



COMPETITION PROGRAM STUDIO ATTIRE

BALLET CLASSES

All Levels- Any colour bodysuit, Ballet Pink Mondor or Capezio tights (convertible), Pink Canvas Ballet Shoes. Dancers are welcome to wear Ballet Skirts to class.
Pointe Shoe Instructions & Any attire requirements for RAD Ballet Exams will be sent out when the season commences.

JAZZ, TECH, LYRICAL/CONTEMPORARY & TAP CLASSES

All Levels- Any colour bodysuit and or Dancewear can be worn. Sports bras must be full coverage.

Minis Competitive Jazz & Tech Classes will require beige slip-on split- sole jazz shoes.

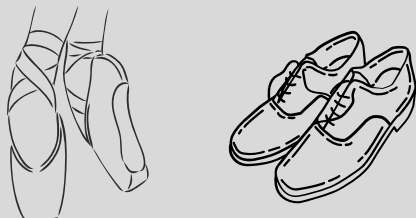
Dancers in Competitive Intermediate and Advanced competitive Jazz & Tech Classes can wear either beige slip-on split- sole jazz shoes or foot paws to class.

Lyrical/Contemporary classes will wear foot paws.

All Competitive Tap Classes wear Black lace up oxford tap shoes.

PBT EQUIPMENT REQUIREMENTS

- A fit/Swiss ball for the required size for your height
- Small hand ball (Lacrosse ball)
- Medium ball (between 20 to 23 cm in diameter, or closest to 54 cm (22") in circumference (measure around the ball))
- Resistance band (medium resistance)
- Pilates/Yoga mat



HIP HOP & ACRO CLASSES

Hip Hop- T-Shirt or tank top, sweatpants, indoor runners. No street shoes are to be worn into the studio.

Acro- Any form fitting Dance Wear - Bodysuit and shorts or leggings preferred. Bare feet.

BOYS STUDIO ATTIRE

Ballet - All levels wear short sleeve shirts of any colour, black sport shorts, white ankle socks, white canvas ballet shoes

Jazz/Tap/Lyrical - Any colour Shirt, black dance pants & black jazz or tap shoes.

Hip Hop - See Hip Hop attire guidelines above

HAIR REQUIREMENTS

- Hair for all Ballet, Jazz, Tech, PBT, Lyrical/Contemporary & Acro classes should be worn in a very neat ballet bun. Please use a hairnet and bobby pins.
- Hair for all Hip Hop & Tap should be worn in a neat low slick ponytail or braids.

DANCE STORES

BODYTHINGS:

7337 Macleod trail SW Suite 236
Calgary, AB
T2H 0L8

CITY DANCEWEAR:

6624 Centre Street S
Suite 16
Calgary, AB
T2H 0C6