

# Tisdale Dance Centre Shoe & Dance Wear Requirements

**\*\*Note: You can purchase your dance tights from the studio all year long.\*\***

## **Ballet Shoes**

**Tiny Tots, Beginner, Primary and Junior Dancers:** Bloch Leather Ballet Shoes purchased from a professional dance store (ex: Dance Street). No Walmart bought ballet shoes please.

**Inter A, Inter B and Senior Dancers:** Capezio Hanami Canvas Ballet Slippers.

**\*\*Canvas shoes can often wear out quicker than leather so we suggest wearing your "old" ballet shoes for class and then wearing your newer set of canvas shoes for stage.\*\***

**Dance Attire All Ages:** Bodysuit and Tights

## **Jazz & Lyrical Shoes**

**All grades of dance:** Bloch Tan Slip On Jazz Shoes

**Dance Attire All Ages:** Bodysuit and Tights

## **Tap**

**Tiny Tots, Beginners and Primary Dancers:** Capezio Caramel Tap Shoes Mary Jane Style (low heel, velcro straps). They come with bows to clip on the shoes, but we do NOT use the bows.

**\*\*If your dancer's shoe size requires them to move up into the Bloch Show Tappers Tap shoe in Caramel that is fine.\*\***

**Junior Dancers:** Bloch Show Tappers Tap Shoes (higher heel with buckle strap).

**Inter A, Inter B, Senior Dancers:** Capezio Caramel Flex Master Lace Up Shoes (CG16).

**\*\* Make sure you do not buy the tap shoes with the shank in them. You want to be able to bend them in half\*\***

**Dance Attire All Ages:** Bodysuit and Tights

## **Modern**

**Junior Dancers, Inter A, Inter B and Senior Daners:** Bloch Flesh Spin

**\*\*Note:** this is different than a foot undie

**Dance Attire All Ages:** Bodysuit and Tights

## **Pointe**

Each dancer must be fitted at a professional dance shoe supplier like Dance Street and they must be shown to Miss Dana before dancing on them.

**Also each pointe dancer must purchase the elastic ribbon.**

**Dance Attire All Ages:** Bodysuit and Tights

## **Technique**

**All Grades of Dance:** Ballet or Jazz Shoes

**Dance Attire All Ages:** Bodysuit and Tights

## **Hip Hop**

**All Grades of Dance:** Indoor running shoes

**Dance Attire All Ages:** Sweat Pants and Dance Top/T-Shirt

## **Acro Dance**

**All Levels Of Acro Dance:** Bare feet

**Dance Attire All Ages:** Convertible tights and body suit. Dance shorts may also be worn.

## **Song and Dance**

**All Levels Of Song and Dance:** Bare feet, Jazz shoes or Ballet Shoes

**Dance Attire All Ages:** Comfortable athletic or dance wear

## **Recreational Jazz and Hip Hop Class**

**All Levels Of Rec Jazz and Hip Hop Dance:** Jazz shoes (can rent from studio if available) and Indoor Runners

**Dance Attire All Ages:** Comfortable athletic or dance wear

### **REQUIRED FOR ALL CLASSES :**

- ✓Hair **MUST** be secured and fixed away from the face. When a dancers hair is down, it can cause injury to her or a classmate. A dancer can work better and learn easier with her hair out of her eyes and when her hair is up it is not a distraction to others.
- ✓No jewellery (necklaces, bracelets, dangling earrings). If they fly off during class, someone could get injured.
- ✓Write your name in all of your shoes!!!!!!!!!!!! (and your other belongings)
- ✓Bring a labelled water bottle/cup to class
- ✓ No gum or candy in the studio
- ✓**NO STREET CLOTHES** allowed for any classes. TDC has the right to ask a dancer not to attend class if they show up in street clothes.

### **Hygiene:**

Dance students are always in close contact with other students and teachers. Keeping a high level of hygiene is important.

This includes being clean each day, wearing deodorant, and having a clean bodysuit and tights.

Due to sensitivities and allergies – perfumes and body sprays are not permitted.