



WHAT SHOULD I WEAR? Required Dress for each Dance Discipline

To dance is to use the whole body therefore it is necessary for a teacher to be able to clearly see a student's entire body. Proper grooming should always be prided on. Hair should always be tide back from the face and secured (If you have short hair wear a hair band or hair clips to pin it back off your face). For Ballet it is mandatory to have a securely fastened classical bun. Absolutely no exceptions! Tights instead of dance pants allow teachers to study the back of your knees to ensure the proper stretch.

LITTLE BEGINNINGS PRESCHOOL PROGRAM:

- Girls: Pink Leather Ballet Slippers
Black Paten Tap Shoes (Rising Stars only)
Pink bodysuit, pink tights (skirts optional)
- Boys: Black Leather Ballet Slippers or Gymnastic Slippers
Black Paten Tap Shoes (Shining Stars only)
Any coloured t-shirt (tucked in), Sweat pants

Dance Suppliers:

Starcast Dance – 938-7018
Body Things – Avenida Mall, 441-12445 Lake Fraser Dr. SE
(Calgary) 278-5440
Classique Dance - Bay 16, 6624 Centre Street South
Glenmore & Centre (Calgary) 263-4828

BALLET

- Girls: Pink Leather Ballet Slippers – Primary to Grade 3
Pink Canvas Ballet Slippers – Grade 4 & up
Micro-fiber no seam tights
Grade 1 and higher - Black spaghetti strap bodysuit
Pre-Primary & Primary – Black tank bodysuit
*Pointe Shoes for students studying en pointe
- Boys: Black Leather or Canvas Ballet Slippers
Black straight legged dance pants or biker shorts
Black or White T-Shirt/Muscle Shirt (tucked in)

- JAZZ** Primary – Beige split -soled slip-on jazz shoe
Junior Tech - Beige split -soled slip-on jazz shoe
Seniors – Black & beige split -soled slip-on jazz shoe

- Girls: Dark bodysuit, beige or black tights
Yoga/dance shorts allowed
- Boys: Black straight legged dance pants or biker shorts
Black or white t-shirt/muscle shirt (tucked in)

- TAP** Primary – Black Cuban Tap Shoe
Juniors - Black Cuban Tap Shoe
Seniors – Black Leather Slip-on Tap Shoes

- Girls: Dark bodysuit, beige or black tights
Yoga/dance shorts allowed for seniors
- Boys: Black straight legged dance pant or biker shorts
Black or White T-Shirt/Muscle Shirt (tucked in)

LYRICAL/MODERN *half-soles or bare feet

- Girls: Any leotard or leotard variation, Tights or Dance pant*
- Boys: Black straight legged jazz pants or biker shorts
Black or White T-Shirt/Muscle Shirt (tucked in)

- HIP HOP** Jazz Shoes or Inside Running Shoes
Street Clothes acceptable (no jeans)
(Teacher's discretion)

SONG & DANCE/MUSICAL THEATRE Beige slip-on split-soled jazz shoes (leather or neoprene)

- Girls: Any bodysuit or bodysuit variation, tights or dance pant*
- Boys: Black straight legged dance pants or biker shorts
Black or white t-shirt/muscle shirt (tucked in)

ADAPT TAP/JAZZ EXAMINATIONS ATTIRE:

Female candidates taking the Junior or Pre-Intermediate Tap or Jazz examination must wear a studio leotard, beige tights, hair in a bun with no bangs and the proper shoes. Intermediate and Advance candidates must wear a black leotard, black tights, hair in a bun with no bangs and the proper shoes. Male candidates must wear dark pants and a T-shirt for tap or jazz exams with the proper shoes. Male ballet candidates must wear a white T-shirt, black tights and the proper ballet shoe.

BALLET EXAMINATIONS ATTIRE:

All candidates must wear a black spaghetti bodysuit, pink micro fibre ballet tights, hair in a bun with no bangs. Leather ballet slippers for grade 1 to 3 students and canvas ballet slippers for grade 4 and up either capezio or bloche brands preferred. Male candidates must wear a white T-shirt, black tights and the proper ballet shoe.