



## 2023/24 Dress Requirements – **SHORT TERM PROGRAMS**

### IF WANTING TO PURCHASE DANCEWEAR:

BZBody's Dance 780-962-5308 226 McLeod Ave, Spruce Grove  
www.bzbodysdance.com *(they can drop off items at studio)*

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

NOTE: All 4 Dance store carries items but just doesn't carry most of our specific items for our Full-Term dance programs.

### **FACEBOOK:**

Search Darlene's Buy & Sell, ask to join and we'll approve it. Lots of items on there.

### **Hair:**

Ponytail, pulled up off face.

### **Kidz Diaper Dancers – Parent assisted class (18m-3yrs)**

Top:	T Shirt or Tank
Bottom:	Girls: Leggings and can wear a skirt Boys: Sweat Pants
Shoe:	Ballet shoes, bare feet or grippy socks
Parent:	Wear comfortable clothing <u>5yrs</u> ) and bare feet or grippy socks

### **Kidz Ballet/Kidz Into Dance/Dance Fusion**

Top:	T Shirt or Tank
Bottom:	Girls: Leggings and can wear a skirt Boys: Sweat Pants
Shoe:	Ballet shoes, bare feet or grippy socks

### **Kidz Hip Hop (7-12yrs)**

Top:	T Shirt or Tank
Bottom:	Girls: Leggings or Sweat Pants Boys: Sweat Pants
Shoe:	CLEAN Indoor Runners

### **Adult Ballet Toning (20+yrs)**

Top:	T Shirt, Yoga Top or Bodysuit
Bottom:	Leggings or Tights
Shoe:	Ballet shoes, Capezio canvas half sole, foot undeez, bare feet or grippy socks