



2023/24 Dress Requirements – COMPETITIVE

BZBody's Dance 780-962-5308 226 McLeod Ave, Spruce Grove
BZBody's carries 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 no other items you need.

Hair (7-19yrs)

Hair must always be pulled back and off the face.

Ballet Classes: expected to have a neat & tidy bun & hairline.

Other Disciplines: ponytail or braids. Hair must always be pulled back and tidy.

Short Hair: neat & tidy using hairband or clips if need be.

NOTE: Studio sells all hair products if needed.

Competition Jackets

DDA jackets are required & brought into the studio to purchase during the season.

Jazz Nov-Jr-Int-Sen 'C' / Lyrical Jr 'C' / Contemporary 'C' / MT 'C' / Acro 'C' /Conditioning

Top:	Black Fitted Lycra tank top OR Bodysuit (Black or Navy))	
Bottom:	Black Capri Lycra Pant, Leggings or Dance Shorts	
Tights:	Bloch Tan Footed or Convertible (worn under leggings/capri/shorts)	#T0982G/L
Lyr/Cont/Acro	Might require different type of tights come Festival season-office can order.	
Jazz/MT Shoes:	Bloch Beige Slip On Jazz Bootie	#SO499
Lyr/Cont Shoes:	Capezio Canvas Half Sole	#H064
Acro/Cond:	Bare Feet	

Ballet Jr – Int – Sen 'C' (7-19yrs) / PrePointe (12-19yrs)

Jr Bodysuit:	Bodywrappers or Capezio Navy Tank	#BWC115 or #CC201C
Int – Sen	Capezio Black Tank or Capezio Bra Tech Tank	#CC202 or #MC110
Tights:	Mondor Ballerina Pink Microfiber Footed or Convertible	#316 or #319
Jr – Int 3 Shoes:	Bloch Pink Full Sole	#SO205
Int 4 – Sen	Capezio 'Hanami' Canvas Shoe	#2037W

Tap Jr – Int – Sen 'C' (7-19yrs)

Top:	Black Fitted Lycra tank top OR Bodysuit (Black or Navy)	
Bottom:	Black Capri Lycra Pant, Leggings or Dance Shorts	
Tights:	Bloch Tan Footed or Convertible (worn under leggings/capri/shorts)	#T0981G/Lor#T0982G/
Tap Jr Rec	Capezio Caramel Fluid Tap Lace Up	#CG17
Tap Jr C Shoes:	Capezio Caramel Fluid Tap Lace Up	#CG17
Tap Int C Shoes:	Bloch Classic Tan Lace Up	#SO301
Tap Sen C	Bloch Classic Black Lace Up	#SO301

Hip Hop 'C' (7-19yrs)

Top:	T-Shirt (plain black or white)	
Bottom:	Black sweatpants/leggings	
HH 'Rec' Shoes:	Black & White – CONVERSE Chuck Taylor All Star Low Top	Buy in stores
HH 'C' Shoes:	Black & White – CONVERSE Chuck Taylor All Star Low Top	Buy in stores

Boyz: Hip Hop ‘C’ (9-19yrs)

Top:	T-Shirt (plain black or white)	
Bottom:	Black sweatpants	
HH ‘Rec’ Shoes:	Black & White - CONVERSE Chuck Taylor All Star Low Top	Buy in stores
HH ‘C’ Shoes:	Black & White - CONVERSE Chuck Taylor All Star Low Top	Buy in stores

Boys: Tap – Jazz – MT – Ballet – Lyr – Contemp – Conditioning - Acro ‘C’ (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/Lyr/MT:	Bloch Black Slip On Bootie	#SO499
Tap Jr Level:	Capezio Black	#CG100-#CG55-#CG09
Tap Int/Sen:	Bloch Classic Black Lace Up	#SO301
Contemp/Acro:	Bare Feet	