

VSB Dress Requirements

Our dress requirements are designed to both prevent injury and assist the teachers in improving the technique of the dancers. It is important that all dancers arrive ready to dance, with hair up (bun for ballet, bangs back for all disciplines) and appropriate clothing and footwear. Only small stud earrings are acceptable for class, no other jewelry is permitted. A fitted sweater and fitted legwarmers are suggested for warm-up. Sweat Pants are great for a cover-up to and from class on colder days, but should be removed when class starts.

Ballet

Girls:

Black bodysuit – Any Style
(for exams Capezio CC202 or Mondor 1645 in Black)

Optional: :Black sheer ballet wrap skirt or bike-shorts

Capezio tights in light pink or skin-tone.

Ballet 1-2 - Bloch Belle ballet slippers to match tights

Ballet 3-4 - So DanceSD16 slipperto match tights

Boys

Bloch Dancesoft leather ballet slippers in Black

Black Dance Shorts

White t-Shirt

Black Socks

Jazz, Lyrical, Musical Theatre and Stretch & Tech

Girls:

Black, fitted bike-shorts or leggings

Black fitted tank top or bodysuit

Capezio tights in Caramel or skin tone

Jazz oxfords into match tights.

Boys:

Black Shorts

White T-shirt

Black socks

Bloch, Elastabootie jazz oxfords in Black

Hip Hop

Non-marking, **clean** indoor running shoes (white unless otherwise directed by teacher) and T-shirt, leggings or sweat pants. No jeans!

Acro Dance

Girls:

Black, fitted short-shorts or leggings

Black tank-style bodysuit

2 Yoga Blocks.

Absolutely NO JEWELRY is permitted in Acro Dance classes.

Hair must be pulled back and held tight against head (ie: French braid).

For the dancer's safety, dancers who are not dressed or groomed appropriately will not participate in class.

Boys:

Black Shorts

White T-shirt - tucked in

Recommended Sources

And All That Jazz - Sherwood park - 780-416-2017 - www.andallthatjazz.ca