



Springbank Center Stage Dancers

- Proper Class Attire Guideline -
2011 / 2012 Dance Season



Creative Movement (including at the Springbank Cottage Care):

- Pink tank style or short sleeve bodysuit, with pink tights.
- Pink ballet slippers, please *no* black or split soles slippers AND black tap shoes **after** the Christmas break (NOT for the Cottage Care Dancers – only ballet slippers).
- May wear a pink pull-on skirt (must be above the knee).
- Hair to be kept out of the face in a neat, high ballet bun.
- *Boys – White shirt with black dance pants (no sweats please) and black ballet slippers.

Combo Classes:

Pre-Primary Jazz/ Tap/Ballet (age 5-6)

- Pink tank style bodysuit, with pink tights
- Pink ballet slippers, please NO black or split soles slippers AND black tap shoes (dancers to start each lesson with ballet slippers but to bring tap shoes to every class)
- May wear a pink skirt (must be above the knee)
- Hair to be kept out of the face in a neat, high ballet bun.
- *Boys – White shirt with black dance pants (no sweats please) and black slippers.

Jazz/Ballet/Hip Hop

- Black tank style bodysuit, with pink tights
- Beige jazz shoes (slip-on or lace, no jazz runners)
- May wear shorts or fitted capris/leggings or bring sweat pants to put on for Hip Hop portion
- Hair to be pulled back and kept out of the face.
- *Boys – White shirt with black dance pants (no sweats please).

Primary Jazz/Ballet (age 6-7)

- Pink tank style bodysuit, with pink tights
- Pink ballet slippers, please NO black or split soles slippers
- May wear a pink skirt (must be above the knee)
- Hair to be kept out of the face in a neat ballet bun.
- *Boys – White shirt with black dance pants (no sweats please) and black slippers.

Pre-Junior Jazz/ Tap (age 6-7)

- Black tank style bodysuit, or fitted top, with black jazz shorts and tan tights
- Beige jazz shoes (slip-on or lace, no jazz runners AND black tap shoes)
- Hair to be pulled back and kept out of the face.
- *Boys – Black shirt with black dance pants (no sweats please) and black jazz shoes.



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Combo Classes (continued):

Junior Jazz/Lyrical

- Tank style bodysuit (preferably black), with tan tights
- Beige jazz shoes (slip-on or lace, no jazz runners) and beige foot undies.
- May wear shorts or fitted capris/leggings.
- Hair to be pulled back and kept out of the face in ponytail or bun.
- *Boys – White shirt with black dance pants (no sweats please) with black jazz shoes.

Cottage Care Fusion Dance

- Tank style bodysuit (any colour), with pink ballet tights
- Beige jazz shoes (slip-on or lace, no jazz runners) and pink ballet slippers – NO split sole.
- May wear shorts or fitted capris/leggings or skirt (must be above the knee).
- Hair to be pulled back and kept out of the face in ponytail or bun.
- *Boys – White shirt with black dance pants (no sweats please) with black jazz shoes.

Ballet Classes:

Grade 1 and 2

- Pink ballet tights
- Pink tank-style bodysuit/leotard
- May wear a pink wrap skirt with bodysuit (must be above the knees).
- Pink leather ballet shoes – NO split soles
- Absolutely no capris/leggings/sweats/pants, or different coloured tights.
- Hair pulled back in a neat ballet bun

Grade 3 and 4

- Pink ballet tights
- Pink tank-style or adjustable strap bodysuit/leotard
- May wear a pink wrap skirt with bodysuit (no lower than knee length).
- Pink ballet shoes, any style (split soles OK)
- Absolutely no capris/leggings/sweats/pants, or different coloured tights.
- Hair pulled back in a neat ballet bun

Grade 6 and 7

- Pink ballet tights
- Light blue bodysuit, any style
- Pink ballet shoes, any style (split soles OK)
- Black wrap skirt or fitted shorts are okay
- Absolutely no capris/leggings/sweats/pants, or different coloured tights.
- Hair pulled back in a neat ballet bun



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Ballet Classes (continued):

Intermediate Foundation, Pointe Prep, Advanced Foundation, and Pointe

- Pink ballet tights
- Black bodysuit, any style
- Pink ballet shoes, any style (split soles OK)
- Pink pointe shoes and pink ribbons
- May wear black wrap skirt (above the knees) or fitted black shorts
- Absolutely no capris/leggings/sweats/pants, or different coloured tights.
- Hair pulled back in a neat ballet bun

***Ballet Barre participants may wear same attire as their regular ballet class. Bodysuit, pink tights, and pink ballet slippers are required.

****Please be advised: Strict ballet attire is for the safety of the dancer and for proper instruction. Pink ballet tights are required to properly see the muscles of the legs and instruct turn-out. The instructor may ask a dancer sit out of a class should the above guidelines be abused or not be respected. Thank you for your understanding in this regard.*

Lyrical & Contemporary Classes:

Junior 2-3 Lyrical, Intermediate 2-3 Lyrical, and Intermediate Contemporary

- FootUndeez (beige will be required for recital performance).
- Bodysuit or fitted top with beige tights and fitted shorts/capris/wrap skirt – must be able to see the knees (preferably all black)
- Hair must be pulled up and completely out of the face.

Pre-Advanced and Advanced, Lyrical and Contemporary

- Beige FootUndeez (footwear will be specified for recital once routines have been started). Bare feet may be permitted however please come prepared with foot undies to every class – absolutely no socks.
- Bodysuit or fitted top with tights and fitted shorts/tight capris/leggings/wrap skirt – must be able to see the knees.
- Hair must be pulled up and completely out of the face.

****Please be advised: All "short" shorts must be worn with tights out of respect for fellow dancers and teachers. Please note that a dancer may be requested to sit for a class, should they not come prepared or with an inappropriate top or length of short. Thank you for your understanding and compliance in this regard.*



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Jazz Classes:

All Levels

- Must wear beige, jazz slippers (slip-ons or lace up are both okay)
- May wear bodysuit, tank top, or fitted top with beige tights and jazz pants, capris, or shorts - must be able to see the knees (preferably all black attire)
- Hair must be pulled up and completely out of the face.

*****Please be advised:** All "short" shorts must be worn with tights out of respect for fellow dancers and teachers. Please note that a dancer may be requested to sit for a class, should they not come prepared or with an inappropriate top or length of short. Thank you for your understanding and compliance in this regard.

Hip Hop Classes:

All Levels

- Must wear indoor, clean gym runners or jazz runners. No "flats."
- Clothes may be comfy and baggier than other disciplines however must be flexible/stretchy and appropriate. Absolutely NO jeans.
- Shorts are not recommended due to some work and choreography on the floor (or bring knee pads)
- Hair must be pulled up and out of face. If bangs are long, must be pinned back.

Tap Classes:

All Levels – from Junior 1-2 through Intermediate 3

- Must wear black tap shoes (slip on or lace-up).
- May wear bodysuit, tank top, or looser fitting top with fitted jazz capris or shorts (with tights) (preferably all black attire).
- Hair must be pulled up and completely out of the face.

Performance and Musical Theatre Classes:

Junior and Intermediate

- Beige footUndeez are recommended, beige jazz slippers are okay.
- Bodysuit or fitted top with jazz pants, capris, shorts and tights.
- Hair must be pulled up and completely out of the face.

Senior

- FootUndeez are recommended however footwear is flexible.
- Attire must be reasonably fitted.
- Hair must be pulled up and completely out of the face.



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Retailers in your area:

NOW @ Springbank Center Stage Dancers!!!

This season we will be supplying a “Revolution Dancewear” line of Tap, Ballet, and Jazz shoes, tights, bodysuits, and skirts. Starting mid-August, you can find our catalogue online and place orders before the given dates. Please also see our website for open studio hours for figuring out your proper size(s) and to place your order.

Should you not find what you are looking for with our selection at the studio, the following retailers have a copy of our Required Attire Guideline and will be happy to assist you...

Bodythings:

<http://www.bodythings.com/storefront/catalog>

Location and Phone:

5308-17th Avenue S.W.
403-686-7726

Store Hours:

Mon-Fri: 10:00am-5:30pm (Thurs open late, until 8:00pm)
Sat: 10:00am-5:00pm
Sun: 12:00-4:00pm

***Bodythings also provided online shopping opportunities and attire will be delivered directly to your door!

LaSyd's:

No website available

Location and Phone:

106-5403 Crowchild Trail NW, Calgary, AB
T3B4Z1
(403) 288-3060

Store Hours:

Mon-Sat: 10:00am-5:00pm
Sun: CLOSED

Classique:

<http://www.classiquedancewear.ca>

Location and Phone:

5720 Silver Springs Blvd NW
(403) 294-1090

Store Hours:

Mon-Fri: 10:00am-5:30pm
Sat: 10:00am-5:00pm
Sun: CLOSED