



***IMPORTANT Clothing and HAIR requirements 2023 - 2024***

**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 do 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 & 10 WEEK SESSIONAL CLASSES**

#### **1) Twinkle Stars:**

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/fall while participating.

#### **2) Rising Stars:**

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/fall 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.

#### 4) Summer Fun Combo:

**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 – Amethyst double strap camisole leotard. Style #CC123C
- b) Mondor - Black Jazz shorts. Style# 11608
- c) No tights required, bare legs as ACRO is a component of the Summer program

**OPTIONAL BUT NOT REQUIRED:** dancers who wish to wear tights instead of bare legs are welcome to do so:

- d) Mondor - Light Tan Crop ankle length tights. Style #312

#### 5) Fall Combo class: ¾ yrs

#### **Shoes:**

- a) 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.**
- b) Solid Black runners with a white sole. These will be worn for the Hip Hop portion of the class. Dancers are to purchase solid black runners with white soles. We have provided a photo of the type of shoe as an example; you can purchase these online at Children's Place (pls see links below). Additional stores like Old Navy, Walmart, Joe Fresh, Ardene & Claire's may have something similar and suitable. These are just a suggestion.

**The shoes are under Boys:**

<https://www.childrensplace.com/ca/p/Boys-Uniform-Canvas-Slip-On-Sneakers-2623742-IV>

#### **Clothing:**

- a) Mondor – Lilac tank style bodysuit. Style #1645
- b) 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.

#### 5) Fall Combo class: 5/6 yrs

#### **Shoes:**

- a) Capezio - Pink leather Hanami Ballet slippers (split sole) with elastics. Style #2038C (children's) & #2038W (womans)
- b) Solid Black runners with a white sole. These will be worn for the Hip Hop portion of the class. Dancers are to purchase solid black runners with white soles. We have provided a photo of the type of shoe as an example; you can purchase these online at Children's Place (pls see links below). Additional stores like Old Navy, Walmart, Joe Fresh, Ardene & Claire's may have something similar and suitable. These are just a suggestion.

**The shoes are under Boys:**

<https://www.childrensplace.com/ca/p/Boys-Uniform-Canvas-Slip-On-Sneakers-2623742-IV>

#### **Clothing:**

- c) Capezio – Vibrant Purple camisole with princess seams & adjustable straps. Style # SE1072C (children's)
- d) Mondor - Ballerina Pink Ballet tights. Style #310
- e) 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.

## FULL YEAR CLASSES

## COMBINATION CLASSES

### 1) Lil' Ballerina Creative Arts:

#### 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:

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

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

### 2) Starlettes 3 & 4 years:

#### Shoes:

- f) 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.**
- g) Black "Mary Jane" **Velcro** Tap shoes. Style #3800C

#### Clothing:

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

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

### 3) Ballet/Jazz Combo:

#### Shoes:

- c) Capezio - Pink leather Hanami Ballet slippers (split sole) with elastics. Style #2038C (children's)
- d) Capezio - E-Series Beige slip on Jazz shoes (split sole). Style #EJ2C (children's)

#### Clothing:

- a) Capezio – Vibrant Purple camisole with princess seams & adjustable straps. Style # SE1072C (children's)
- b) Mondor - Ballerina Pink Ballet tights. Style #310
- c) Mondor – Lilac Royal Academy of Dance chiffon skirt. Style #16207
- d) 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.

#### 4) 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 – Vibrant Purple camisole with princess seams & adjustable straps. Style # SE1072C (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.

#### 5) Mini Ballet/ Mini Jazz Combo Tuesday:

##### 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 – Vibrant purple camisole with princess seams & adjustable straps. Style # SE1072C (children's)
- b) Mondor - Ballerina Pink Ballet tights. Style #310 \*\*\* Dancers will need to purchase a pair of Light Tan tights but not until Recital.
- c) Mondor - Black Jazz shorts. Style #11608

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

#### 6) Pre-Junior Ballet/ Pre-Junior Jazz Combo Thursday:

##### Shoes:

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

##### Clothing:

- d) Capezio – Black dual pinch camisole with princess seams & adjustable straps. Style # SE1018C (children's) & SE1018W (woman's)
- e) Mondor - Ballerina Pink Ballet tights. Style #310 \*\*\* Dancers will need to purchase a pair of Light Tan tights but not until Recital.
- f) Mondor - Black Jazz shorts. Style #11608

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

### 7) Junior & Junior PLUS Fusion Combo Class:

**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 - Light Tan Crop ankle length tights. Style #312
- c) Mondor - Black Jazz shorts. Style #11608

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

### 8) Teen Fusion Combo Class:

**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 - Light Tan Crop ankle length tights. Style #312
- c) Mondor - Black Jazz shorts. Style #11608

**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 - Ballerina Pink Ballet tights. Style #310
- c) Mondor – Lilac Royal Academy of Dance chiffon skirt. Style #16207

**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)

**Clothing:**

- a) Capezio – Vibrant purple camisole with princess seams & adjustable straps. Style # SE1072C (children's)
- b) Mondor - Ballerina Pink Ballet tights. Style #310
- c) Mondor – Lilac Royal Academy of Dance chiffon skirt. Style #16207

**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 – Vibrant purple camisole with princess seams & adjustable straps. Style # SE1072C (children's)
- 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 Amethyst Purple double strap bodysuit from last season are still welcome & able to wear this bodysuit. If purchasing a new one, pls purchase the Vibrant purple camisole bodysuit.*

#### 4) Pre-Junior COMPETITIVE Ballet:

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

**Clothing:**

- a) Capezio – Black dual pinch camisole with princess seams & adjustable straps. Style # SE1018C (children's) & SE1018W (woman's)
- b) Ballerina Pink Ballet tights. Style #310 or Convertible Style #314 (required for Acro)

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

#### 5) Pre-Inter Ballet:

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

**Clothing:**

- a) Capezio – Black dual pinch camisole with princess seams & adjustable straps. Style # SE1018C (children's) & SE1018W (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.

*\*\*\* pls note dancers are asked to purchase the new style bodysuit by January 1<sup>st</sup> 2024. Txs*

## JAZZ

#### 1) Mini COMPETITIVE Jazz:

**Shoes:**

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

**Clothing:**

- a) Capezio – Vibrant purple camisole with princess seams & adjustable straps. Style # SE1072C (children's)
- b) Mondor - Ballerina Pink Ballet tights. Style #310 \*\*\* Dancers will need to purchase a pair of Light Tan tights but not until Recital.
- c) Mondor - Black Jazz shorts. Style #11608

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

## 2) Pre-Junior COMPETITIVE Jazz:

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

### Clothing:

- a) Capezio – Black dual pinch camisole with princess seams & adjustable straps. Style # SE1018C (children's) & SE1018W (woman's)
- b) Mondor - Ballerina Pink Ballet tights. Style #310 or Convertible Style #314 (required for Acro)
- c) Mondor - Black Jazz shorts. Style #11608

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

## 3) Pre-Inter Jazz:

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

### Clothing:

- a) Capezio – Black dual pinch camisole with princess seams & adjustable straps. Style # SE1018C (children's) & SE1018W (woman's)
- b) 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.
- c) Mondor - Black Jazz shorts. Style #11608

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

\*\*\* *pls note dancers are asked to purchase the new style bodysuit by January 1<sup>st</sup> 2024. Txs*

## TAP

### 1) Beginner Tap:

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

### Clothing:

- a) Capezio – Vibrant purple camisole with princess seams & adjustable straps. Style # SE1072C (children's)
- b) Mondor - Light Tan full foot tights. Style #310
- c) Mondor - Black Jazz shorts. Style #11608

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

### 2) Mini COMPETITIVE Tap:

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

### Clothing:

- a) Capezio – Vibrant purple camisole with princess seams & adjustable straps. Style # SE1072C (children's)
- b) Mondor - Ballerina Pink Ballet tights. Style #310 \*\*\* Dancers will need to purchase a pair of Light Tan tights but not until Recital.
- c) Mondor - Black Jazz shorts. Style #11608

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

### 3) Pre-Junior COMPETITIVE Tap:

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

#### **Clothing:**

- a) Capezio – Black dual pinch camisole with princess seams & adjustable straps. Style # SE1018C (children's) & SE1018W (woman's)
- b) Mondor - Ballerina Pink Ballet tights. Style #310 or Convertible Style #314 (required for Acro)
- c) Mondor - Black Jazz shorts. Style #11608

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

### 4) Pre-Inter Tap:

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

#### **Clothing:**

- a) Capezio – Black dual pinch camisole with princess seams & adjustable straps. Style # SE1018C (children's) & SE1018W (woman's)
- b) 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.
- c) Mondor - Black Jazz shorts. Style# 11608

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

*\*\*\* pls note dancers are asked to purchase the new style bodysuit by January 1<sup>st</sup> 2024. Txs*

## **ACRO**

### 1) Beginner Acro:

**Shoes:** Bare Feet

#### **Clothing:**

- a) Capezio - Vibrant purple camisole with princess seams & adjustable straps. Style # SE1072C (children's)
- b) Mondor - Black Jazz shorts. Style #11608
- c) Bare legs for weekly classes but pls note Mondor - Light Tan Crop ankle length tights WILL BE required for the Year-end Showcase. Style #312

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

### 2) Level 1 Acro:

**Shoes:** Bare feet

#### **Clothing:**

- a) Capezio – Black dual pinch camisole with princess seams & adjustable straps. Style # SE1018C (children's) & SE1018W (woman's)
- b) Mondor - Black Jazz shorts. Style #11608
- c) Bare legs for weekly classes but pls note Mondor – Light Tan Crop ankle length tights WILL BE required for the Year-end Showcase. Style #312

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

### 3) Pre-Junior COMPETITIVE Acro:

Shoes: Bare feet

Clothing:

- a) Capezio – Black dual pinch camisole with princess seams & adjustable straps. Style # SE1018C (children's) & SE1018W (woman's)
- b) Mondor – Ballerina Pink convertible Ballet tights. Style #314
- c) Mondor - Black Jazz shorts. Style #11608

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

### 4) Pre-Inter Acro:

Shoes: Bare feet

Clothing:

- a) Capezio –Black dual pinch camisole with princess seams & adjustable straps. Style # SE1018C (children's) & SE1018W (woman's)
- b) Mondor - Ballerina Pink convertible Ballet tights. Style #314 \*\*\* Dancers will need to purchase a pair of Light Tan tights but not until Recital.
- c) Mondor - Black Jazz shorts. Style #11608

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

\*\*\* *pls note dancers are asked to purchase the new style bodysuit by January 1<sup>st</sup> 2024. Txs*

## **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