

Tidiness and good grooming are a part of learning the performing arts and therefore mandatory. Students are given a grace period until October 1st to obtain the correct attire.

All ballet tights should be purchased from Sound in Motion to ensure uniformity for performances.

Hip Hop students who attend class with outdoor shoes that deposit dirt or worse on our dance floors will be charged a \$20 penalty for clean-up and delay of class. It is best to purchase a dedicated pair of running shoes that remain indoor shoes for hip hop dancers.

DANCERS—NO jewelry, NO bare midriff, NO bare legs, NO visible bra straps, NO underwear sticking out from under body suits (*young students should not wear underwear under their tights, older students can opt for styles that do not show or stick out.*)

Hair must be up for all classes in required style! Short hair can be worn back in a soft hair band secured with bobby pins.

Dancers bring a water bottle. All students should wash their hands prior to class.

NEW! Students with back to back classes do NOT need to change their tights between classes. However, the correct shoes (or access to bare feet) should be worn according to class style. Also note that the correct uniform tights are required for photo day and recital!

LADIES' UNIFORM REQUIREMENTS -Little Stars, Junior, Intermediate & Senior. *Please find Adult & Men's Uniform Guidelines and on the next page.)*

Dance Style	Top (see guide below for correct body suit colour)	Bottom	Foot wear	Hair Style
Acro	Body suit	Stirrup tights –beige or skin tone	Dance paws or bare feet	Bun or French braid
Ballet & Pointe	Body suit (optional to add ballet skirt, sheer, single layer skirt, above the knee)	Footed tights –ballet pink (CAPEZIO or BALERA brand)	Little Stars –Pink leather ballet shoes. All other age groups –pink leather or canvas ballet shoes.	Bun or French braid
Company	Body suit (black only) (optional to add dance shorts)	Stirrup tights –beige or skin tone AND Footed tights –beige or skin tone	Dance paws AND Jazz Shoes –beige slip-on (no laces)	Bun or French braid
Jazz	Body suit (optional to add dance shorts)	Footed tights –beige or skin tone	Jazz Shoes –beige slip-on (no laces)	Bun, French braid or ponytail
Lyrical	Body suit (optional to add ballet skirt, sheer, single layer skirt, above the knee)	Stirrup tights –beige or skin tone	Dance paws	Bun, French braid or ponytail
Hip Hop & Breaking	Plain t-shirt, any colour	Black jogging pants or leggings	CLEAN, INDOOR-USE ONLY running shoes or sneakers	Ponytail
Musical Theatre	Plain t-shirt, any colour	Black jogging pants or leggings	Jazz Shoes –black slip-on (no laces)	Ponytail
Tap	Body suit (optional to add dance shorts)	Footed tights –beige or skin tone	Oxford style black tap shoes (Lace up) (Little Stars & Juniors can opt for “Mary Jane” style –single strap across the arch. All other age groups, please have Oxford style.)	Bun, French braid or ponytail

NEW! Body Suit COLOUR GUIDE by AGE GROUP!

Age Group	Body Suit Colour Options (Solid colour only, NO patterns.)
Little Stars	Ballet Pink or Black
Junior	Lavender, Light Purple or Black
Intermediate	Navy Blue, Royal Blue or Black
Senior	Any shade of purple, blue or black.

MEN'S UNIFORM REQUIREMENTS

Gentlemen should wear athletic supports when in form-fitting attire. Hair should be kept tidy and away from face.

<i>Class</i>	<i>Top</i>	<i>Bottom</i>	<i>Footwear</i>
Ballet -All Levels	white t-shirt, form fitting	Black men's dance leggings, compression pants or bike shorts - knee length -black	Ballet Shoes –white leather or canvas, white socks.
Hip Hop -All Levels & Break Dance	plain t-shirt; any colour	black jogging pants	CLEAN INDOOR NON-MARKING running shoes
Jazz -All Levels	black t-shirt, form fitting	black dance pants or compression pants	jazz shoe -black leather, slip-on.
Movers & Shakers	white t-shirt	black jogging pants or knee length shorts	Ballet shoes –black leather, full sole
Musical Theatre Little Stars	plain t-shirt; any colour	black jogging pants or knee length shorts	Ballet shoes –black leather, full sole
Musical Theatre –Jr, Inter, Sr	plain t-shirt; any colour	black jogging pants	Jazz shoe -black leather, slip-on.
Tap -All Levels	black t-shirt	black jogging pants	Tap Shoes –Black leather Oxford (tie-up)

ADULTS

<i>Class</i>	<i>Body Suit or Top</i>	<i>Tights /Pants</i>	<i>Shoes</i>
Adult Ballet & Lyrical	Form fitted clothing, any colour	Tights or leggings or yoga pants	Ballet or jazz shoes, any colour
Adult Hip Hop, Tap, Stretch & Strengthen	t-shirt or tank top, any colour	Jogging pants or yoga pants	CLEAN INDOOR running shoes (or tap shoes for tap)

Adult classes that participate in year end shows will be asked to have uniform elements such as shoes or tights. Ask us for details if you are buying items.

Dancewear Suppliers:

Sound in Motion has all tights in-stock!

All other dance attire needs to be purchased at local dance supplier:

Pointe & Pick: pointeandpick.com ; 1674 Hyde Park Road, London. (226) 213-5152

The London Dance Shoppe londondanceshoppe.com ; 141 Wortley Road, London. (519) 659-1265 Hours by appointment.

Dancewear Plus –515 Wharnccliffe Rd. S, London. (519) 657-0600