**UNIFORM 2023/2024**

**\*please DO NOT purchase ABT brand Ballet Slippers or Tap Shoes. They are poor quality for training & in some cases may cause permanent injuries.**

**\*Please follow the uniform requirements to make costuming easier for you**

**\*All dancers need their own water bottle, with their name on it.**

**Dancewear can be purchased at The Clothes Inn (Port McNeill/Port Hardy), or Silhouette Theatre and Dance Shop in Courtenay**

**TOTS:** All dancers should wear **pink** ballet tights, **pink** spaghetti strap body-suit, **pink** Ballet slippers or gymnastic slippers. Hair in a bun (no bangs please).

Ballet skirts, sweaters & shrugs are permitted but not necessary.

**TAP:** Body suits, **beige** tights (dance shorts are permitted).

Hair up, no bangs please.

**HIP-HOP:** Comfortable clothes. **No outdoor shoes permitted in the studio**

**RECREATIONAL**

Black spaghetti strap body suits, beige tights, black jazz shoes or gymnastic slippers. Pink slippers for ballet. (Dance shorts are permitted)

Hair up (no bangs please), buns for ballet.

**PERFORMING ARTS** Dancers in performing arts should pack a snack each class, along with their water.

**(Levels 1-8)** Black Spaghetti Strap body suits, convertible tights, hair in a bun. Convertible tights (pink & beige).

Black jazz shoes, Pink ballet slippers (prefer split sole), 2nd skin body-suit for costuming.

Skipping rope (ends should come up to dancers arm pit when standing on it),

Thera-band (preferably flat, but either kind will work).

Dance shorts are permitted.

Warm up clothes or track suit to wear over dance clothes during breaks, warm-ups & Rehearsals.