

SOUND_{in}*motion*

Uniform Requirements for Dance & Musical Theatre 2019-2020

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.

Students with back to back classes do NOT need to change their tights between classes, (e.g. ballet class then jazz class, please wear the ballet tights.) 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.

Hip Hop students require CLEAN, INDOOR-USE ONLY running shoes or sneakers.

Please ensure they are non-marking, that they do not light up and that they are dedicated for indoor-use only. Students who arrive in dirty shoes or who forget their shoes should dance in bare feet. Remember that our students touch and move along the floor in every class and we don't want to be rolling through grit, dirt and other unpleasant matter. Thank you for strictly adhering to this policy.

Please NO jewelry that dangles or poses a risk to students (e.g. necklaces, bracelets dangly earrings), NO bare midriff, NO bare legs, NO visible bra straps, NO underwear sticking out from under body suits. *Parents & Caregivers, please talk to your youth about what helps them feel comfortable in their dance attire, especially pre-teens who may want support garments of some nature under their uniform.*

Hair must be worn up and away from the face for all classes!

- ✧ Bun or French braid for acro, ballet, jazz, lyrical, contemporary, creative movement, ballet jazz combo, tap jazz combo and tap
- ✧ Ponytail, bun or French braid for hip hop and musical theatre
- ✧ Short hair can be worn in a soft hair band with bobby pins or any style that keeps hair up and away from the face.

Students can bring a water bottle every class, water only please!

All students should wash their hands before and after each class.

Dancewear Suppliers:

Sound in Motion has all tights in-stock!

All other dance attire can be purchased at local dance supplier

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

The London Dance Shoppe: londondanceshoppe.com -245 Maitland St., London. (519) 659-1265

Dancewear Plus: dancewearplus.ca -515 Wharncliffe Rd. S, London. (519) 657-0600

We also have a Facebook group for gently used attire for sale and purchase by Sound in Motion families. Email the office to be added to the group.

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**NOTE THERE ARE DIFFERENT REQUIREMENTS FOR DIFFERENT AGE GROUPS!
PLEASE CHECK CAREFULLY.**

Little Stars Classes

(Students ages 6 & younger who are enrolled in Little Stars classes)

Class Name	Female Uniform	Male Uniform
Little Stars Acro	Black or pink body suit Beige stirrup tights Bare feet	Fitted white t-shirt Black shorts or fitted leggings Bare feet
Little Stars Ballet Jazz Combo	Black or pink body suit Pink footed ballet tights –CAPEZIO or BALERA brand only please. Pink sheer, single layer ballet skirt with elastic waist. Pink leather ballet shoes	Fitted white t-shirt Black shorts or fitted leggings Black leather ballet shoes
Little Stars Creative Movement	Black or pink body suit Pink footed ballet tights –CAPEZIO or BALERA brand only please. Pink leather ballet shoes	Fitted white t-shirt Black shorts or fitted leggings Black leather ballet shoes
Little Stars Hip Hop	Black leggings or sweat pants Plain t-shirt, any colour Clean, indoor-use only running shoes	Black leggings or sweat pants Plain t-shirt any colour Clean, indoor-use only running shoes
Little Stars Musical Theatre	Black leggings or sweat pants Plain t-shirt any colour Pink leather ballet shoes	Black leggings or sweat pants Plain t-shirt any colour Black leather ballet shoes
Little Stars Movers and Shakers	Black or pink body suit Pink ballet tights –CAPEZIO or BALERA brands only please. Pink sheer, single layer ballet skirt with elastic waist. Pink leather ballet shoes	Fitted white t-shirt Black short or fitted leggings Black leather ballet shoes and black socks
Parent & Tots	Comfortable, stretchy clothes Bare feet	Comfortable, stretchy clothes Bare feet
Little Stars Tap Jazz Combo	Black or pink body suit Beige Footed Tights Black tap shoes –Mary Jane or lace up.	Fitted white t-shirt Black shorts or fitted leggings Black tap shoes –lace up

Body suits can be any style/cut in the required colour.

While uniforms are listed by gender, students can choose either selection to accommodate what is most comfortable for their identity. Please do not mix n' match from both columns. If you are confused as to what to wear, please talk with Sound in Motion staff, we are here to help!

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**NOTE THERE ARE DIFFERENT REQUIREMENTS FOR DIFFERENT AGE GROUPS!
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Junior, Intermediate & Senior Classes

(Students ages 7-18 who are enrolled in Junior, Intermediate or Senior classes.)

Class Name	Female Uniform	Male Uniform
Acro	Black body suit Beige stirrup tights Dance paws or bare feet	Fitted white t-shirt Black short or fitted leggings Dance paws or bare feet
Ballet and/or Pointe	Black body suit Pink ballet tights –CAPEZIO or BALERA brand only please Optional –sheer ballet skirt, any colour. <i>Note teachers may ask for skirts to be removed according to lesson plan</i> Pink leather or canvas ballet shoes	Fitted white t-shirt Fitted black leggings White leather or canvas ballet shoes.
Ballet Lyrical	Black body suit Beige stirrup tights Dance paws	Fitted white t-shirt Fitted black leggings Dance paws
Breaking and Hip Hop	Black leggings or sweat pants Plain t-shirt any colour Clean, indoor-use only running shoes	Black leggings or sweat pants Plain t-shirt any colour Clean, indoor-use only running shoes
Contemporary	Black body suit or fitted tank top Black leggings or beige tights Optional –black dance shorts Dance paws or bare feet	Black fitted t-shirt Black leggings Dance paws or bare feet
Jazz	Black body suit Beige footed tights Beige slip-on jazz shoes	White or black fitted t-shirt Black leggings Black slip-on jazz shoes
Jazz Lyrical	Black body suit Beige stirrup tights Optional –black dance shorts Dance paws	Black fitted t-shirt Black leggings Dance paws
Musical Theatre	Black leggings or sweat pants Plain t-shirt any colour Beige leather jazz shoes	Black leggings or sweat pants Plain t-shirt any colour Black leather jazz shoes
Tap	Black body suit Beige footed tights Optional black dance shorts Black lace up tap shoes	Fitted black t-shirt Fitted black leggings Black lace up tap shoes

Body suits can be any style/cut in the required colour.

While uniforms are listed by gender, students can choose either selection to accommodate what is most comfortable for their identity. Please do not mix n' match from both columns. If you are confused as to what to wear, please talk with Sound in Motion staff, we are here to help!

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Adult Classes

Class	<i>Female</i>	<i>Male</i>
Ballet	Fitted tank top or body suit Fitted leggings, yoga pants or tights Pink leather or canvas ballet shoes	Fitted top Fitted leggings or yoga pants White leather or canvas ballet
Ballet Lyrical	Fitted tank top or body suit Fitted leggings or tights Pink leather or canvas ballet shoes OR jazz shoes OR Dance paws	Fitted top Fitted leggings or yoga pants White leather or canvas ballet shoes OR jazz shoes OR Dance paws
Hip Hop and Breaking	T-shirt Sweatpants or leggings Clean, indoor only running shoes	T-shirt Sweatpants or leggings Clean, indoor only running shoes
Stretch & Strengthen	Fitted top Fitted leggings, yoga pants or athletic pants Bare feet or dance shoes of any kind	Fitted top Fitted leggings, yoga pants or athletic pants Bare feet or dance shoes of any kind
Tap	Fitted top Fitted leggings, yoga pants or athletic pants Black lace-up tap shoes	Fitted top Fitted leggings, yoga pants or athletic pants Black lace-up tap shoes