

# PULSE DANCE WORKS INC.

## MANDATORY DANCE ATTIRE, SHOE & HAIR REQUIREMENTS

(subject to change)

NOTE: We recommend purchasing your dance shoes in August unless you will be partaking in Summer Classes.

**1) PULSE'S ONLINE STORE:** <https://customicrew.com/pulsedanceworks0410/> For assistance with an online order: 416-299-0645

**2) SHOP - DANCE SPECIALTY STORES (Shoes/Tights/Leotards) \*Inform the store you're a Pulse student!**

- "KIDDIE KOBBLER - MARKHAM" (for young children) (905) 477-6530 5071 Highway 7, Unit 3 Markham, ON L3R 1N3
- "SECONDSKIN FASHIONS" • "ON THE DANCE FLOOR BOUTIQUE" • "GABIE'S BOUTIQUE" • "DANCEWEAR CENTRE"

**3) JEWELRY:** For your personal safety and others, NO jewelry is allowed including watches and fitbits! (Exceptions: small earrings, medical alert bracelets)

**4) HAIR:**

- **BUN:** Boogie Babies, Kinder Kids, Ballet, Acrobatics, Lyrical, Contemporary
  - **Must** use a hairnet and hair pins (not bobby pins). NO hair donuts!
  - Use clips to secure bangs back out of face.
- **PONY TAIL (secure & high):** Jazz, Tap, Hip Hop, Stretch, Technique, Musical Theatre
  - No loose hair, pull bangs back out of face. You can also wear a bun, French braid, braid.
- **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.

**HAIR BUN & HAIR PINS**

Pulse sells "**BUN KITS**"  
INCLUDES: Hair Net,  
**Proper Hair Pins**, Elastic & Comb!

**5) ATTIRE & FOOTWEAR:** CLASS PARTICIPATION WILL NOT BE ALLOWED WITH INCORRECT ATTIRE, SHOES & HOLES IN TIGHTS!

CLASS	AGE	DANCE WEAR (Females)	SHOES (Females)	DANCE WEAR (Males)	SHOES (Males)
<b>BOOGIE BABIES (Ballet Shoes only) &amp; KINDER KIDS (Ballet &amp; Tap Shoes)</b> 	2-3yrs  4-5yrs	-Tights: Mondor Ballerina "Light Pink" Full Foot -Body Leotard: Strappy, Tank or Cap Sleeve in Light Pink or Black <b>-NO cardigans/sweaters!</b> <i>*Optional chiffon skirt – Pulse sells pink and black skirts for \$7.00 (while supplies last)</i> 	Ballet: Bloch S227 <i>**For extremely small feet only, use Capezio 200c</i> Tap: Capezio Mary Jane <b>All Black / Non-Shiny</b> <i>*Kinder Kids need to purchase BOTH Ballet &amp; 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"
<b>BALLET</b> 	All Ages	-Tights: Mondor Ballerina "Light Pink" Convertible or Full Foot 310 -Body Leotard: Any style solid black <b>*NO skirts!</b>	Bloch S227 preferred (no tie elastic) S205 if S227 is unavailable. Full Sole Leather with elastics, <b>NO Ribbons!</b>		Black Bloch S205
<b>JAZZ</b> 	<b>Recreational</b> All Ages  <b>Competitive</b> Ages 5-7yrs & Jr. Team	-Tights: Convertible MONDOR "Light Tan" (or Mondor shade to match skin tone) -Body Leotard: Any style solid black <i>*9 years &amp; up only – Plain All Black fitted spandex/lycra shorts – NO logo's except Pulse</i>	Bloch Tan S499	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	Bloch Black S499
<b>TAP</b> 	*See Shoe column for details	-Tights: Full foot MONDOR "Light Tan" (or Mondor shade to match skin tone) -Body Leotard: Any style solid black <i>*9 years &amp; up only – Plain All Black fitted spandex/lycra shorts – NO logo's except Pulse</i>	<b>Mini &amp; Junior Ages 5-11:</b> -Black Capezio CG19  <b>Intermediate &amp; Senior 12yrs+:</b> -Black Bloch 321 Sync	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	<b>Mini/Jr. Ages 5-11</b> Capezio CG19  <b>Int./Sr. Ages 12+</b> Bloch 321 Sync
<b>ACROBATICS</b> 	All Ages	-Tights: Convertible or Footless MONDOR "Light Tan" (or Mondor shade to match skin tone) -Body Leotard: Any style solid black <i>*9 years &amp; up only – Plain All Black fitted spandex/lycra shorts – NO logo's except Pulse</i>	N/A – Bare Feet	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	N/A -Bare Feet
<b>LYRICAL CONTEMPORARY</b> Competitive JAZZ Jr./Int./Sr. 	*See Shoe column for details	-Tights: Convertible or Footless MONDOR "Light Tan" (or Mondor shade to match skin tone) -Body Leotard: Any style solid black <i>*9 years &amp; up only – Plain All Black fitted spandex/lycra shorts – NO logo's except Pulse</i>	<b>"Nude" color LYRICAL / Comp. JAZZ:</b> Capezio Foot Undeez <b>CONTEMP:</b> Blochsox In addition to the "Nude" pair, you can purchase any colour as a second pair to wear for fun in class.	Pulse T-Shirt OR White/Black T-Shirt or Tank with Black Pants	TBD
<b>HIP HOP</b> 	All Ages	Pulse T-Shirt/Teamwear preferred, T-Shirt, tank top with fitted Pulse leggings, leggings, yoga pants. <i>*Pulse T-Shirt or Pulse Gear can be purchased on our online store, <a href="http://www.pulsedanceworks.com">www.pulsedanceworks.com</a> click SHOP</i>	Nike Air Force 1 Low Rise, All White  <i>For wide feet or trouble fitting this style shoe, a similar style All White shoe may be worn.</i>	Pulse T-Shirt preferred, T-Shirt with Pulse Jogging Pants or Track Pants	Nike Air Force 1 Low Rise, All White