

Pure Energy Dance Foundation

DANCEWEAR REQUIREMENTS

Discipline	Footwear	Legs	Body	Accessories	Hair
Tiny Toes Happy Feet	Ballet Slippers/elastics Option 1: Pink, Option 2: Black Black Tap Shoes [elastics]	Option 1: Mondor Ballet Pink Tights, Option 2: Black Shorts	Option 1: Black Tank leotard Option 2: White T Shirt		Pony Tail
Ballet	Option 1: So Danca Pink Canvas cross strap Ballet slippers Option 2: as above in Black	Option 1: Mondor Ballet Pink Tights Option 2: Black Tights	Option 1: Black Mondor 3505 or 13520 Option2: Fitted white T Shirt		Bun
Jazz	Bloch Pulse Jazz She Tan (S0470L)	Option 1: Mondor Convertible beige Tights, Capri Pant, dance shorts. Option 2: Jazz Pants or tight shorts	Option 1: Fitted Dance top or Leotard of any style and color Option 2: Fitted T Shirt	Loose Tops over [must be able to take off]	Off face and up
Hip Hop	Must have Clean inside only runners	Loose pants such as track or sweats. NO JEANS!	T-shirt/ Hoodie	Tank and Half tops	Off face
Lyrical	Capezio canvas beige pirouette	Option 1: Mondor footless beige Tights, Capri Pant, dance shorts. NO PANTS Option 2: Jazz Pants or fitted shorts	Option 1: Fitted Dance top or Leotard of any style and color Option 2: Fitted T Shirt	Loose Tops over [must be able to take off]	
Tap	Junior/Elementary: Black slip on leather tap shoes Inter/Sr: Black tied leather tap shoes	Option 1: Tights, Capri Pant, dance shorts. NO PANTS Option 2: Jazz Pants or fitted shorts	Option 1: Fitted Dance top or Leotard of any style and color Option 2: Fitted T Shirt	Loose Tops over [must be able to take off]	Off face and up
Acro	None needed	Option 1: Convertible Tights Option 2: Fitted Black Shorts	Option 1: Leotard or sports bra, any color Option 2: Fitted T Shirt	Cover ups for warm up only	Off face and up
Contemporary	Foot Thongs & thin ankle socks	Option 1: Mondor footless Tights, Capri Pant or dance shorts. NO PANTS Option 2: Jazz Pants or fitted shorts	Option 1: Fitted Dance top or Leotard of any style and color Option 2: Fitted T Shirt	Loose Tops over [must be able to take off]	Off face and up

**** All female competitive dancers must have a black Mondor 3505 or 13520 leotard ****

GROOMING – HAIR:

Must be worn off face in an **up-do** style if touches shoulders, i.e. braids, ponies, bun, etc.

No bangs! Please pin them back off the face. Hair must be in a bun for Ballet.

If hair is in short style, please use a hair band, clips or barrettes. NO jewelry please!

Hint: please keep a hair elastic in your child's dance bag at all times.

Dance Wear Suppliers:

City Dancewear, #106, 5403 Crowchild Trail N.W. #403-288-3060

Classique Dance & Activewear, 6624 Centre Street South , 5720 Silver Springs Blvd NW

The Masque Dancewear, 9250 Macleod Trail SE

Bodythings, 12445 Lake Fraser Dr. S.E., 5308-17th Avenue S.W.

Muge 202 – 3132 26th Street NE [they do not carry Mondor tights]