

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>Ballet: 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 & older)</p>	<p>One-piece black leotard; tank or camisole style (Pre-Primary – black or pink; Primary & Higher – black only.) Capezio Brand "Ballerina Pink" Tights - full foot or transitional style Boys - black short-sleeve T-shirt and black shorts with white or black socks. Girls' hair off face and up in a bun.</p>	<p>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 jazz slip-on, black. Pointe Students must have a useable pair of pointe shoes from the start. Speak to teacher BEFORE buying or wearing.</p>
<p>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. (3-4 yrs)</p>	<p>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.</p>	<p>Girls: Capezio 205 pink. Boys Angelo Luzio L01N, black. Please tuck in or cut off the bows.</p>
<p>Jazz: A fast paced class that focuses on Jazz technique, style and choreography. Classes are fun, energetic and technically challenging. (5 yrs. & older)</p>	<p>One-piece leotard & tights; colour and style optional. Girls 10 years & older check with teacher BEFORE buying & wearing.. Girls' hair off face & up in a bun or pony tail. Boys – black short-sleeve T-shirt and black shorts or dance pants</p>	<p>Pre-Primary – Bare feet. Primary & Higher – Capezio CG05, colour Black. Competitive Students – To check with teacher for colour or style required BEFORE buying & wearing.</p>
<p>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)</p>	<p>One-piece leotard & tights; colour and style optional. Girls 10 years & older check with teacher BEFORE buying & wearing.. Girls' hair off face & up in a bun or pony tail. Boys – black short-sleeve T-shirt and black shorts or dance pants</p>	<p>Pre-Primary & Primary - Capezio 625C Black patent Jr. Tyette shoes with taps attached. Grade 1 & Higher - Capezio CG100, colour black. Competitive Students – To check with teacher for colour or style required BEFORE buying & wearing.</p>
<p>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)</p>	<p>One-piece leotard & tights; colour and style optional. Girls 10 years & older check with teacher BEFORE buying & wearing.. Girls' hair off face & up in a bun or pony tail. Boys – black short-sleeve T-shirt and black shorts or dance pants</p>	<p>Bare feet</p>
<p>Little Steps Combo: 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;. Boys: black short-sleeve T-shirt and black shorts or dance pants. Girls' hair off face & up in a bun or pony tail.</p>	<p>Tap – Girls: Capezio 625C, Black patent Jr. Tyette, Boys: CG05, colour black. Jazz & Acro- bare feet. NO gym slippers</p>
<p>Hip Hop: 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 & older)</p>	<p>Sweatpants (no jeans, cargos or skirts), tank top or T-shirt. Hoodies optional. NO DANCEWEAR (eg ballet tights, etc) permitted. No exceptions!</p>	<p>INDOOR running shoes only -. Black Converse Chucks style. Check with Teacher BEFORE buying/wearing. NO STREET SHOES or boots permitted.. No exceptions!</p>
<p>Contemporary: A graceful immersion of jazz & ballet allowing the dancer to interpret the lyrics through dance. (11 yrs & older)</p>	<p>One-piece leotard & tights; colour and style optional. Girls 10 years & older check with teacher BEFORE buying & wearing.. Girls' hair off face & up in a bun or pony tail. Boys – black short-sleeve T-shirt and black shorts or dance pants</p>	<p>Mondor 47011 Foot Thongs</p>
<p>Musical Theatre: Combination of dance, drama & singing and/or lip-syncing to Broadway show tunes and theatrical choreography. (10 yrs & older)</p>	<p>One-piece leotard & tights; colour and style optional. Girls: Check with teacher BEFORE buying & wearing.. Girls' hair off face & up in a bun or pony tail. Boys – black short-sleeve T-shirt and black shorts or dance pants</p>	<p>Same as jazz shoe requirements</p>
<p>Adult: A fun class combining Dance and stretch & strength exercises for cardio & 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. Performing Company students to check with teacher BEFORE buying anything. Please speak to the teacher if you have questions.</p>		