

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) JEWELRY:** For your personal safety and others, NO jewelry is allowed including watches and fitbits! (Exceptions: small earrings, medical alert bracelets)
- 2) HAIR RULE:**
 - **BUN: Boogie Babies, Kinder Kids, Ballet, Acrobatics, Lyrical, Contemporary**
 - **Must** use a hairnet and **PROPER** hair pins (**NOT** bobby pins). **NO** hair donuts!
 - Use clips to secure bangs back AND loose hair out of face.
 - **PONY TAIL (secure & high): Jazz, Tap, Hip Hop, Stretch, Technique, Musical Theatre**
 - No loose hair or bangs. You can also wear a bun, French braid, braid.
 - **SHORT HAIR:**
 - Use elastics to tie hair back as much as possible AND 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!

- 3) PURCHASE DANCE ATTIRE at "DANCE SPECIALTY STORES" (Shoes/Tights/Leotards)**
**Inform the store you're a Pulse student!*
 • "SECONDSKIN FASHIONS" • "DANCEWEAR CENTRE" • "ON THE DANCE FLOOR BOUTIQUE" • "GABIE'S BOUTIQUE"
- 4) ATTIRE & FOOTWEAR:** CLASS PARTICIPATION WILL NOT BE ALLOWED WITH INCORRECT ATTIRE, SHOES & HOLES IN TIGHTS!








ATTIRE - FEMALES

- **HIP HOP ONLY:** Black Pants (yoga, fitted, cargo, jogger) with a Pulse tank or t-shirt.
*Order Forms will be sent to you in Aug/Sept
- **TIGHTS:** Brand "Mondor", Colour "Light Tan" for all classes except Ballet is "Ballerina Light Pink"
- **LEOTARD & COLOUR:** Solid Black *-NO long sleeves, NO attached skirts/tutus, NO cardigans/sweaters!*
Exception: Ages 2-5yrs may wear a solid Light Pink or Black leotard, Optional detached skirt allowed
Chiffon Skirts (pink or black) for Ages 2-5yrs, can be purchased at Pulse for \$5.00 cash while quantities last



ATTIRE - MALES

- **HIP HOP ONLY:** Black Pants (track, cargo, jogger) with a Pulse tank or t-shirt.
*Order Forms will be sent to you in Aug/Sept
- **ALL OTHER CLASSES:** White or Black Tank or fitted T-Shirt with black dance pants or flexible track pants

CLASS	AGE	SPECIFIC DANCE SHOES (Females)	SHOES (Males)
BOOGIE BABIES (Ballet Shoes only) KINDER KIDS (Ballet & Tap Shoes) 	2-3yrs 4-5yrs	Ballet: Bloch S227 <i>(Extremely small feet only, use Capezio 200c)</i> Tap: Capezio Mary Jane All Black / Non-Shiny Ballet: Bloch S227 <i>(Extremely small feet only, use Capezio 200c)</i> <i>*Kinder Kids need to purchase BOTH Ballet & Tap shoes!</i>	Ballet: Bloch S227 "Black" <i>**For extremely small feet only, use Capezio 200c Black</i> Tap: Capezio CG19 or another all black Bloch or Capezio beginner Tap shoe (non-shiny) – <u>NOT</u> Mary Jane!.
BALLET 	All Ages	Bloch S227 preferred (no tie elastic) S205 if S227 is unavailable. Full Sole Leather with elastics, <u>NO</u> Ribbons!	Black - Bloch S227 S205 if S227 is unavailable.
JAZZ 	Recreational All Ages Stars on Stage & Competitive Ages 5-14yrs	Bloch - Tan S499	Bloch - Black S499
TAP 	*See Shoe column for details	Mini & Junior Ages 5-11: Intermediate & Senior 12yrs+: -Black Capezio CG19 -Black Bloch 321 Sync	Same as Females – Unisex shoe!
ACROBATICS 	All Ages	N/A – Bare Feet	N/A -Bare Feet
LYRICAL/CONTEMP. 	All Ages	Nude Colour LYRICAL & SR. Comp. JAZZ: Capezio Foot Undeez CONTEMPORARY: Blochsox	Same as Females – Unisex, unless specially asked to purchase "Black"
HIP HOP 	All Ages	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>	Nike Air Force 1 Low Rise, All White