

# C.B. Dance Academy - What to Wear / Dress Code



Students must be dressed properly. **Street clothes or T-Shirts will NOT be allowed** (except as listed below). **Students who don't wear proper attire will not be able to dance!!!** This includes shoes. Shoulder length hair or longer MUST be tied up for all classes. All girls must have their hair tied back in a bun for Ballet, and in a ponytail or bun for all other classes. No jewelry, Tank tops, T-shirts, shorts, street pants and other active wear or gum chewing is permitted. No bare legs. Always check with teacher before / after purchasing dancewear.

CLASSES ARE OFFERED IN	DANCEWEAR	SHOES
<p><b><u>Ballet:</u></b> is a specific academic dance form and technique which is taught according to specific methods. Ballet is best known for its unique features and techniques, such as pointe work, turn-out of the legs, and high extensions; its graceful, flowing, precise movements; and its ethereal qualities. (5 yrs &amp; older)</p>	<p>One-piece black leotard; tank or camisole style (<b>Pre-Primary</b> – black or pink; <b>Primary &amp; Higher</b> – black only.) Capezio Brand "Ballerina Pink" Tights - full foot or transitional style <b>Boys</b> - black short-sleeve T-shirt and black shorts with white or black socks. <b>Girls'</b> hair off face and up in a bun.</p>	<p><b>Pre-Primary / Primary</b> - Capezio 205, pink. <b>Grade 1 &amp; Higher</b> - Either Capezio 200, pink full-sole, or Capezio 205S, pink split-sole - with pink elastic sewn across ankles <b>Boys:</b> Boys CG05 jazz slip-on, black. <b>Pointe Students</b> must have a useable pair of pointe shoes from the start. Speak to teacher <b>BEFORE</b> buying or wearing.</p>
<p><b><u>Kinder-Dance:</u></b> A fun program introducing a young child to dance basics and begin to develop in them a love of dance and an appreciation for music. (3-4 yrs)</p>	<p>One-piece Capezio or Mondor style black or pink leotard. "Ballerina Pink" or white tights. <b>Boys</b> – black short-sleeve T-shirt and black shorts or dance pants. <b>Girls'</b> hair up in a bun.</p>	<p><b>Girls:</b> Capezio 205 pink. <b>Boys</b> Angelo Luzio L01N, black. Please tuck in or cut off the bows.</p>
<p><b><u>Jazz:</u></b> A fast paced class that focuses on Jazz technique, style and choreography. Classes are fun, energetic and technically challenging. (5 yrs. &amp; older)</p>	<p>One-piece leotard &amp; tights; colour and style optional. <b>Girls 10 years &amp; older</b> check with teacher <b>BEFORE</b> buying &amp; wearing.. <b>Girls'</b> hair off face &amp; up in a bun or pony tail. <b>Boys</b> – black short-sleeve T-shirt and black shorts or dance pants</p>	<p><b>Pre-Primary</b> – Bare feet. <b>Primary &amp; Higher</b> – Capezio CG05, colour Black. <b>Competitive Students</b> – To check with teacher for colour or style required <b>BEFORE</b> buying &amp; wearing.</p>
<p><b><u>Tap:</u></b> Classes are down and dirty, let's get funky, full of rhythm tap using a variety of styles coordinating feet with rhythm &amp; music (5 yrs. &amp; older)</p>	<p>One-piece leotard &amp; tights; colour and style optional. <b>Girls 10 years &amp; older</b> check with teacher <b>BEFORE</b> buying &amp; wearing.. <b>Girls'</b> hair off face &amp; up in a bun or pony tail. <b>Boys</b> – black short-sleeve T-shirt and black shorts or dance pants</p>	<p><b>Pre-Primary &amp; Primary</b> - Capezio 625C Black patent Jr. Tyette shoes with taps attached. <b>Grade 1 &amp; Higher</b> - Capezio CG100, colour black. <b>Competitive Students</b> – To check with teacher for colour or style required <b>BEFORE</b> buying &amp; wearing.</p>
<p><b><u>Acro:</u></b> Acrobatic classes consist of the warm-up, tricks, balance work and tumbling routines of traditional acrobatics, but has the addition of dance steps to link each of the acro elements together. (5 yrs. &amp; older)</p>	<p>One-piece leotard &amp; tights; colour and style optional. <b>Girls 10 years &amp; older</b> check with teacher <b>BEFORE</b> buying &amp; wearing.. <b>Girls'</b> hair off face &amp; up in a bun or pony tail. <b>Boys</b> – black short-sleeve T-shirt and black shorts or dance pants</p>	<p>Bare feet</p>
<p><b><u>Little Steps Combo:</u></b> A fun beginner's program introducing children to a combination of tap, acro, and jazz (4-6 yrs)</p>	<p>One-piece leotard any colour and style and stirrup tights;. <b>Boys:</b> black short-sleeve T-shirt and black shorts or dance pants. <b>Girls'</b> hair off face &amp; up in a bun or pony tail.</p>	<p><b>Tap – Girls:</b> Capezio 625C, Black patent Jr. Tyette, <b>Boys:</b> CG05, colour black. <b>Jazz &amp; Acro-</b> bare feet. <b><u>NO gym slippers</u></b></p>
<p><b><u>Hip Hop:</u></b> Refers to dance styles (mainly street dance styles) primarily danced to hip hop music, or that have evolved as a part of the hip hop culture. (5 yrs &amp; older)</p>	<p>Sweatpants (no jeans, cargos or skirts), tank top or T-shirt. Hoodies optional. <b>NO DANCEWEAR</b> (eg ballet tights, etc) permitted. No exceptions!</p>	<p>Indoor Hip Hop running shoes specified by teacher. <b>Check with Teacher BEFORE buying/wearing. NO STREET SHOES or boots permitted..</b> No exceptions!</p>
<p><b><u>Contemporary:</u></b> A graceful immersion of jazz &amp; ballet allowing the dancer to interpret the lyrics through dance. (11 yrs &amp; older)</p>	<p>One-piece leotard &amp; tights; colour and style optional. <b>Girls 10 years &amp; older</b> check with teacher <b>BEFORE</b> buying &amp; wearing.. <b>Girls'</b> hair off face &amp; up in a bun or pony tail. <b>Boys</b> – black short-sleeve T-shirt and black shorts or dance pants</p>	<p>Mondor 47011 Foot Thongs</p>
<p><b><u>Musical Theatre:</u></b> Combination of dance, drama &amp; singing and/or lip-syncing to Broadway show tunes and theatrical choreography. (10 yrs &amp; older)</p>	<p>One-piece leotard &amp; tights; colour and style optional. <b>Girls:</b> Check with teacher <b>BEFORE</b> buying &amp; wearing.. <b>Girls'</b> hair off face &amp; up in a bun or pony tail. <b>Boys</b> – black short-sleeve T-shirt and black shorts or dance pants</p>	<p>Same as jazz shoe requirements</p>
<p><b><u>Adult:</u></b> A fun class combining Dance and stretch &amp; strength exercises for cardio &amp; winding down with relaxation exercises.</p>	<p>Cool, comfortable active wear or street clothes. No jeans please.</p>	<p>Shoes as indicated above for class disciplines.</p>
<p>If your child is ready to do exams, girls must wear a black tank leotard and pink tights, and boys a white short sleeve T-shirt and black dance pants or shorts. <b>Performing Company students to check with teacher BEFORE buying anything.</b> Please speak to the teacher if you have questions.</p>		