

Embody Dance Centre 2022 Attire

Preschool & Evening Classes

**All jewellery must be removed for all classes*

Embody Play

Hair

- **Girls:** Pulled back out of face (Ponytail or bun recommended)

Attire (Boys & Girls)

- Comfortable clothing that is easy to move in

Shoes (Boys & Girls)

- Bare Feet or Clean Runners

Embody Movement

Hair

- **Girls:** Pulled back out of face (Ponytail or bun recommended)

Attire

- **Girls:** Bodysuit (any colour/style), pink tights, & ballet skirt (optional)
- **Boys:** T-shirt with black shorts or black pants

***No jeans*

Shoes (Boys & Girls)

- Bare Feet

Embody the Basics

Hair

- **Girls:** Pulled back out of face (Ponytail or bun recommended)

Attire

- **Girls:** Bodysuit (any colour/style), pink tights, & ballet skirt (optional)
- **Boys:** White t-shirt with black shorts or black pants

***No jeans*

Shoes

- **Girls:** Pink Ballet shoes (will be worn for jazz portion of the class as well),
- **Boys:** Black ballet shoes (will be worn for jazz portion of the class as well)



Embody the Basics & Rhythm

Hair

- **Girls:** Pulled back out of face (Ponytail or bun recommended)

Attire

- **Girls:** Bodysuit (any colour/style), pink tights, & ballet skirt (optional)
- **Boys:** White t-shirt with black shorts or black pants

***No jeans*

Shoes

- **Girls:** Pink Ballet shoes (will be worn for jazz portion of the class as well), Black Tap shoes
- **Boys:** Black ballet shoes (will be worn for jazz portion of the class as well), Black Tap shoes

Embody Style and Shapes

Hair

- **Girls:** Pulled back out of face (Ponytail or bun recommended)

Attire

- **Girls:** Bodysuit (any colour/style) & tights **OR** Tight athletic wear (form fitting tank top, leggings, shorts, etc.)
- **Boys:** T-shirt with shorts or pants

***No jeans*

Shoes (Boys & Girls)

- Acro: Bare Feet
- Hip Hop: Bare Feet or Clean Runners

Creative Kids Club

Hair

- **Girls:** Pulled back out of face (Ponytail or bun recommended)

Attire

- **Girls:** Athletic wear (form fitting tank top, leggings, shorts, etc.)
- **Boys:** T-shirts with shorts or pants

***No jeans*

Shoes (Boys & Girls)

- Bare Feet or Clean Runners

Acro Dance

Girls

Hair: Slicked back ponytail or bun

Attire

- Bodysuit & tights or leggings **OR**
- Tight athletic wear (form fitting tank top, leggings, shorts & tights, etc.)

***No baggy shirts, sweat pants, jeans, sweaters, etc.*

Shoes: Bare Feet

Boys

Hair: Any style pulled out of face

Attire: Any colour t-shirt and knee length shorts or athletic pants

***No baggy shirts, sweat pants, jeans, sweaters, etc.*

Ballet

Girls

Hair: Ballet bun – must include pins and hairnet

Attire

- Pink ballet tights
- Ballet bodysuit (any colour or style)
- Ballet skirt (optional)

Shoes: Pink ballet shoes (leather or canvas, full sole or split sole)

Boys

Hair: Any style pulled out of face

Attire: Any colour t-shirt and knee length shorts or black ballet pants

***No baggy shirts, sweat pants, jeans, sweaters, etc.*

Hip Hop

Girls

Hair: Any style (must have hair pulled back out of face)

Attire: Any dance/athletic attire (may include sweat pants, shirts, sweaters, etc.)

***No jeans*

Shoes: Clean Running Shoes

Boys

Attire: Any dance/athletic attire (may include sweat pants, shirts, sweaters, etc.)

***No jeans*

Shoes: Clean Running Shoes

Lyrical & Contemporary

Girls

Hair: Slicked back ponytail or bun

Attire

- Bodysuit & tights or leggings **OR**
- Tight athletic wear (form fitting tank top, leggings, shorts & tights, etc.)

***No baggy shirts, sweat pants, jeans, sweaters, etc.*

Shoes: Turning Shoes, Foot Paws, Foot Undies, or Bare Feet

Boys

Hair: Any style pulled out of face

Attire: Any colour t-shirt and knee length shorts or athletic pants

***No baggy shirts, sweat pants, jeans, sweaters, etc.*

Shoes: Black slip-on short heel tap shoes (Block, Capezio, or Leo)

Jazz

Girls

Hair: Slicked back ponytail or bun

Attire:

- Bodysuit & tights or leggings **OR**
- Tight athletic wear (form fitting tank top, leggings, shorts & tights, etc.)

***No baggy shirts, sweat pants, jeans, sweaters, etc.*

Shoes: Black slip-on jazz shoes

Boys

Hair: Any style pulled out of face

Attire:

- Any colour t-shirt and knee length shorts or athletic pants

***No baggy shirts, sweat pants, jeans, sweaters, etc.*

Shoes: Black slip-on jazz shoes