

MANDATORY DANCE ATTIRE & HAIR RULES

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












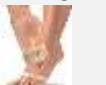



DID YOU KNOW...

- Pulse class fees and costume prices are competitive and/or lower than other Markham & Stouffville dance studios.
- Pulse is the only studio in Markham offering 1hr classes for ages 5 years and up at no extra charge. Pulse also offers classes for Ages 2yrs+.
- We believe in exceptional dance training and proper body conditioning for all dancers!

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

HAIR: TWINKLE TWO'S, KINDER KIDS, BOOGIE BABIES, BALLET, ACROBATICS, LYRICAL: Secure Bun for every class!
Must use a hairnet and hair pins – Pulse sells bun kits

HAIR: For 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)
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, <u>NO</u> 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>	Capezio CG19 Black Leather	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	Capezio CG19 Black Leather
ACROBATICS  Bare Foot	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 & 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 	Ages 3-5yrs Ages 6yrs +	GIRLS all ages: Pulse T-Shirt preferred, T-Shirt, tank top with fitted Pulse leggings, leggings, yoga pants. BOYS all ages: Pulse T-Shirt preferred, T-Shirt with Pulse Jogging Pants or Track Pants	Nike Air Force 1 Low Rise, All White <i>NOTE: Ages 3-5yrs, it is preferred that you purchase the above shoe or something similar to it.</i>	See notes to the left. 	See notes to the left. 

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

WHERE TO SHOP:

Note: SHOP PULSE GEAR online for dance leotards/body suits, t-shirts, 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/>
- "ON THE DANCE FLOOR BOUTIQUE" (905) 237-5065 10235 Yonge Street, Richmond Hill, ON L4C / <http://www.otdf.ca/>
- "GABIE'S BOUTIQUE" (905) 830-1420 18075 Leslie Street, Newmarket, ON / www.gabiesboutique.com

PULSE DANCE WORKS INC.

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"Dance Season 2019-2020"