



IMPORTANT Clothing and HAIR requirements 2022 - 2023

Parents: We ask for your help with assuring that your child arrives to dance with her hair pulled neatly back in a bun. Hippity Hop & Hip Hop are the only two exceptions, where dancers are asked to put hair in a neat & tidy ponytail. There are important reasons for this, kindly take a moment to review.

- Hair pulled up and off the face exposes your child's neck, head and spine so that we can ensure proper usage and development.
- Hair pulled neatly back in a bun and proper dance attire helps us to quickly spot imperfections in body alignment.
- Hair worn up and off the face eliminates distractions, which ultimately helps your child learn faster.
- Hair pulled neatly in a bun also helps to set the tone of the class, which puts students in right frame of mind to start learning.
- Self-discipline and dance dress attire go hand in hand.

Please purchase bobby pins, hair nets & bun makers (if needed) to help with this process.

These items are available at Bodythings when purchasing your attire & shoes, additionally they can be purchased locally at Shoppers Drug Marts, Superstore & other local retailers.

***Please note the above hair requirements does NOT apply to boys.

All attire is available to be purchased from Bodythings right here in Calgary.

<https://bodythings.com/>

We ask that you please purchase the specific styles/brands of shoes, tights & attire indicated below. These were chosen with great care & consideration to what is best for your child's age & dance development.

SHOES/TIGHTS PURCHASED AT RETAILERS SUCH AS WALMART & SUPERSTORE WILL NOT BE PERMITTED IN CLASS.

Additionally, if you would like a different color of tights or shoes to blend differently with your child's skin tone, please reach out to us or our suppliers (Bodythings) for assistance with this. We would be more than happy to help to ensure your dancer feels as comfortable as possible.

6 & 8 WEEK SESSIONAL CLASSES

1) Rock With Your Tot:

Parents & children are asked to wear comfy clothing for this class. Examples: yoga pants, leggings, sweatpants etc with a top of choice. Think athletic/workout wear. Also, for the little dancers please wear a pair of grippy socks as shoes are not permitted within the studio & we do not want them to slip while participating.

2) Triple Fun Combo class:

Parents & children are asked to wear comfy clothing for this class. Examples: yoga pants, leggings, sweatpants with a top of choice. Think athletic/workout wear. Also, for the little dancer please wear a pair of grippy socks as shoes are not permitted within the studio & we do not want them to slip while participating.

3) Disney Make-Believe Ballet:

Shoes: Capezio - Pink leather Lily Ballet slippers (full sole) with elastics. Style #212C. **PLEASE ENSURE YOU ORDER A MEDIUM WIDTH AS THIS IS A VERY NARROWING FITTING SHOE.**

Clothing:

- a) Capezio - Lavender double layer skirt tank dress. Style #CC877C
- b) White ankle socks of your choice to be worn in Ballet slippers

OPTIONAL BUT NOT REQUIRED: dancers who wish to wear Ballet tights instead of the socks are welcome to do so:

- c) Mondor - Ballerina Pink Ballet tights. Style #310

Hair: pulled back in a neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

FULL YEAR CLASSES

COMBINATION CLASSES

1) Starlettes 3 & 4 years:

Shoes:

- a) Capezio - Pink leather Lily Ballet slippers (full sole) with elastics *Ballet slippers will also be worn for the Jazz portion of the class. Style #212C. **PLEASE ENSURE YOU ORDER A MEDIUM WIDTH AS THIS IS A VERY NARROWING FITTING SHOE.**
- b) Black "Mary Jane" **Velcro** Tap shoes. Style #3800C

Clothing:

- d) Mondor – Lilac tank style bodysuit. Style #1645
- e) Mondor - Light Tan full foot tights. Style #310

Hair pulled back in a neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

2) Premier COMPETITIVE Jazz/Tap:

Shoes:

- a) Capezio - E-Series Beige slip on Jazz shoes (split sole). Style #EJ2C (children's)
- b) Capezio - Black "Mary Jane" **Velcro** Tap shoes. Style #3800C (children's)

Clothing:

- a) Capezio – Amethyst double strap camisole leotard. Style #CC123C (children's)
- b) Mondor - Ballerina Pink Ballet tights. Style #310
- c) Mondor - Black Jazz shorts. Style# 11608

Hair pulled back into a neat & tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

3) Ballet/Jazz Combo:

Shoes:

- a) Capezio - Pink leather Hanami Ballet slippers (split sole) with elastics. Style #2038C (children's) & #2038W (woman's)
- b) Capezio - E-Series Beige slip on Jazz shoes (split sole). Style #EJ2C (children's) & #EJ2 (woman's)

Clothing:

- a) Capezio – Amethyst double strap camisole leotard. Style #CC123C (children's)
- b) Mondor – Lilac Royal Academy of Dance chiffon skirt. Style #16207
- c) Mondor - Black Jazz shorts. Style #11608
- d) Mondor - Ballerina Pink Ballet tights. Style #310

Hair pulled back into a neat & tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

4) Mini Ballet/ Mini Jazz Combo Tuesday & Thursday:

Shoes:

- a) Capezio - Pink leather Hanami Ballet slippers (split sole) with elastics. Style #2038C (children's) & #2038W (woman's)
- b) Capezio - E-Series Beige slip on Jazz shoes (split sole). Style #EJ2C (children's) & #EJ2 (woman's)

Clothing:

- a) Capezio – Amethyst double strap camisole leotard. Style #CC123C (children's)
- b) Mondor - Black Jazz shorts. Style #11608

- a) Mondor - Ballerina Pink Ballet tights. Style #310 *** Dancers will need to purchase a pair of Light Tan tights but not until Recital.

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

*** *pls note dancer who have the Vibrant Purple adjustable strap bodysuit from last season are still welcome & able to wear this bodysuit. If purchasing a new one, pls purchase the Amethyst double strap bodysuit*

5) Mini COMPETITIVE Jazz/Tap:

Shoes:

- a) Capezio - E-Series Beige slip on Jazz shoes (split sole). Style #EJ2C (children's) & #EJ2 (woman's)
b) Capezio - Black "Mary Jane" **Velcro** Tap shoes. Style #3800C (children's)

Clothing:

- c) Capezio – Amethyst double strap camisole leotard. Style #CC123C
d) Mondor - Black Jazz shorts. Style #11608
b) Mondor - Ballerina Pink Ballet tights. Style #310 *** Dancers will need to purchase a pair of Light Tan tights but not until Recital.

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

*** *pls note dancer who have the Vibrant Purple adjustable strap bodysuit from last season are still welcome & able to wear this bodysuit. If purchasing a new one, pls purchase the Amethyst double strap bodysuit*

6) Junior Fusion Combo Class (7-9 yrs):

Shoes: Capezio Beige Footundeez *no exceptions. Style #H07C (children's) & #H07 (woman's)

Clothing:

- a) Capezio – Black wide strap pinch front camisole bodysuit. Style # SE1012C (children's) & #SE1012W (woman's)
b) Mondor - Black Jazz shorts. Style #11608
c) Mondor - Light Tan Crop ankle length tights. Style #312

Hair pulled back in a neat & tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

7) Teen Fusion Combo Class (10-12 yrs):

Shoes: Capezio Beige Footundeez *no exceptions. Style #H07C (children's) & #H07 (woman's)

Clothing:

- a) Capezio – Black wide strap pinch front camisole bodysuit. Style # SE1012C (children's) & #SE1012W (woman's)
b) Mondor - Black Jazz shorts. Style #11608
c) Mondor - Light Tan Crop ankle length tights. Style #312

Hair pulled back in a neat & tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins

BALLET

1) Budding Ballerina:

Shoes: Capezio - Pink leather Lily Ballet slippers (full sole) with elastics. Style #212C. **PLEASE ENSURE YOU ORDER A MEDIUM WIDTH AS THIS IS A VERY NARROWING FITTING SHOE.**

Clothing:

- a) Mondor - Lilac tank style bodysuit. Style #1645
- b) Mondor – Lilac Royal Academy of Dance chiffon skirt. Style #16207
- c) Mondor - Ballerina Pink Ballet tights. Style #310

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

2) Premier COMPETITIVE Ballet:

Shoes: Pink leather Hanami Ballet slippers (split sole) with elastics. Style #2038C (children's) & #2038W (woman's)

Clothing:

- a) Capezio – Amethyst double strap camisole leotard. Style #CC123C
- b) Mondor – Lilac Royal Academy of Dance chiffon skirt. Style #16207
- c) Mondor - Ballerina Pink Ballet tights. Style #310

Hair pulled back into a neat & tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

3) Mini COMPETITIVE Ballet:

Shoes: Capezio - Pink leather Hanami Ballet slippers (split sole) with elastics. Style #2038C (children's) & #2038 (woman's)

Clothing:

- a) Capezio – Amethyst double strap camisole leotard. Style #CC123C
- b) Mondor - Ballerina Pink Ballet tights. Style #310

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

**** pls note dancer who have the Vibrant Purple adjustable strap bodysuit from last season are still welcome & able to wear this bodysuit. If purchasing a new one, pls purchase the Amethyst double strap bodysuit*

4) Mini PLUS COMPETITIVE Ballet:

Shoes: Capezio - Pink leather Hanami Ballet slippers (split sole) with elastics. Style #2038C (children's) & #2038 (woman's)

Clothing:

- a) Capezio – Amethyst double strap camisole leotard. Style #CC123C
- b) Ballerina Pink Ballet tights. Style #310 or Convertible Style #314

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

**** pls note dancer who have the Vibrant Purple adjustable strap bodysuit from last season are still welcome & able to wear this bodysuit. If purchasing a new one, pls purchase the Amethyst double strap bodysuit*

4) Junior PLUS Ballet:

Shoes: Capezio - Pink leather Hanami Ballet slippers (split sole) with elastics. Style #2038C (kids) & #2038W (woman's)

Clothing:

- a) Capezio – Black wide strap pinch front camisole bodysuit. Style #SE1012C (children's) & #SE1012W (woman's)
- b) Mondor - Ballerina Pink Ballet tights. Style #310 or Convertible Style #314

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

5) Teen Ballet:

Shoes: Capezio - Pink leather Hanami Ballet slippers (split sole) with elastics. Style #2038C (children's) & #2038W (woman's)

Clothing:

- a) Capezio – Black wide strap pinch front camisole bodysuit. Style #SE1012C (children's) & #SE1012W (woman's)
- b) Mondor - Ballerina Pink Ballet tights. Style #310 or Convertible Style #314

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

JAZZ

1) Mini PLUS COMPETITIVE Jazz

Shoes: Capezio - E-Series Beige slip on Jazz shoes (**split sole**). Style #EJ2C (children's) & #EJ2 (woman's)

Clothing:

- a) Capezio – Amethyst double strap camisole leotard. Style #CC123C
- c) Mondor - Black Jazz shorts. Style #11608
- d) Mondor - Ballerina Pink Ballet tights. Style #310 or Convertible Style #314 *** Dancers will need to purchase a pair of Light Tan tights but not until Recital.

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

**** pls note dancer who have the Vibrant Purple adjustable strap bodysuit from last season are still welcome & able to wear this bodysuit. If purchasing a new one, pls purchase the Amethyst double strap bodysuit*

2) Junior PLUS Jazz:

Shoes: Capezio - E-Series Beige slip on Jazz shoes (split sole). Style #EJ2C (kids) & #EJ2 (woman's)

Clothing:

- a) Capezio – Black wide strap pinch front camisole bodysuit. Style #SE1012C (children's) & #SE1012W (woman's)
- b) Mondor - Black Jazz shorts. Style #11608
- c) Mondor - Ballerina Pink Ballet tights. Style #310 or Convertible Style #314 *** Dancers will need to purchase a pair of Light Tan tights but not until Recital.

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

***Please note all **JUNIOR level & above dancers** if you are looking for a 2nd Black bodysuit style to wear in addition to the one listed in your class above, we suggest the following:

- a) Black camisole leotard with adjustable straps Style #CC100C (children's) #CC100W (woman's)

TAP

1) Beginner Tap:

Shoes: Capezio - Black "Mary Jane" **Velcro** Tap shoes. Style #3800C (children's)

Clothing:

- a) Capezio – Amethyst double strap camisole leotard. Style #CC123C
- b) Mondor - Black Jazz shorts. Style #11608
- c) Mondor - Light Tan full foot tights. Style #310

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

**** pls note dancer who have the Vibrant Purple adjustable strap bodysuit from last season are still welcome & able to wear this bodysuit. If purchasing a new one, pls purchase the Amethyst double strap bodysuit*

2) Mini PLUS COMPETITIVE Tap:

Shoes: Capezio - Black "Mary Jane" **Velcro** Tap shoes. Style #3800C (children's) & #3800W (woman's)

Clothing:

- a) Capezio – Amethyst double strap camisole leotard. Style #CC123C
- b) Mondor - Black Jazz shorts. Style #11608
- c) Mondor - Ballerina Pink Ballet tights. Style #310 or Convertible Style #314 *** Dancers will need to purchase a pair of Light Tan tights but not until Recital.

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

**** pls note dancer who have the Vibrant Purple adjustable strap bodysuit from last season are still welcome & able to wear this bodysuit. If purchasing a new one, pls purchase the Amethyst double strap bodysuit*

3) Junior PLUS Tap:

Shoes: Capezio - Black "Cadence" Tap Shoe. Style #CG19C (children's) & #CG19 (woman's)

Clothing:

- a) Capezio – Black wide strap pinch front camisole bodysuit. Style #SE1012C (children's) & #SE1012W (woman's)
- b) Mondor - Black Jazz shorts. Style# 11608
- c) Mondor - Ballerina Pink Ballet tights. Style #310 or Convertible Style #314 *** Dancers will need to purchase a pair of Light Tan tights but not until Recital.

Hair pulled back in to neat and tidy bun, hair accessory optional. Recommended: bun maker, hair nets and hair pins.

***Please note all **JUNIOR level & above dancers** if you are looking for a 2nd Black bodysuit style to wear in addition to the one listed in your class above, we suggest the following:

- a) Black camisole leotard with adjustable straps Style #CC100C (children's) #CC100W (woman's)

ACRO

1) Beginner Acro:

Shoes: Bare Feet

Clothing:

- a) Mondor - Capezio – Amethyst double strap camisole leotard. Style #CC123C
- b) Mondor - Black Jazz shorts. Style #11608
- c) Mondor - Light Tan Crop ankle length tights. Style #312

Hair pulled back in to neat and tidy **LOW** bun (this is important for comfort when executing Acro skills)

2) Mini Acro:

Shoes: Bare feet

Clothing:

- a) Capezio – Amethyst double strap camisole leotard. Style #CC123C
- b) Mondor - Black Jazz shorts. Style #11608
- c) Mondor – Light Tan Crop ankle length tights. Style #312

Hair pulled off of face in a neat & tidy **LOW** bun (this is important for comfort when executing Acro skills)

**** pls note dancer who have the Vibrant Purple adjustable strap bodysuit from last season are still welcome & able to wear this bodysuit. If purchasing a new one, pls purchase the Amethyst double strap bodysuit*

3) Mini PLUS Acro:

Shoes: Bare feet

Clothing:

- a) Capezio – Amethyst double strap camisole leotard. Style #CC123C
- b) Mondor - Black Jazz shorts. Style #11608
- c) Mondor – Ballerina Pink convertible Ballet tights. Style #314 *** Dancers will need to purchase a pair of Light Tan tights but not until Recital.

Hair pulled off of face in a neat & tidy **LOW** bun (this is important for comfort when executing Acro skills)

**** pls note dancer who have the Vibrant Purple adjustable strap bodysuit from last season are still welcome & able to wear this bodysuit. If purchasing a new one, pls purchase the Amethyst double strap bodysuit*

3) Junior PLUS Acro:

Shoes: Bare feet

Clothing:

- a) Capezio – Black wide strap pinch front camisole bodysuit. Style # SE1012C (children's) & #SE1012W (woman's)
- b) Mondor - Black Jazz shorts. Style #11608
- c) Mondor - Ballerina Pink convertible Ballet tights. Style #314 *** Dancers will need to purchase a pair of Light Tan tights but not until Recital.

Hair pulled off of face in a neat & tidy **LOW** bun (this is important for comfort when executing Acro skills)

***Please note all **JUNIOR level & above dancers** if you are looking for a 2nd Black bodysuit style to wear in addition to the one listed in your class above, we suggest the following:

- a) Black camisole leotard with adjustable straps Style #CC100C (children's) #CC100W (woman's)

BOYS

Boys for all Ballet, Jazz, Tap & Acro classes are welcome to wear black shorts & a white t-shirt of their choice.

Shoes:

- a) Ballet – Capezio Lily Ballet shoe in Black. Style #212C
- b) Jazz – Capezio E-series slip on Jazz shoe in Black. Style # EJ2C
- c) Tap – Capezio Tic Tap Toe Tap shoe in Black. Style # 443C