



2023/24 Dress Requirements – **ADULT STARR**

BZBody's Dance 780-962-5308 226 McLeod Ave, Spruce Grove
Will carry all items listed below. www.bzbodysdance.com

PURCHASE DANCEWEAR at studio SEPT. 5-7 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.

Adult Jazz (20+yrs)

Top:	Yoga or Comfortable Top	
Bottom:	Capri Lycra Pant or Leggings	
Jazz Shoes:	Bloch Black Slip On Jazz Bootie	#SO499
Character Shoe:	Sometimes group wears for a dance-only if required	

Adult Tap (20+yrs)

Top:	Yoga or Comfortable Top	
Bottom:	Capri Lycra Pant or Leggings	
Tap Shoe:	Bloch Black Classic Lace Up	#SO301

Adult Hip Hop (20+yrs)

Top:	T Shirt	
Bottom:	Yoga Pants, Sweat Pants or Cargo Pants (no jeans)	
Hip Hop Shoes:	Clean indoor All White Runners	

Adult Alumni – Short Term Programs (18+yrs)

Top:	Tight fitting Yoga, Dance Top or Tank	
Bottom:	Tighter Capri Lycra Pant or Leggings	
Shoes:	Your old dance shoes (ie: ballet/jazz) or barefeet	

Adult Ballet – Short Term Programs (20+yrs)

Top:	Tight fitting Yoga, Dance Top or Tank	
Bottom:	Tighter Capri Lycra Pant or Leggings	
Ballet Shoes:	Bloch Pink Full Sole , Capezio Canva half sole, foot undeez	#SO205/#H064/#H07