Stretch & Strength	Footundeez or barefeet	females: dance leotard (any colour) and shorts (optional) OR tank top and shorts; convertible tights males: shorts and t-shirt or tank top	Leotard: Mondor Tights: Mondor or Capezio or Revolution (in-studio)
Tall & Small	Robeez or dance slipper for Smalls; dance slipper, indoor runner or barefeet for parent/guardian	clothing your choice!	n/a
Tap - Recreation	Black tap shoe - Mary Jane style with elastics and laces for ages 9 and under; slip on or laces acceptable ages 10+	females: dance leotard (Black or Navy preferred); dance shorts optional; tan tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Mondor or Capezio or Revolution (in-studio)
Tap - Performance Company	Tan Mary Jane tap shoe / Capezio 3800 (Caramel) preferred for Mini, Jr 1 & Jr 2 ***NOTE JR 3: black lace-up tap shoe for performance choreo***	females: dance leotard (Black or Navy preferred); dance shorts optional; tan tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Capezio or Revolution (in-studio)
Tiny Twirl	Pink ballet slipper preferred / slide on jazz shoe accepted	females: dance leotard (any colour); dance skirt optional; ballet pink or white tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Revolution (in-studio)
Tip Tap Toes	Pink ballet slipper and Black Mary Jane style tap shoe	females: dance leotard (any colour); dance skirt or shorts optional; ballet pink or white tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Revolution (in-studio)
Ukranian	Bloch or Capezio pink leather ballet slipper OR pink So Danca gym slipper	females: dance leotard (any colour) ; skirt optional; ballet pink or white tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Revolution (in-studio)
Triple Leap Combo	Jazz leather slip on shoe (no laces); tan preferred, black accepted	females: dance leotard (Black or Navy preferred for ages 9 and up); dance skirt or shorts optional; pink or tan tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Revolution (in-studio)
Tween Multistyle	Bloch or Capezio pink leather ballet slipper AND Jazz slip on (Tan)	females: dance leotard (Black or Navy); pinch front leo for ages 9+; skirt or shorts optional; ballet pink or tan tights males: black dance pants and white t-shirt	Leotard: Mondor Tights: Mondor or Capezio or Revolution (in-studio)
Voice	Indoor running shoe/non-marking sole or dance shoe	clothing your choice!	n/a

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