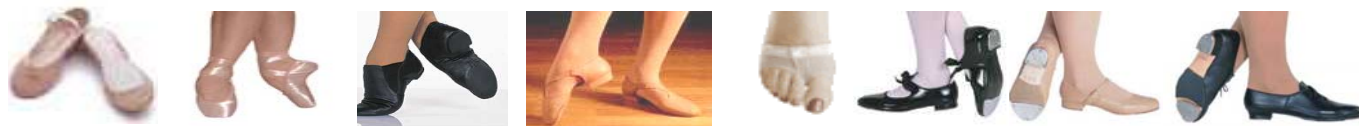




C.B. Dance Academy - What to Wear / Dress Code



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. Always check with teacher before / after purchasing dancewear.

CLASSES OFFERED	DANCEWEAR	SHOES
Ballet: The most elementary and important of all dance instruction, consists of barre work, center practice, adage and allegro as well as pointe work for the major students (5 yrs & older)	One-piece black leotard; tank or camisole style. Capezio Brand "Ballerina Pink" Tights - full foot or transitional style. <i>Optional: Black chiffon ballet skirt (no longer than mid-thigh)..</i> Boys - black short-sleeve T-shirt and black shorts. Girls' hair off face and up in a bun.	Pre-Primary / Primary - Capezio 205, pink. Grade 1 & Higher - Either Capezio 200, pink full-sole, or Capezio 205S, pink split-sole - with pink elastic sewn across ankles Boys: Boys CG05 slip-on, black. Pointe Students must have a useable pair of pointe shoes from the start. Speak to teacher BEFORE buying or wearing.
Kinder-Dance: 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 to 4 yrs)	One-piece Capezio or Mondor style black or pink leotard. "Ballerina Pink" or white tights. Boys - black short-sleeve T-shirt and black shorts or dance pants. Girls' hair up in a bun.	Girls: Capezio 205 pink. Please tuck in bows. Boys: CG05 slip-on, black.
Jazz: A fast paced class that focuses on Jazz technique, style and choreography. Classes are fun, energetic and technically challenging. (5 yrs. & older)	One-piece leotard & tights; colour and style optional. Boys - black short-sleeve T-shirt and black shorts or dance pants. Girls' hair off face & up in a bun or pony tail.	Pre-Primary - bare feet. Primary & Higher - Capezio CG05, colour Carmel. Boys CG05, colour Black. Competitive Students - Please check with teacher for colour or style required BEFORE buying & wearing.
Tap: Classes are down and dirty, let's get funky, full of rhythm tap using a variety of styles coordinating feet with rhythm & music (5 yrs. & older)	One-piece leotard & tights; colour and style optional. Boys - black short-sleeve T-shirt and black shorts or dance pants.. Girls' hair off face & up in a bun or pony tail.	Pre-Primary & Primary - Capezio 625C Black patent Jr. Tvette shoes with taps attached. Boys CG05, colour Black. Grade 1 & Higher Capezio CG100, colour Black. Competitive Students - Please check with teacher for colour or style required BEFORE buying & wearing.
Acro: 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. & older)	One-piece leotard and stirrup or footless tights; any colour and style. No bare legs. Boys: black short-sleeve T-shirt and black shorts or dance pants. Girls' hair off face & up in a bun or pony tail.	Bare feet
Little Steps Combo: A fun beginner's program introducing children to a combination of tap, acro, and jazz (4-6 yrs)	One-piece leotard any colour and style and stirrup tights;. Boys: black short-sleeve T-shirt and black shorts or dance pants. Girls' hair off face & up in a bun or pony tail.	Tap - Capezio 625C, Black patent Jr. Tvette Jazz & Acro - bare feet. Boys CG05, colour Black.
Hip Hop: A free style of dance that incorporates street dancing made famous in music videos. A "fun" high energy dance form originating in jazz. (6 yrs & older)	Cool, comfortable active wear and/or street clothes.	Clean <u>indoor</u> or dance sneakers. <u>These shoes must be kept for indoor use only.</u> Outdoor shoes or boots are not permitted in the studio. No exceptions!
Lyrical / Modern: A graceful immersion of jazz and ballet allowing the dancer to interpret the lyrics through dance. (11 yrs & older)	One-piece leotard & tights, colour and style optional. Boys: black short-sleeve T-shirt and black shorts or dance pants. Girls' hair off face & in a bun or pony tail.	Mondor 47011 Foot Thongs
Musical Theatre: Combination of dance, drama & singing and/or lip-syncing to Broadway show tunes and theatrical choreography. (8 yrs & older)	One-piece leotard & tights; any colour and style, Optional: dance pants. Boys - black short-sleeve T-shirt and black shorts.	Same as jazz shoe requirements
Adult: A fun class combining Dance and stretch & strength exercises for cardio & winding down with relaxation exercises.	Cool, comfortable active wear or street clothes.	Shoes as indicated above for class disciplines.

If your child is ready to do exams, girls must wear a black tank leotard and pink tights, and boys a black short sleeve T-shirt and black dance pants or shorts. **Performing Company students to check with teacher BEFORE buying anything.** Please speak to the teacher if you have questions.