



## 2022/23 Dress Requirements – Recreational

BZBody's Dance 780-962-5308 226 McLeod Ave, Spruce Grove  
Will carry all items listed below. [www.bzbodysdance.com](http://www.bzbodysdance.com)

**PURCHASE DANCEWEAR at studio SEPT. 6-8 from 4-8pm (prebook with BZBody's starting around Sept. 1)**

**REQUEST to join 'DDA BUY & SELL' on Facebook to purchased used items.**

**DARKER SKIN TONES can go into store to match skin colour & discuss options.**

Karries Kostumes 780-460-2626 2003 Tudor Glen, St. Albert

NOTE: All 4 Dance store only stocks our tights and not other items you need.

### Hair (7-19yrs)

Hair must always be pulled back and off the face.

Long Hair: bun for ballet, ponytail or braids for jazz. Short: hairband or clips.

### Double Threat B-Jazz/Ballet (7yrs)

Bodysuit:	Bodywrappers or Capezio Navy Tank	#BWC115 or #CC201C
Tights:	Mondor Ballerina Pink Nylon Footed	#345
Ballet Shoes:	Capezio 'Gracie' Pink or Lily	#207C or #212C

### Double Threat D-Tap/Musical Theatre (7yrs)

Bodysuit:	Bodywrappers or Capezio Navy Tank	#BWC115 or #CC201C
Tights:	Bloch Tan Footed or Convertible	#T0981G or #T0982G
Tap Shoes:	Capezio Caramel Mary Jane	#3800

### Boys: Double Threat Combos B + D (7yrs)

Top:	Bodywrappers White T Shirt	#B400
Bottom:	Bodywrappers Black Jazz Pants	#B191
Ballet Shoes:	Bloch Black	#SO205
Tap Shoes:	Capezio Black	#442 / #443

### Boys: Tap – Jazz – Ballet 'Rec' (7-19yrs)

Top:	Bodywrappers White T Shirt	#B400 / #M400
Bottom:	Bodywrappers Black Jazz Pants or Black Bermuda Shorts	#B191 or #B192-#M192
Ballet Shoes:	Bloch Black	#SO205
Jazz Shoes:	Bloch Black Slip On Bootie	#SO499
Tap 'R' Shoes:	Capezio Black	#442 or #443

### Boyz Crew Hip Hop - Hip Hop Nov - Jr – Int 'Rec' (7-19yrs)

Top:	T Shirt	
Bottom:	Sweat Pants or Cargo Pants (no jeans)	
Hip Hop Shoes:	BLACK & White - CONVERSE Chuck Taylor All Star Low Top	Buy in stores

### Hip Hop Nov – Jr – Int 'Rec' (7-19yrs)

Top:	T Shirt	
Bottom:	Sweat Pants or Cargo Pants (no jeans)	
Hip Hop Shoes:	BLACK & White - CONVERSE Chuck Taylor All Star Low Top	Buy in stores

### Jazz – Lyrical – Musical Theatre Jr + Teen 'Rec' (8-19yrs)

Top:	Tight Fitting Yoga or Lycra Dance Top	
Bottom:	Capri Lycra Pant, Leggings or Dance Shorts	
Tights:	Bloch Tan Footed or Convertible	#T0981G/L
Jazz Shoes:	Bloch Beige Slip On Jazz Bootie	#SO499
Lyrical Shoes:	Foot Undeez (can pick fun ones for class but performance match skin tone)	#H07

**Ballet Jr – Teen – Int ‘Rec’ (8-19yrs)**

Jr Bodysuit:	Bodywrappers or Capezio Navy Tank	#BWC115 or #CC201C
Teen Bodysuit:	Capezio Black Tank or Capezio Bra Tech Tank	#CC202 or #MC110
Tights:	Mondor Ballerina Pink Microfiber Footed or Convertible	#316 or #319
Ballet Shoes:	Bloch Pink Full Sole	#SO205

**Tap Jr ‘Rec’ (8-13yrs)**

Top:	Tight Fitting Yoga or Lycra Dance Top	
Bottom:	Capri Lycra Pant, Leggings or Dance Shorts	
Tights:	Bloch Tan Footed or Convertible	#T0981G/L
Tap Shoes:	Capezio Caramel Fluid Tap Lace Up	#CG17 or #443 smaller size

**Acro ‘Rec’ (7-12yrs) not offered this year**

Top:	Tight Fitting Yoga or Lycra Dance Top	
Bottom:	Capri Lycra Pant, Leggings or Dance Shorts	
Tights:	Mondor Light Tan Capri or Bloch Light Tan Convertible	#317-#319 or #T1935G
Shoes:	Bare Feet	