



What to Wear

DANCE ATTIRE

Proper dancewear is required every week. We have a dress code in place for each discipline. This enables your instructors to see bodylines and posture; therefore they can make proper corrections to the student. All dancers are expected to have the required attire by the 1st week in October. Inappropriate attire or hair may result in the student being asked to sit out of class. It is suggested that all dancers have a dance bag that holds all dance clothing, shoes, hair supplies, and a water bottle. Labels with student's names or initials should be in all dancewear and shoes.

HAIR & JEWELLERY

Hair **must** be up and away from the dancer's face. This allows the eyes to have a clear view of others in the room, which is safer for executing turns. Short hair must be kept off the face by a headband or barrettes. Longer hair must be in a ponytail. Jewellery **is not** permitted in class.

PRE-BALLET

Any color and style of bodysuit
Pink seamless tights
Pink leather ballet slippers
Any color of ballet skirt is allowed in class but not required

PRE-TAP

Any color or style, cotton/lycra bodysuit pink or beige seamless tights
Black patent tap shoes with elastic ties (not ribbon) & Tele-tone taps

BALLET

Black or Navy tank-style, cotton/lycra bodysuit
pink seamless tights
Pink split-sole ballet slippers
Dance shorts or skirt is allowed to be worn overtop of bodysuit

JAZZ/TAP/ LYRICAL/STRETCH & FLEX

Any color or style cotton/lycra bodysuit
Form fitting athletic style pants or shorts will be allowed
Black leather, seamless slip on preferred, split-sole jazz oxfords
Tap shoes need to be black and NON patent shoes. Ask instructor for more details.
Inter + up are allowed to wear fitted tank tops either over body suit or sports top

MUSICAL THEATRE

Comfortable clothing for free movement (no jeans or running shoes)
If dancer is in other disciplines, wear the same outfits for these dances.
Ballet, Jazz or Gymnastics slipper.

Foot wear will be selected upon costume selection. Bare feet is okay until decision is made.



Meet our Instructors

Miss Heather, Miss Jenilly, Miss Kirsti, Miss Elizabeth

HIP HOP/ TEEN STREET

Anything that is comfortable but not restricting

Sweats and baggy t-shirt are perfect

Absolutely no jeans is allowed

Clean running shoes until teacher determines required foot wear

ADULT CLASSES

Dancewear should allow the dancer to move and stretch freely. Fitness or yoga-style pant is appropriate and a t-shirt or tank. Footwear: many adults prefer a dance sneaker for jazz classes as they provide additional support and cushioning over the oxford.

BOYS

Black or white tank or t-shirt

Black pants or shorts

Required footwear appropriate for boys. See instructor for more details.

Recommended Dance Supply Stores:

(Sundre Community Dance students may receive a 10-15% discount from these suppliers)

Sagit Aries Costumes

202, 4806 – 51 Ave.

Red Deer

Ph #: 403-347-2633

Fantasy Costumes & Action Wear

31, 6320 – 50 Ave.

Red Deer

Ph #: 403-343-6500