

# Ballet Uniform Requirements

## HAIR REQUIREMENTS:

Hair must be worn in a classical bun with no bangs. If hair is short, it is to be held back by a headband. The nape of the neck must be visible at all times. For all classes, please – no jewelry, nail polish or underpants.

## HAIR REQUIREMENTS-PERFORMING & STRETCH :

Long hair should be in a ponytail. Short hair is held back by a headband. No jewelry, nail polish or underpants. **No fitbits or smart watches.**

\* For all classes, tights as required for year end performance. This information will be communicated in the Spring of 2024.

Absolutely no – shirts, sweatshirts, shorts or sweatpants in any ballet class except for initial warm up in the colder months. All dancers must wear a body suit, tights and proper shoes for ballet classes.

## MONDOR TIGHTS ONLY!

Class	Uniform
Ballet - Primary Foundation A & B & Ballet - Primary A & B	<ul style="list-style-type: none"> <li>• Mondor Style #1635 PINK short-sleeved bodysuit, RAD approved</li> <li>• Mondor Tights ballet PINK RAD approved, style #316</li> <li>• Wrap over skirt to match the pink leotard – Mondor Style #16100</li> <li>• Pink leather ballet slippers with pink elastic (No canvas – can be Split Sole)</li> <li>• Pull on pink chiffon may be acceptable – please check with the teacher</li> </ul>
Ballet - Grade 1 A & B Foundation & Technique & Ballet - Grade 1 A & B, Exam & Technique	<ul style="list-style-type: none"> <li>• Mondor Style #1645 in NAVY BLUE sleeveless, tank style bodysuit, navy blue waist elastic</li> <li>• Mondor Tights ballet PINK RAD approved, style #316</li> <li>• Pink leather ballet slippers or canvas split sole with pink elastics</li> <li>• Character shoes</li> <li>• Character skirt</li> <li>• Character skirt: cotton circle skirt, dark colour (black) below knee to mid shin length (3 inches below the knee). Usually are customer made or bought second hand. On-Stage and All for Dance will sew or carry these skirts in stock</li> <li>• Character shoes: low heel. <b>ABSOLUTELY NO CUBAN HEEL</b></li> </ul>
Ballet - Grade 2A & 2B, Exam & Technique	<ul style="list-style-type: none"> <li>• Mondor Style #1645 in NAVY BLUE sleeveless, tank style bodysuit, navy blue waist elastic</li> <li>• Mondor Tights ballet PINK RAD approved, style #316</li> <li>• Pink leather ballet slippers or canvas split sole with pink elastics</li> <li>• Character shoes</li> <li>• Character skirt</li> <li>• Character skirt: cotton circle skirt, dark colour (black) below knee to mid shin length (3 inches below the knee). Usually are customer made or bought second hand. On-Stage and All for Dance will sew or carry these skirts in stock</li> <li>• Character shoes: low heel. <b>ABSOLUTELY NO CUBAN HEEL</b></li> </ul>
Ballet - Grade 3A & 3B Exam & Technique <b>Ballet - Foundations</b>	<ul style="list-style-type: none"> <li>• Mondor Style #1645 in NAVY BLUE sleeveless, tank style bodysuit, navy blue waist elastic</li> <li>• Mondor Convertible Tights ballet PINK RAD approved, style #319</li> <li>• Pink leather ballet slippers or canvas split sole with pink elastics</li> <li>• Character shoes</li> <li>• Character skirt</li> <li>• Character skirt: cotton circle skirt, dark colour (black) below knee to mid shin length (3 inches below the knee). Usually are customer made or bought second hand. On-Stage and All for Dance will sew or carry these skirts in stock</li> <li>• Character shoes: higher (Cuban) heel</li> </ul>
Ballet - Grade 4A & 4B Exam & Technique	<ul style="list-style-type: none"> <li>• Mondor Style #1645 in NAVY BLUE sleeveless, tank style bodysuit, navy blue waist elastic</li> <li>• Mondor Convertible Tights ballet PINK RAD approved, style #319</li> <li>• Pink leather ballet slippers or canvas split sole with pink elastics</li> <li>• Character shoes (4B - only if requested by teacher)</li> <li>• Character skirt (4B - only if requested by teacher)</li> <li>• Character skirt: cotton circle skirt, dark colour (black) below knee to mid shin length (3 inches below the knee). Usually are customer made or bought second hand. On-Stage and All for Dance will sew or carry these skirts in stock</li> <li>• Character shoes: higher (Cuban) heel</li> </ul>

Ballet - Grade 5A & 5B Exam & Technique	<ul style="list-style-type: none"> <li>• Mondor Style #1645 in NAVY BLUE sleeveless, tank style bodysuit, navy blue waist elastic</li> <li>• Mondor Convertible Tights ballet PINK RAD approved, style #319</li> <li>• Pink leather ballet slippers or canvas split sole with pink elastics</li> <li>• Character shoes (5B - only if requested by teacher)</li> <li>• Character skirt (5B - only if requested by teacher)</li> <li>• Character skirt: cotton circle skirt, dark colour (black) below knee to mid shin length (3 inches below the knee). Usually are customer made or bought second hand. On-Stage and All for Dance will sew or carry these skirts in stock</li> <li>• Character shoes: higher (Cuban) heel</li> </ul>
Ballet - Grade 6A & 6B Exam & Technique, Ballet - Grade 7A & 7B Exam & Technique & Ballet - Grade 8A & 8B Exam & Technique	<ul style="list-style-type: none"> <li>• Mondor Style sleeveless, tank style bodysuit BLACK with elasticized belt – Style #13520, 1633, 11646, 3546</li> <li>• Black chiffon knee length chiffon skirt</li> <li>• Mondor Convertible Tights ballet PINK RAD approved, style #319</li> <li>• Pink leather or canvas ballet slippers with pink elastic (Split Sole)</li> <li>• Character shoes &amp; Skirt (6B - only if requested by teacher)</li> </ul>
Ballet - Free Movement 1 / Pre- Pointe, Ballet - Free Movement 2 / Pre - Pointe 2, Ballet - Free Movement 3 / Pre- Pointe 3	<ul style="list-style-type: none"> <li>• Mondor Style sleeveless, tank style bodysuit, black, navy, royal blue, lavender, red or mulberry with elasticized belt - Style #13520 1633, 11646, 3546</li> <li>• Mondor Convertible Tights ballet PINK RAD approved, style #319</li> <li>• Pink leather or canvas ballet slippers with pink elastic (Split Sole)</li> <li>• Pointe shoes with pink ribbons (Free Movement 2 and 3)</li> <li>• Do not purchase pointe shoes until your teacher informs you to do so</li> </ul>
Ballet - Intermediate Foundation Part 1 & 2	<ul style="list-style-type: none"> <li>• Mondor Style bodysuit with waist elastic – Black – Mondor style #13520</li> <li>• Hard pointe shoes with pink ribbons</li> <li>• Pink leather or canvas ballet slippers with pink elastic (Split Sole)</li> <li>• Mondor Convertible Tights ballet PINK RAD approved, style #314</li> <li>• Do not purchase pointe shoes until your teacher informs you to do so</li> </ul>
Ballet - Intermediate Part 1 & 2	<ul style="list-style-type: none"> <li>• Mondor Style bodysuit with waist elastic – Black – Mondor style #13520</li> <li>• Hard pointe shoes with pink ribbons</li> <li>• Pink leather or canvas ballet slippers with pink elastic (Split Sole)</li> <li>• Mondor Convertible Tights ballet PINK RAD approved, style #319</li> <li>• Do not purchase pointe shoes until your teacher informs you to do so</li> </ul>
Ballet - Advanced Foundation, Ballet - Advanced 1 Part 1 & 2, Ballet - Advanced 2 Part 1 & 2	<ul style="list-style-type: none"> <li>• Mondor Style sleeveless leotard – Black – Style #1633, 1645, 13520, 3546, 3545</li> <li>• Hard pointe shoes with pink ribbons</li> <li>• Pink leather or canvas ballet slippers with pink elastic (Split Sole)</li> <li>• Mondor Convertible Tights ballet PINK RAD approved, style #319</li> <li>• Do not purchase pointe shoes until your teacher informs you to do so</li> </ul>
Ballet - Foundation	<ul style="list-style-type: none"> <li>• See Grade 3A &amp; 3B Ballet Requirements Above</li> </ul>
Boys – All Classes	<ul style="list-style-type: none"> <li>• White short sleeved t-shirt or leotard</li> <li>• Navy or black shorts or tights</li> <li>• White socks</li> <li>• White Ballet Slippers with White Elastics</li> <li>• White ballet slippers must be worn for ballet exams.</li> <li>• Character Shoes (Grade 1 - 8)</li> </ul>
Competition - Ballet	<ul style="list-style-type: none"> <li>• Bodysuit any colour or style</li> <li>• Tights any color for class and as required for performances</li> <li>• Shoes as required</li> <li>• Teacher will advise upon first days of class and as performances are planned</li> </ul>
Progressing Ballet Technique Junior & Senior	<ul style="list-style-type: none"> <li>• Ballet Attire worn to your regular ballet class</li> </ul>

# Jazz Uniform Requirements

## HAIR REQUIREMENTS:

Long hair should be in a ponytail. Short hair is held back by a headband. For all classes, please—no jewelry, nail polish or underpants. **No fitbits or smart watches.**

**MONDOR TIGHTS ONLY!** No Capezio Tights.

\* For all classes, tights as required for year end performance. This information will be communicated in the Spring of 2024.

Absolutely no – shirts or sweatshirts in any class except for initial warm up in the colder months. All dancers must wear a body suit, tights and proper shoes for classes.

Class	Uniform
Jazz - Primary Foundation and Primary Jazz - Levels 1-3	<ul style="list-style-type: none"> <li>• Sleeveless black bodysuit</li> <li>• Beige tights (Mondor – Light Tan)</li> <li>• Beige Jazz Shoes (Bootie style)</li> <li>• Sweat pants for warm-up</li> </ul>
Jazz - Levels 4-Advanced	<ul style="list-style-type: none"> <li>• Bodysuit any colour, bootie shorts and/or leggings</li> <li>• Beige Jazz Shoes (Bootie style)</li> <li>• Warm-up attire (hoodie or sweats as preferred)</li> </ul>
Jazz - Foundation	<ul style="list-style-type: none"> <li>• Bodysuit any colour, and bootie shorts</li> <li>• Beige tights (Mondor – Light Tan)</li> <li>• Beige Jazz Shoes (Bootie style)</li> <li>• Sweat pants for warm-up</li> </ul>
Competition - Jazz	<ul style="list-style-type: none"> <li>• Bodysuit any colour, and bootie shorts</li> <li>• Beige Tights (Mondor – Light Tan)</li> <li>• Beige Jazz Shoes (Bootie style)</li> <li>• Sweat pants for warm up</li> <li>• Note: You may need to also purchase Black Jazz Shoes &amp; special tights depending on the number being performed for competition</li> </ul>
Boys	<ul style="list-style-type: none"> <li>• White T-Shirt – Fitted (Not Baggy)</li> <li>• Black Pants</li> <li>• Beige Jazz Shoes</li> <li>• Sweat Pants for Warm-Up</li> </ul>

# Lyrical/Contemporary Uniform Requirements

## HAIR REQUIREMENTS:

Hair Requirements Lyrical/Contemporary: Long hair should be worn up in a bun and pulled away from face. Short hair should be held back by a headband. No nail polish, no jewelry. **No fitbits or smart watches.**

Absolutely no – shirts or sweatshirts in any class except for initial warm up in the colder months. All dancers must wear a body suit, tights and proper shoes for classes.

Class	Uniform
Lyrical/Contemporary - Level 3, Lyrical/Contemporary -Level 4, Lyrical/Contemporary -Level 5, Lyrical/Contemporary -Level 6, Lyrical/Contemporary -Level 7, Lyrical/Contemporary -Level 8, Lyrical/Contemporary - Advanced	<ul style="list-style-type: none"> <li>• Black body suit</li> <li>• Mondor Beige Convertible Tights</li> <li>• Black shorts are optional</li> <li>• Beige Jazz Shoes (Bootie Style)</li> <li>• Nude pair of "with traction" socks (apolla performance shock socks), the Lifeknit™ Sox by Capezio or the Mondor socks</li> </ul> <p>Lyrical/Contemporary Warm-Up Uniform Requirements:</p> <ul style="list-style-type: none"> <li>• Black sweat pants</li> <li>• Ensure dancers write their names on theirs.</li> </ul>
Lyrical/Contemporary Competition	<ul style="list-style-type: none"> <li>• Black body suit</li> <li>• Mondor Beige Convertible Tights</li> <li>• Black shorts are optional</li> <li>• Beige Jazz Shoes (Bootie Style)</li> <li>• Nude pair of "with traction" socks (apolla performance shock socks), the Lifeknit™ Sox by Capezio or the Mondor socks</li> </ul> <p>Lyrical/Contemporary Warm-Up Uniform Requirements:</p> <ul style="list-style-type: none"> <li>• Black sweat pants</li> <li>• Ensure dancers write their names on theirs.</li> </ul>
Boys	<ul style="list-style-type: none"> <li>• Black t-shirt and black shorts.</li> </ul>



# Tap Uniform Requirements

## HAIR REQUIREMENTS-TAP :

Long hair should be in a ponytail. Short hair is held back by a headband. For all classes, please—no jewelry, nail polish or underpants. **No fitbits or smart watches.**

\* For all classes, tights as required for year end performance. This information will be communicated in the Spring of 2024.

## MONDOR TIGHTS ONLY! No Capezio Tights.

Boys: Black pants and a fitted tshirt.

Absolutely no – shirts, sweatshirts or sweatpants in any class except for initial warm up in the colder months. All dancers must wear a body suit, tights and proper shoes for classes.

Class	Uniform
Tap - Intro to Tap Tap Primary Foundation Tap - Primary	<ul style="list-style-type: none"> <li>• Short sleeved or tank black or navy bodysuit</li> <li>• Beige tights (Mondor – Light Tan)</li> <li>• Capezio Caramel "Tyette" (remove ribbons please)</li> <li>• Boys: Black Oxford Style</li> </ul>
Tap - Level 1 & Tap - Level 2	<ul style="list-style-type: none"> <li>• Short sleeved or tank black or navy bodysuit</li> <li>• Beige tights (Mondor – Light Tan)</li> <li>• Capezio Caramel "Tyette" or Bloch "Tap ON" (No Velcro allowed or Cuban heels allowed)</li> <li>• Boys: Black Oxford Style – No slip on's allowed.</li> </ul>
Tap - Level 3	<ul style="list-style-type: none"> <li>• Bodysuit any colour, bootie shorts, or leggings</li> <li>• Beige tights (Mondor – Light Tan)</li> <li>• Bloch "Oxford" lace-up in Tan; full soles</li> <li>• Boys: Black Oxford Style – No slip on's allowed.</li> </ul>
Tap - Level 4	<ul style="list-style-type: none"> <li>• Bodysuit any colour, bootie shorts, or leggings</li> <li>• Beige Tights (Mondor – Light Tan)</li> <li>• Bloch "Oxford" lace-up in black; full soles</li> <li>• Boys: Black Oxford Style – No slip on's allowed.</li> </ul>
Tap - Level 5	<ul style="list-style-type: none"> <li>• Bodysuit any colour, bootie shorts, or leggings</li> <li>• Beige Tights (Mondor – Light Tan)</li> <li>• Bloch "Oxford" style lace-up in Black; full sole</li> <li>• Boys: Black Oxford Style – No Slip on's allowed.</li> </ul>
Tap - Level 6-9	<ul style="list-style-type: none"> <li>• Bodysuit any colour, bootie shorts, or leggings</li> <li>• Beige Tights (Mondor – Light Tan)</li> <li>• Bloch Jason Samuels (J-Sam) style lace-up in Black</li> </ul>
Tap - Foundations	<ul style="list-style-type: none"> <li>• Bodysuit any colour, bootie shorts, or leggings</li> <li>• Beige tights (Mondor – Light Tan)</li> <li>• Capezio Caramel "Tyette" or Bloch "Tap ON" (No Velcro allowed or Cuban heels allowed)</li> <li>• Boys: Black Oxford Style – No slip ons allowed.</li> </ul>
Rhythm & Skills Junior, Intermediate & Senior/Advanced	<ul style="list-style-type: none"> <li>• As per tap class requirements.</li> </ul>
Tap - Adult	<ul style="list-style-type: none"> <li>• Black Tap Shoes (Oxford Style Preferred)</li> <li>• Comfortable Exercise / Dancewear</li> </ul>
Competition - Tap	<ul style="list-style-type: none"> <li>• Bodysuit any colour, bootie shorts, or leggings</li> <li>• Beige Tights (Mondor – Light Tan)</li> <li>• As per regular class for year.</li> <li>• Teacher will advise of additional shoes requirements if applicable.</li> <li>• Note: You may need to also purchase Alternate Tap Shoes this season depending on competition number</li> </ul>

# Hip Hop Uniform Requirements

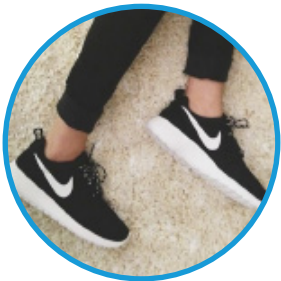
## HAIR REQUIREMENTS:

Hair should be off of face, pulled back into a ponytail. If hair is short, it is to be held back by a headband. Bandanas acceptable. For all classes, no jewelry, make-up, and nail polish. **No fitbits or smart watches.**

STUDENTS MUST COME TO CLASS WITH THEIR SHOES, OR UNFORTUNATELY THEY WILL BE UNABLE TO PARTICIPATE.

NO NEGATIVE SAYINGS OR SHIRTS WITH ANYTHING OFFENSIVE ON THEM. IF YOU ARE NOT SURE, ASK YOUR TEACHER PLEASE.

Class	Uniform
Hip Hop - Primary, Hip Hop - Level 1, Hip Hop - Level 2, Hip Hop - Level 3, Hip Hop - Level 4, Hip Hop - Level 5, Hip Hop - Level 6, Hip Hop - Level 7 & 8, Hip Hop - Advanced	<ul style="list-style-type: none"> <li>• Dance attire. Loose stretch pants acceptable. No blue jeans. Tank tops in any color are acceptable.</li> <li>• Any type of sneaker; sport shoes are the best. Similar to photo below. Doesn't need to be exact just similar. No skate board style shoes.</li> </ul>
Hip Hop - Foundation	<ul style="list-style-type: none"> <li>• Dance attire. Loose stretch pants acceptable. No blue jeans. Tank tops in any color are acceptable.</li> <li>• Any type of sneaker; sport shoes are the best. Similar to photo on below. Doesn't need to be exact just similar. No skate board style shoes.</li> </ul>
Competition - Hip Hop	<ul style="list-style-type: none"> <li>• Dance attire. Loose stretch pants acceptable. No blue jeans. Tank tops in any color are acceptable.</li> <li>• Any type of sneaker; sport shoes are the best. Similar to photo below. Doesn't need to be exact just similar. No skate board style shoes.</li> <li>• Students may need to purchase different shoes for competition depending on the dance number. The instructor will inform you when this is the case</li> </ul>



**Do not need to be Nike Brand but should be black so that new ones do not need to be purchased for the year end dance.**

# Creative Movement Uniform Requirements

## HAIR REQUIREMENTS:

Hair should be off of face, pulled back into a ponytail. If hair is short, it is to be held back by a headband.  
For all classes, no jewelry, make-up, and nail polish.

Class	Uniform
Creative Movement	<ul style="list-style-type: none"><li>• Bodysuit any colour</li><li>• Shorts and T-shirt / Tank Top</li><li>• Barefeet or ballet slippers</li><li>• Footless pink ballet tights (optional)</li></ul>

# Introduction to Dance Uniform Requirements

## HAIR REQUIREMENTS:

Hair should be off of face, pulled back into a ponytail. If hair is short, it is to be held back by a headband.  
For all classes, no jewelry, make-up, and nail polish.

Class	Uniform
Girls	<ul style="list-style-type: none"><li>• Bodysuit any colour</li><li>• Pink Ballet tights: Recommend Mondor Tights ballet PINK RAD approved, style #316</li><li>• Ballet slippers leather</li><li>• Wrap skirt or pull on skirt above the knee (optional) - any colour to match bodysuit</li></ul>
Boys	<ul style="list-style-type: none"><li>• White t-shirt</li><li>• Black shorts</li><li>• White or black short socks</li><li>• Ballet slipper leathers - black</li></ul>

# Acro

## HAIR REQUIREMENTS:

Hair can be in a low ballet bun, two french braids, or one single french braid.  
For all classes, no jewelry, make-up, and nail polish.

Class	Uniform
All Levels	<ul style="list-style-type: none"><li>• Attire needs to be form fitting</li><li>• Bodysuit or tank top with shorts, crops, or leggings; black is preferred for all tops/ bottoms</li></ul>