**UNIFORM 2016/2017**

**\*please DO NOT purchase ABT brand Ballet Slippers or Tap Shoes from Payless 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.

**RECREATIONAL**

Black spaghetti strap body suits, black tights or leggings, 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 1-6)** 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.