



# DANCE ATTIRE LISTING

2020-2021

DANCE TERM

## Dress Code Requirements

Eurhythmics Dance Studio, Inc. maintains a dress code to encourage concentration and a sense of inclusiveness (variations in attire can be distracting and contribute to feelings of inequality). Uniformity in dancewear allows the teachers to assess how well the students are implementing the technique being taught, problems with alignment, and other important aspects of dance training.

- Students should carry their dancewear, shoes, and other belongings in a dance bag. Please print your child's name on the bag as well as on all of its contents.
- Dancewear is to be kept in good repair and laundered on a regular basis.
- Boys age 10 and older must wear a dance belt.
- Watches, and/or jewelry should not be worn to class.
- Dance shoes should never be worn outside.
- Female students should wear their hair tightly secured and styled away from the face; a neat bun is required for all ballet, jazz, tap, acro, strength and conditioning and musical theatre classes. Hair up and off the face for Hip Hop is preferred.
- Students are expected to observe good personal hygiene habits. Deodorant is required for students age 10 and older.

<b>Class</b>	<b>Boys</b>	<b>Girls</b>
Preschool and sessional classes	Black or Navy shorts, white T-shirt, black ballet shoes. (Black tap shoes may be required.)	Pink leotard, pink tights or pink socks, pink ballet skirt pink ballet shoes. (Black tap or party shoes required for tap session)
Pre-Primary and Primary Ballet	Navy shorts, white T-shirt, white ballet shoes.	Sleeveless, or short sleeve, scoop neck Polyester-cotton lycra*(PCL) leotard with matching skirt, pale pink. Pink soft ballet slippers with elastics and short pink socks. Leotard: Mondor styles. Skirt also available from Mondor.

<p>Ballet Grades 1&amp;2</p>	<p>Navy shorts, white T-shirt, white ballet shoes.</p>	<p>Sleeveless scoop neck PCL leotard, NAVY, with matching elastic belt. Pink soft ballet slippers with elastic and short pink socks Mondor #167. Leotard: Mondor style #1635 (no shorts or skirts permitted)</p>
<p>Ballet Grades 3 - 5</p>	<p>Navy shorts, white T-shirt, white ballet shoes.</p>	<p>Sleeveless pinch front PCL leotard, NAVY, with matching elastic belt. Pink convertible nylon ballet tights Mondor style #314 or #319. Pink soft ballet slippers with pink elastics. Leotard: Mondor style #1633 (no shorts or skirts)</p>
<p><b>CHARACTER ATTIRE REQUIRED FOR BALLET GRADES 1 THROUGH 5</b>          *Please note that this attire should be brought to all of your lessons throughout the year.</p>	<p>Boys will require black character shoes as well – to be brought to every lesson</p>	<p>Character Skirt - should be full circle or gathered (the former style is preferred) The ideal material is a heavy polyester gaberdine or a heavy polyester cotton blend. The preferred color is black. Ribbon trim of the instructors choice at the bottom edge of the skirt in colors complimentary to the students leotard should be added. (Colors preferred are red, navy and green) Skirt length should fall between the bottom of the knee and mid-calf (usually measure 2-3inched below the dancers knee.          -these skirts are also available to purchase at some dancewear shops (listed below)</p>

		<p>Character Shoes - both leather or canvas top character shoes with pink elastic across the instep are acceptable</p> <p>Grades 1 and 2 - a low heel is required</p> <p>Grades 3 to 5 - dancers have the option of a 1-1/4</p>
<p><b>Major Levels - (intermediate foundation and up)</b></p>	<p>Males are required to wear a white leotard or well fitted short sleeved t-shirt worn tucked into stirrup tights. Tights may be black or navy</p> <p>White socks to be worn over tights and white canvas or leather soft ballet shoes with elastic. Split sole shoes are permitted\</p>	<p>Black spaghetti strapped bodysuit, convertible pink nylon tights, pink soft pointe shoes with ribbons - pointe shoes (if permission given by instructor, to be brought to all lessons - the dancer will be notified if they are ready to start pointe work) (no shorts or skirts permitted)</p> <p>*dancers are reminded to purchase a bodysuit in which their bra can be hidden, no sports bras please.</p> <p>*No messy buns or bangs – you are in the majors now and self discipline is a must at this level.</p> <p>*Please be reminded that if you are ready for pointe work, you MUST make an appointment</p>

<p>Jazz and/or musical theatre, and Tap Programs</p>	<p>Black or Navy shorts, fitted white T-shirt, white socks, black jazz shoes.</p> <p>For Primary and/or Junior Level 1 Jazz – black ballet slipper For Junior Level 2 Jazz and up – black split sole jazz shoe</p> <p>For all levels of Tap – black split sole tap shoe</p>	<p>- Black bodysuit (any style), beige tights (convertible tights are recommended) and form fitted dance shorts -Absolutely no tank tops, t-shirts, sweatshirts etc are allowed</p> <p>For Pre-Primary level, dancers may continue in their pre-primary ballet attire or parents have the option of purchasing the Primary jazz attire (see below)</p> <p>For Primary and/or Junior Level 1 Jazz– black ballet slipper For Junior Level 2 – Inter 2 Jazz– Black split sole jazz shoe - For Inter Level 3 and up – beige split sole jazz shoe (*please note that this may change due to costuming based on the instructors choice)</p> <p>*** All hair must be in a proper bun – using hair nets and bobby pins</p> <p>For Beginner to Junior Level 1 Tap – Black patton tap shoes</p> <p>For Junior Level 2 tap and up – Black split sole tap shoe – tie up or slip on both acceptable</p>
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<p>Acro – all levels (Primary and up)</p>	<p>White form fitted t-shirt and black shorts</p> <p>Bare feet</p>	<p>Black tank or spaghetti strap bodysuit (no fancy bodysuits with extra straps) Beige capri tights (not convertible) Black form fitted shorts Bare Feet Hair in a low bun or two French braids to a bun and completely out of the face</p>
<p>Hip-hop – All levels (Primary and Up)</p> <p>*Please make note of the required shoes for each level)</p>	<p>Sweat Pants, Dance pants, track pants, tank tops or dance tops are only allowed. Absolutely no jeans are allowed at any lesson</p> <p>For Primary to Junior level 3 – Clean indoor white sneakers</p> <p>For Junior levels 4 – Intermediate 3 – Clean, indoor use only, Black and white low top converse style sneakers</p> <p>Advanced levels – Indoor use only, Black/white low top vans</p>	<p>Sweat Pants, Dance pants, track pants, tank tops or dance tops are only allowed. Absolutely no jeans are allowed at any lesson</p> <p>For Primary to Junior level 3 – Clean indoor white sneakers</p> <p>For Junior levels 4 – Intermediate 3 – Clean, indoor use only, Black and white low top converse style sneakers</p> <p>Advanced levels – Indoor use only, Black/white low top vans</p>

Suggested Dance Wear Stores

[City Dancewear](http://citydancewear.com)

[citydancewear.com](http://citydancewear.com)

[5403 Crowchild Trail NW Ste 106, Calgary AB T3B 4Z1](http://5403CrowchildTrailNWSte106CalgaryABT3B4Z1) ·

403-288-3060

**Bodythings**

5308 17 Ave SE, Calgary

· 403-686-7726