

Dance Attire

General

No jewellery (stud earring acceptable); hair tied neatly back for all dance classes.

Ballet: Fall, Winter, Spring, Summer Classes

- Hair tied back in a bun; bangs securely off face
- Skin-toned tights
- Any style leotard in pink, white or black
- Ballet slippers of any style and colour
- Dance skirts and shorts are optional

Ballet: Sep-Jun Classes – Female

- Hair tied back in a bun; bangs securely off face
- skin-toned tights
- Ballet pink ballet slippers

3-4 yrs: any colour/style leotard

5-6 yrs: pink tank-style leotard

7-8 yrs: powder blue tank-style leotard

9-12 yrs: black tank-style leotard

13-17 yrs: solid-colour, tank-style leotard

Ballet: Male (All Levels)

- Black leggings or shorts
- white form-fitting tank or t-shirt
- Black or white ballet slippers

Ballet: Adults

- Dancewear (ie. Lycra tops, dance/yoga pants or shorts)
- Ballet slippers of any style and colour

Dance Sampler

- Dancewear (any combination of Lycra tops, dance/yoga pants, leotards, tights or ballet skirts)
- Bare feet or ballet slippers or jazz slippers, Note: tap shoes will be required for the tap dance portion of the program

Hip Hop

- Loose, comfortable clothing (no denim or tight clothes)
- Non-marking, solid white running shoes (indoor shoes only)

Contemporary/Modern

- Dancewear (Lycra tops and dance/yoga pants)
- Barefeet

Jazz and Lyrical

- Dancewear (Lycra tops and dance/yoga pants)
- Children & Teens: Beige split sole jazz shoes
- Adult: Jazz shoes of any style and colour

Tap

- Dancewear (Lycra tops and dance/yoga pants)
- Children: Black non-heeled tap shoes
- Adults: Tap shoes of any style and colour

Stretch & Strengthen

- Dancewear (Lycra tops and dance /yoga pants)
- Barefeet, ballet or jazz slippers

Latin Dance

- Non-marking, running shoes or ballroom shoes
- Dancewear (ie. Lycra tops and dance/yoga pants or shorts)

Belly Dance

- Loose, comfortable clothing (no denim or tight clothes)
- Bare feet, ballet or jazz slippers of any style and colour
- Hip scarf (coin belt or average scarf)

Kathak Dance

- Dancewear (ie. Lycra tops and dance/yoga pants or shorts)
- Long scarf or Kathak bells are welcome but not mandatory
- Bare feet

Hatha Yoga

- Dancewear (Lycra tops and dance/yoga pants)
- Barefeet or socks

Acrobatics Dance

- Leotards or Lycra tops of any colour
- Fitted shorts or leggings
- Avoid baggy clothing and skirts
- Barefeet



How To Do A Ballet Bun

This is adapted from blochworld.com's article "How to do a ballet bun"

SUPPLIES

- Hair brush
- Long handled comb
- Hair elastic
- Hairspray
- Hair gel
- Hair net
- Hair pins
- Bobby pins

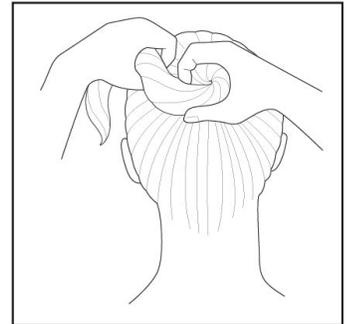
Step 1: Make a ponytail

Brush all the hair towards the center of the back of the head. A ballet bun generally is not visible from the front. Gather the hair into a tight ponytail and tie with an elastic band. Ensure that there are no bumps. To help with fly-away hairs, apply a little bit of gel from the roots to the ends of the hair (using your fingers or a comb). Brush or gel hair around the hairline off the face and if necessary, use bobby pins.



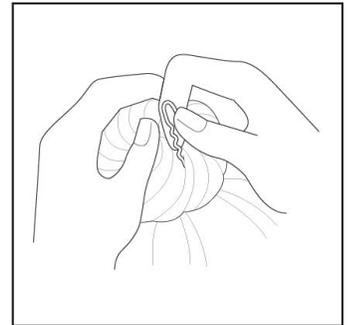
Step 2: Twist into a bun

To make the ballet bun shape, hold the end of the ponytail and twist it until it is all twisted into a rope. Next, coil the ponytail into a flat circle around the elastic band, continuing in the same direction as the twist in the ponytail. Tuck the ends of the ponytail under the bun and place 3-4 hairpins around the bun to secure it. If you have a hairnet, place it over the bun. A finished ballet bun should be round, even in shape and sit smoothly on the head.



Step 3: Secure the bun using pin

Hold the pin at its end, with the prongs facing the centre of the coil. Insert the prongs a little into the edge of the bun, catching a small amount of the bun. Then turn the prongs in and back outwards to catch some of the hair outside the bun. Lastly, turn the prongs inwards again and push into the center of the coil. Insert as many pins as you need to all around the edges of the bun, until it feels secure. Gel or spray any loose hairs to help them stay put.



NOTE: The most effective pins for securing a bun are hairpins because they provide the strongest hold. Bobby pins are best used to hold down flyaway hairs or fringes, or to secure curls.

