

Can Dance Academy



What to Wear to Dance Class

Hair should be off the neck in a bun or short ponytail at all times.

- BALLET:** Primary to advanced students in ballet must wear black tank or short sleeved body suits and pink tights. Ballet shoes are pink and elastics must be sewn over the arch.
- Students in Dance Intro can wear pink, black or purple body suits with pink tights and pink ballet shoes.
- JAZZ:** Beginner students should purchase black ballet shoes for jazz as they are 1/3 of the price of jazz shoes. Any colour body suit, shorts, dance crop tops, and jazz pants are acceptable. T-shirts will be removed after warm up so make sure you have a body suit or crop underneath.
- Level 1 through advanced students should wear split sole jazz shoes in black.
- TAP:** Beginner students can purchase patent leather tap shoes that already have the taps on. More advanced students should be beige leather Cuban heel shoes and a set of taps. The colour of your shoes need to be died to match your costume. Clothing in tap is similar to jazz however long pants should not be worn.
- ACRO:** Half sole jazz shoes or bare feet are recommended for Acro. Acro students must wear a body suit and tights, no t-shirts or sweats. The teacher will be spotting the student while learning their tricks, if a student is not wearing proper dance clothes in acro she/he will be asked to sit out for the student's own safety.
- HIP HOP:** Clean running shoes and loose clothing. No PJs.
- MUSICAL THEATRE:** Jazz clothing will be fine for this class.
- MODERN:** Jazz clothing is fine for this class, no shoes are required. Modern is danced in bare feet.

SHOES CAN BE PURCHASED AT:

MIRENA'S DANCE WEAR

2219 Dunwin Drive: North on Erin Mills, Left On Dundas, North on Dunwin. (905) 608-1800