






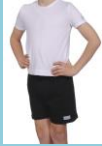







# MANDATORY DANCE ATTIRE & HAIR RULE

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

**HAIR:** JAZZ, TAP, STRETCH HIP HOP, MUSICAL THEATRE: Secure pony tail (no loose hair), bun, french braid or braid.

**BOOGIE BABIES, BALLET, ACROBATICS, LYRICAL:** Secure Bun for every class! Must use a hairnet and hair pins!

**SHORT HAIR:** Wear a headband and/or use small clips and hair spray if necessary and hair elastics where they can be used.

CLASS	AGE	DANCE WEAR (Females)	SHOES (Females)	DANCE WEAR (Males)	SHOES (Males)
<b>TWINKLE TWO'S</b> (Ballet Shoes only) & <b>BOOGIE BABIES</b> (Ballet & Tap Shoes)   (Ballet/Jazz)   (Tap)	2yrs  3-5yrs	-Tights: Mondor Ballerina "Light Pink" Full Foot -Body: Tank or Cap Sleeve Leotard Pink or Black  <i>*Optional pink chiffon skirt as shown in the diagram</i> 	Ballet: Bloch S205 <i>*Laces are to be tucked inside the shoe</i> <i>**For extremely small feet only, use Capezio 200c</i>  <b>AND</b> Tap: Capezio Mary Jane <b>All Black / Non-Shiny</b>  <i>*Both shoes need to be purchased for this class.</i>	White Short Sleeve Shirt with BlackShorts/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"
<b>BALLET</b>  	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, <u>NO</u> Ribbons!		TBD
<b>JAZZ &amp; MUSICAL THEATRE</b>  	All Ages	-Tights: Mondor "Light Tan" Full Foot -Body: Black Leotard <i>*10 years &amp; up only – Plain All Black fitted spandex/lycra shorts</i>	Bloch Tan S499	White Short Sleeve Shirt or White Tank with Black Pants	Bloch Black S499
<b>TAP</b>  	All Ages	-Tights: Mondor "Light Tan" Full Foot -Body: Black Leotard <i>*10 years &amp; up only – Plain All Black fitted spandex/lycra shorts</i>	Capezio CG19 Black Leather	White Short Sleeve Shirt or White Tank with Black Pants	Capezio CG19 Black Leather
<b>ACROBATICS</b>   Bare Feet	All Ages	-Tights: Mondor "Light Tan" Footless <i>*Mondor Light Tan Convertible tights may be used for practice only, <u>not</u> performance!</i> -Body: Black Leotard <i>*10 years &amp; up only – Plain All Black fitted spandex/lycra shorts</i>	N/A – Bare Feet	White Short Sleeve Shirt or White Tank with Black Pants	N/A -Bare Feet
<b>LYRICAL</b>  	All Ages	-Tights: Mondor "Light Tan" Footless -Body: Black Leotard <i>*10 years &amp; up only – Plain All Black fitted spandex/lycra shorts</i>	Capezio Foot Undeez "Nude" color.	White Short Sleeve Shirt or White Tank with Black Pants	TBD
<b>HIP HOP</b>  	All Ages	GIRLS: Yoga pants or shorts and fitted t-shirt or tank top  BOYS: Track Pants or shorts and t-shirt. No baggy clothes!	Black Capezio Dance Sneaker DS11	Track pants, shorts and fitted t-shirt or tank top	Black Capezio Dance Sneaker DS11 <i>*Boogie Babies (3-5yrs): All white sneakers.</i>

**Dance Attire & Shoes can be purchased at the following locations. Let them know you are a "Pulse Dance Works" student:**

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

**Note: SHOP PULSE GEAR online for dance leotards/body suits. dance shorts and more...**

**<http://customicrew.com/pulsedanceworks0410/>**

- "SECOND SKIN FASHIONS LTD." (905) 731-2629 8100 Yonge St, Thornhill, ON L4J 6W6 / [www.secondskinfashions.com/](http://www.secondskinfashions.com/)

\*\*\*Specialty dancewear store for dancers of ALL ages

- "KIDDIE KOBBLER" (905) 477-6530 Markville Shopping Centre / <https://kiddiekobblermarkville.ca/>

- "GABIE'S BOUTIQUE" (905) 830-1420 18075 Leslie Street, Newmarket, ON / [www.gabiesboutique.com](http://www.gabiesboutique.com)

**PULSE DANCE WORKS INC.**

\*\*\*Last Updated: Jan 1, 2018 **Studio Directors:** Nadine N. Varga & Rachel M. Lepera-Martelle

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