

### Why Wear a Uniform?

Seeing the lines of the body in order to provide feedback for students is a must! It is how instructors create safe and productive training. Baggy clothing covers up incorrect alignment and movement patterns in dancers. The uniform also brings a sense of team and equality to the class, which builds a supportive atmosphere and, most importantly, confidence to try new things. And while we try our best to provide uniform guidelines we feel are in-line with this practice, uniforms should not be a deterrent for students and we encourage you to connect with us if you have concerns.

See the next pages for uniforms listed by class.

### Shoes

- Ensure your dancer has proper fitting dance shoes for class. It is tempting to purchase a size up to let students grow into them, but shoes that are too big pose a safety risk and compromise proper training.
- Pointe dancers need a second pair of pointe shoes in rotation early in their training. Frequent checking and replacing of pointe shoes are program requirements. (Pointe dancers must be invited by the studio director into the program based on technical merit and frequency in training.)

### Tights & Leggings

Classes that are required to wear tights have a few options listed. Note that many dance shops now provide more shades for “nude” or “skin tone”, please feel free to customize your look with their selections. “Leggings” are opaque footless tights, tapered cut to ankle, with no external pockets or zippers.

### Undergarments

Feeling secure under the uniform is important. Please discuss with your dancer about what they need and offer options similar to what is used in athletics –sports bras (avoid underwire if possible), dance belts/athletic support, etc. There are many types of body suits and leggings that also have built in support. Contact dance attire stores for more options.

### Jewelry & Apple Watches

Please NO jewelry that dangles or poses a risk to students (e.g. necklaces, bracelets dangly earrings). NO apple watches or other personal electronic devices. It’s very distracting and rude to the instructor to watch students interacting with their watches during classes. Please put the outside world away for the duration of your training time.

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

- Bun or French braid is great for class!
- Short or already styled hair can be worn in a soft hair band with bobby pins or any style that keeps hair up and away from the face.

## Uniform Requirements for Dance & Musical Theatre Classes

*\*While uniforms are listed by gender, students can choose either, full selection to accommodate what is most comfortable for their identity. If you have concerns about the uniforms, please let us know. As mentioned above, there are numerous benefits to uniforms and it is a part of how we keep students safe.*

**Little Stars, Juniors, Intermediates & Seniors** -Please read carefully and ask us if you are uncertain.  
(Adult Class uniforms are on the next page.)

<i>Class Name</i>	<i>Female Uniform*</i>	<i>Male Uniform*</i>
Acro -All Levels	<ul style="list-style-type: none"> <li>Black body suit (Little Stars can also opt for pink) -Must be a body suit, not a tank top.</li> <li>Fitted, footless leggings any colour!</li> <li>Dance paws or bare feet</li> </ul>	<ul style="list-style-type: none"> <li>Black body suit or fitted dance shirt</li> <li>Fitted, footless leggings any colour!</li> <li>Dance paws or bare feet</li> </ul>
Ballet, Ballet Lyrical & Pointe  -Junior, Intermediate & Senior	<ul style="list-style-type: none"> <li>Black body suit</li> <li>Ballet pink or skin tone footed or transition tights</li> <li>Optional –sheer ballet skirt, any colour</li> <li><i>Note teachers may ask for skirts to be removed according to lesson plan requirements.</i></li> <li>Pink leather or canvas ballet shoes</li> </ul>	<ul style="list-style-type: none"> <li>Black or white body suit or fitted dance shirt</li> <li>Fitted black leggings</li> <li>White leather or canvas ballet shoes, traditionally worn with a white sock, calf height.</li> </ul>
Ballet Jazz Combo  -Little Stars	<ul style="list-style-type: none"> <li>Black or pink body suit</li> <li>Ballet pink or skin tone footed tights</li> <li>Optional –sheer ballet skirt, any colour</li> <li><i>Note teachers may ask for skirts to be removed according to lesson plan requirements.</i></li> <li>Pink leather or canvas ballet shoes</li> </ul>	<ul style="list-style-type: none"> <li>Black or white body suit or fitted dance shirt</li> <li>Fitted black leggings</li> <li>White leather or canvas ballet shoes, traditionally worn with a white sock, calf height.</li> </ul>
Jazz -Intermediate, Senior	<ul style="list-style-type: none"> <li>Black body suit</li> <li>Skin tone or black tights</li> <li>Optional –black dance shorts</li> <li>Black slip-on jazz shoes</li> </ul>	<ul style="list-style-type: none"> <li>Black body suit or fitted dance shirt</li> <li>Black leggings or long dance shorts</li> <li>Black slip-on jazz shoes</li> </ul>
Jazz Lyrical -Junior	<ul style="list-style-type: none"> <li>Black body suit</li> <li>Skin tone or black stirrup tights</li> <li>Optional –black dance shorts</li> <li>Black slip-on jazz shoes</li> </ul>	<ul style="list-style-type: none"> <li>Black body suit or fitted dance shirt</li> <li>Black leggings or long dance shorts</li> <li>Black slip-on jazz shoes</li> </ul>
Lyrical -Intermediate & Senior	<ul style="list-style-type: none"> <li>Black body suit</li> <li>Skin tone or black stirrup or footless tights</li> <li>Optional –black dance shorts</li> <li>Dance Paws</li> </ul>	<ul style="list-style-type: none"> <li>Black body suit or fitted dance shirt</li> <li>Fitted, footless leggings any colour!</li> <li>Dance paws or bare feet</li> </ul>

## Uniform Requirements for Dance & Musical Theatre Classes

Musical Theatre -Little Stars	<ul style="list-style-type: none"> <li>• T-shirt</li> <li>• Leggings or jogging pants</li> <li>• Bare feet</li> </ul>	<ul style="list-style-type: none"> <li>• T-shirt</li> <li>• Leggings or jogging pants</li> <li>• Bare feet</li> </ul>
Musical Theatre -Junior, Intermediate & Senior	<ul style="list-style-type: none"> <li>• T-shirt</li> <li>• Leggings or jogging pants</li> <li>• Black slip-on jazz shoes</li> </ul>	<ul style="list-style-type: none"> <li>• T-shirt</li> <li>• Leggings or jogging pants</li> <li>• Black slip-on jazz shoes</li> </ul>
Movers & Shakers	<ul style="list-style-type: none"> <li>• Anything stretchy that allows for ease of movement such as leggings and t-shirt, or dance attire such as body suit, ballet skirt and tights.</li> <li>• Bare feet or ballet shoes.</li> </ul>	<ul style="list-style-type: none"> <li>• Anything stretchy that allows for ease of movement such as leggings and t-shirt.</li> <li>• Bare feet or ballet shoes.</li> </ul>
Tap	<ul style="list-style-type: none"> <li>• Black body suit</li> <li>• Leggings or tights of any colour!</li> <li>• Black lace up tap shoes</li> <li>• (Little Stars &amp; Junior can opt for “Mary Jane” style shoes with the strap over the arch instead.)</li> </ul>	<ul style="list-style-type: none"> <li>• Black body suit or fitted dance shirt</li> <li>• Fitted leggings any colour</li> <li>• Black lace up tap shoes</li> </ul>

### Adult Classes

Class	All Humans
Ballet, Jazz, Lyrical, Contemporary	Fitted tank top or body suit or athletic top Fitted leggings or tights Leather or canvas ballet shoes OR jazz shoes OR Dance paws
Stretch & Strengthen	Fitted top Fitted leggings, yoga pants or athletic pants Bare feet or dance shoes of any kind or clean indoor-use only running shoes
Tap	Fitted top Fitted leggings, yoga pants or athletic pants Tap shoes

### Local Dancewear Suppliers

The London Dance Shoppe  
[londondanceshoppe.com](http://londondanceshoppe.com)

Dancewear Plus  
[dancewearplus.ca](http://dancewearplus.ca)

Pointe & Pick  
[pointeandpick.com](http://pointeandpick.com)

Sound in Motion has a Facebook group for gently used attire for sale and purchase by Sound in Motion families. Contact us to be added.