














PULSE DANCE WORKS INC.'S
2019-2020 DANCE SEASON
MANDATORY DANCE ATTIRE & HAIR RULES

(dance shoes subject to change between June - August 31st and for each competitive routine)

HAIR:

- 1) **TWINKLE TWO'S, BOOGIE BABIES, KINDER KIDS, BALLET, ACROBATICS & LYRICAL:**
 - A **Secure BUN** for every class must be worn! **Must** use a hairnet and hair pins (not bobby pins). **NO** hair donuts!
 - Pulse sells bun kits which includes a Hair Net, Proper Hair Pins, Elastic & Comb for loose baby hairs!
- 2) **JAZZ, TAP, STRETCH HIP HOP, MUSICAL THEATRE:**
 - **Secure PONY TAIL** (no loose hair), bun, french braid or braid.
- 3) **SHORT HAIR:**
 - Use elastics to tie hair back as much as possible and/or use small clips. If necessary, a headband and/or hair spray.

CLASS	AGE	DANCE WEAR (Females)	SHOES (Females)	DANCE WEAR (Males)	SHOES (Males)
TWINKLE TWO'S & BOOGIE BABIES (Ballet Shoes only) & KINDER KIDS (Ballet & Tap Shoes)  (Ballet/Jazz)  (Tap)	2-4yrs 5yrs	-Tights: Mondor Ballerina "Light Pink" Full Foot -Body: Tank or Cap Sleeve Leotard Pink or Black *Optional pink chiffon skirt as shown in the diagram 	Ballet: Bloch S205 <i>*Laces are to be tucked inside the shoe</i> <i>**For extremely small feet only, use Capezio 200c</i> Tap: Capezio Mary Jane All Black / Non-Shiny <i>*Kinder Kids need to purchase BOTH Ballet & Tap shoes!</i>	White Short Sleeve Shirt with Black Shorts or Track Pants 	Ballet: Bloch S205 "Black" <i>*Laces are to be tucked inside the shoe</i> <i>**For extremely small feet only, use Capezio 200c Black</i> Tap: Bloch S0389 "Black"
BALLET 	All Ages	-Tights: Mondor Ballerina "Light Pink" Full Foot 310 -Body: Tank Leotard Black -Body: Spaghetti Strap Leotard Black <i>*NO skirts!</i>	Bloch S205 Full Sole Leather with elastics, NO Ribbons!		TBD
JAZZ 	All Ages	-Tights: Mondor "Light Tan" Full Foot -Body: Black Leotard <i>*10 years & up only – Plain All Black fitted spandex/lycra shorts</i>	Bloch Tan S499	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	Bloch Black S499
TAP 	All Ages	-Tights: Mondor "Light Tan" Full Foot -Body: Black Leotard <i>*10 years & up only – Plain All Black fitted spandex/lycra shorts</i>	RECREATIONAL & "STARS ON STAGE": -Black Capezio CG19 COMPETITIVE (Part-Time & Full-Time): -Black Bloch 321 Sync	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	RECREATIONAL & "STARS ON STAGE": Capezio CG19 COMPETITIVE (Part-Time & Full Time): Bloch 321 Sync
ACROBATICS  Bare Feet	All Ages	-Tights: Mondor "Light Tan" Footless <i>*Mondor Light Tan Convertible tights may be used for practice only, not performance!</i> -Body: Black Leotard <i>*10 years & up only – Plain All Black fitted spandex/lycra shorts</i>	N/A – Bare Feet	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	N/A -Bare Feet
LYRICAL 	All Ages	-Tights: Mondor "Light Tan" Footless -Body: Black Leotard <i>*10 years & up only – Plain All Black fitted spandex/lycra shorts</i>	Capezio Foot Undeez "Nude" color.	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	TBD
HIP HOP 	All Ages	Pulse T-Shirt preferred, T-Shirt, tank top with fitted Pulse leggings, leggings, yoga pants.	Nike Air Force 1 Low Rise, All White (can be purchased at Foot Locker etc.)	Pulse T-Shirt preferred, T-Shirt with Pulse Jogging Pants or Track Pants	Nike Air Force 1 Low Rise, All White (can be purchased at Foot Locker etc.)

IF YOU PURCHASE INCORRECT SHOES, YOU WILL NOT BE ALLOWED TO PARTICIPATE IN CLASS!

WHERE TO SHOP:

Note: SHOP PULSE GEAR online for Pulse t-shirts, dance leotards/body suits, shorts, leggings and more... <https://customicrew.com/pulsedanceworks0410/>

When shopping at a dance specialty store, inform the following stores that you are a "Pulse Dance Works Inc." student:

- "SECOND SKIN FASHIONS LTD." (905) 731-2629 8100 Yonge St, Thornhill, ON L4J 6W6 / www.secondskinfashions.com/
- "KIDDIE KOBBLER" (only for young children) (905) 477-6530 Markville Shopping Centre / <https://kiddiekobblermarkville.ca/>
- "DANCEWEAR CENTRE" (416) 630-2292 1150 Sheppard Ave. W., Unit 11, Toronto, ON M3K 2B5 / www.dancewearcentre.com
- "GABIE'S BOUTIQUE" (905) 830-1420 18075 Leslie Street, Newmarket, ON / www.gabiesboutique.com
- "ON THE DANCE FLOOR BOUTIQUE" (905) 237-5065 10235 Yonge Street, Richmond Hill, ON L4C / <http://www.otdf.ca/>