

Dancer Dress Code

Dance Plus enforces guidelines around class attire, appearance and appropriate footwear to ensure teachers can correct alignment and technique on students and provide a full range of motion for dancers. It is important that all dancers show up to class prepared and dressed appropriately.

HAIR – All hair must be pulled back and neatly secured away from the face into a bun, ponytail or braid. Dancers with shorter hair may use a hair elastic, headband or clips to pull back the top hair from their face.

CLASS ATTIRE – Students are required to wear appropriate dance attire to class each week. Anyone not dressed appropriately may be unable to participate and asked to sit out of class. Jewellery should also be limited, if not removed entirely, to reduce any distraction or danger.



Please wear fitted dance/yoga wear (i.e. bodysuits, lycra shorts/pants, tank tops). This means NO street wear – Jeans, dresses, play clothes, pajamas or school clothes.

- **Hip Hop ONLY** – may wear loose, comfortable pants (sweats or capris).
- **Acro Attire** - bodysuit with dance shorts/leggings over top (NO t-shirts, tank tops)
- **Boys Attire** – wear comfortable gym clothing (i.e. Shorts, tank top, fitted t-shirt)

EXAM PROGRAM - Students registered in the CDTA Exam program must wear a bodysuit & tights to class (may wear lycra shorts overtop). Teachers must see body line, knees and joints to effectively correct technique. Capri pants, leggings and full length pants are NOT allowed.

NOTE: All exam students require a solid black tank style bodysuit to write their exam.

Proper Shoes

Dancers will not be allowed to perform on stage without the correct shoes. This will help you determine the appropriate type of footwear your child requires for their class(es).

Preschool – Black Tap Shoes, Pink Leather Ballet slippers (*boys ONLY may wear black*)

Combo – Black Mary Jane Tap Shoes, Pink Leather Ballet slippers (*boys ONLY may wear black*)

Tap – Ages 5 – 11 - Black Mary Jane Tap Shoes

– **Ages 12+** – Black Cuban Heel Tap Shoes

– **Advanced** – Jazz Taps (permitted only at Teachers request)

Ballet – Pink Leather Ballet Slippers (*boys ONLY may wear black*)

Jazz & Lyrical – Black Split Sole leather jazz shoes

**Beige split sole, or soft-slipper lyrical shoes may be requested*

Hip Hop – Clean, non-marking runners (solid white or black runners will be required for stage)

Musical Theatre- Black Split Sole leather jazz shoes

Acro & Contemporary – bare feet

Patent Taps <i>PreSchool Only</i>	Mary Jane Taps <i>Combo/Ages 5 +</i>	Cuban Heel <i>Ages 12 +</i>	Jazz Taps <i>by request only</i>	Pink Ballet	Split Sole Jazz

Parents are responsible for getting their own shoes and attire for their child. Visit the following suppliers:

- **Soles and Suits Athletic Apparel** – 518 Victoria Ave E, Regina
- **All About Dance** – 318 University Park Dr, Regina
- **Dancer's Den** – 1630 Albert Street, Regina