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The Bisland Dance Centre

DRESS CODE

Dance is a visual art form using the body; the instructor needs to be able to see the placement of the body in order to give useful feedback for proper development and growth. Hiding under layers of clothing is dangerous, and faulty placement/practice will injure the body over time with incorrect repetition.

For specific classes and age groups, the following guidelines have been established:

HAIR

- For *pre-dance, all combo classes, advanced jazz, advanced tap, musical theatre, hip hop & adult classes*, hair must be secured in a tight, proper ponytail off the face
- For *all ballet classes* hair must be in a secure bun and off the face

PRE-DANCE

- Black body suit - any style
- Pink full footed tights
- Pink, full sole ballet slippers with elastics (no gymnastics slippers)
- Pink ballet skirt (knee length) is optional

TAP/JAZZ COMBO CLASS 5-10 years only

- Black body suit any style
- Beige full footed tights
- Beige jazz gore boots *and* black lace up patent leather tap shoes (ideal for 5/6 yrs, we recommend CAPEZIO or MONDOR brand) *or* black cuban heeled/'mary jane' tap shoe (ideal for 7-10yrs)

TAP/JAZZ COMBO CLASS 11+ years of age

- Black body suit any style
- Black tights, footed or footless
- Black jazz gore boots (Bloch 499) *and* black oxford tap shoes - we recommend the CAPEZIO ONE SCREW black oxford lace up shoe (no split sole tap shoes)
- Black fitted dance shorts/tank tops are optional at this level

BALLET 5-10 years only

- Black body suit any style
- Pink footed tights
- Pink leather ballet slippers

ADVANCED JAZZ

- Black body suit any style
- Black tights, footed or footless

- Black jazz gore boots (Bloch 499)/foot undies
- Black fitted dance shorts/tank tops are optional at this level

11+ & ADVANCED BALLET

- Black body suit any style
- Black or pink tights, footed or footless
- Pink canvas ballet slippers (either split sole or full sole) Angelo Luzio recommended

ADVANCED TAP

- Black body suit any style
- Black tights, footed or footless
- Black oxford tap shoes - we recommend the CAPEZIO ONE SCREW black oxford lace up shoe
- Black fitted dance shorts are optional at this level

BOYS: PRE-DANCE, JAZZ/TAP, BALLET, MUSICAL THEATRE - all ages

- Plain fitted white t-shirt (no logos), black shorts (above the knee), black jogging pants may be worn over shorts for warm-up in the colder months
- Black jazz gore boots, Bloch 499 (jazz & musical theatre)
- Black CAPEZIO ONE SCREW oxford tap shoes (tap)
- Black canvas ballet shoes (pre-dance & ballet)

HIP HOP 7+ boys & girls

- Indoor running shoes
- Comfortable clothing - jogging pants and t-shirts are permitted
- no jeans

CONTEMPORARY 7+

- Black body suit any style
- Black or beige tights, footless
- foot undies
- Black fitted dance shorts/tank tops are optional

MUSICAL THEATRE

- Black body suit any style
- Beige jazz gore boots (Bloch 499) and beige full footed tights (7-9 years)
- Black jazz gore boots (Bloch 499) and black full footed tights (10+ years)

STRETCH & CONDITIONING

- Comfortable clothing - jogging pants and t-shirts are permitted but should be layered over tank tops/shorts
- socks/bare feet
- no jeans

No t-shirts, sweatshirts, capris, jogging pants, jewelry, and/or dance pants are permitted in pre-dance, all combo classes, advanced jazz, advanced tap, ballet, musical theatre.

No jeans, pajama pants, corduroy pants or jewelry are permitted in all hip hop, stretch and adult classes.