

## **Why Wear a Uniform?**

Seeing the lines of the body in order to provide feedback to students is a necessary part of learning movement arts. It is how instructors create safe and productive training. Baggy clothing covers up incorrect alignment and dysfunctional movement patterns that can lead to injuries and improper training. The uniform also brings a sense of team and equality to the class, which builds a supportive atmosphere, inspiring the confidence to try new things.



## **Shoes**

Ensure your dancer has proper fitting dance shoes for class. It is tempting to purchase a size up to let students grow into them, but shoes that are too big pose a safety risk and compromise proper training. Pointe dancers need to be approved by the Studio Director before purchasing shoes and training in pointe. Pointe dancers need a second pair of pointe shoes in rotation early in their training. Frequent checking and replacing of pointe shoes are program requirements.

## **Tights & Leggings**

Classes that are required to wear tights have a few colour options listed. Note that many dance shops, including Sound in Motion's online store, now provide more shades for skin tone tights, please feel free to customize your look with their selections to match tights to your natural skin. "Transition tights" are tights that cover the full foot and have a hole on the sole that allows for dancers to wear them rolled up, as footless tights. This is a great option for dancers with back to back classes who need access to bare feet for one of the classes.

## **Undergarments**

Feeling secure under the uniform is important. Please discuss with your dancer about what they need and offer options similar to what is used in athletics –sports bras (avoid underwire if possible), dance belts/athletic support, etc. There are many types of body suits and leggings that also have built in support. Ask us about options if you are uncertain what will work for your dancer.

## **Jewelry & Apple Watches**

Please NO jewelry that dangles or poses a risk to students (e.g. necklaces, bracelets, dangly earrings). NO apple watches or other personal electronic devices. It's very distracting and rude to the instructor to watch students interacting with their watches during classes. Please put the outside world away for the duration of your training time.

## **Hair Styles**

Long Hair must be worn up and away from the face for all classes! Bun or French braid is great for class! Short or already styled hair can be worn in a soft hair band with bobby pins or any style that keeps hair up and away from the face.

# Uniform Guide - Option 1

## Female Identifying Dancers

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for dancewear!



CLASS & AGE GROUP	SHOES	TIGHTS OR BOTTOM	BODYSUIT (LEOTARD) OR TOP	NOTES OR OPTIONAL ITEMS
Acro Little Star, Junior, Intermediate & Senior	Bare feet or "Dance Paws" or "Foot Undeez"	Footless tights Colour -skin tone	Bodysuit -any style Colour -black, pink, blue or purple	Bodysuit is a MUST. No t-shirts, no tank tops.
Ballet Junior, Intermediate & Senior	Ballet shoes; canvas or leather Colour -ballet pink or skin tone	Footed or transition tights Colour -ballet pink or skin tone		Ballet skirt optional. Single layer, sheer skirt.
Ballet Jazz Combo Little Star	Ballet shoes; canvas or leather Colour -ballet pink or skin tone	Footed or transition tights Colour -ballet pink or skin tone		Ballet skirt optional. Single layer, sheer skirt. Can be attached to bodysuit.
Contemporary All Levels	Bare feet or "Dance Paws" or "Foot Undeez"	Footless tights Colour -beige, skin tone or black		Optional to add jazz shorts or ballet skirt over bodysuit and tights.
Hip Hop All Levels	CLEAN, INDOOR-USE ONLY SNEAKERS	Leggings or sweatpants. Colour -black	T-shirt, plain, any colour or non-offensive logo/design	Students CANNOT wear outdoor shoes. Indoor ONLY.
Jazz Junior, Intermediate & Senior	Jazz shoes, slip-on only, no laces. Colour -black	Footed or transition tights Colour -beige or skin tone	Bodysuit -any style Colour -black, pink, blue or purple	Optional to add jazz shorts over bodysuit and tights.
Lyrical Junior, Intermediate & Senior	Bare feet or "Dance Paws" or "Foot Undeez"	Footless Tights Colour -beige, skin tone		Ballet skirt optional. Single layer, sheer skirt.
Musical Theatre Junior, Intermediate & Senior	Jazz shoes, slip-on only, no laces. Colour -black	Leggings or sweatpants. Colour -black	T-shirt, plain, any colour, non-offensive logo/design	Socks are recommended with jazz shoes.
Musical Theatre Little Star	Bare feet			Socks are permitted during cooler months.
Tap Intermediate & Senior	Tap Shoes, Oxford style (Lace-up) Colour -black	Footed or transition tights Colour -beige or skin tone	Bodysuit -any style Colour -black, pink, blue or purple	Optional to add jazz shorts over bodysuit and tights.
Tap Jazz Combo Little Star & Junior	Tap Shoes, 'Mary Jane' style, single strap. Colour -black	Footless or transition tights Colour -beige or skin tone Students need access to bare feet for the jazz portion of the class. If choosing footless tights, dancers can wear socks with their tap shoes.	Bodysuit -any style Colour -black, pink, blue or purple	Optional to add ballet skirt over bodysuit and tights.
Tiny Tumblers	Bare feet	Leggings, tights (with access to bare feet), shorts or sweatpants	T-shirt or bodysuit, any colour/style.	Parents should also dress in comfortable clothes that allow ease in movement.
Twinkle Toes	Bare feet or ballet shoes	Leggings, tights (if wearing dance shoes), shorts or sweatpants	T-shirt or bodysuit, any colour/style. Ballet skirt optional.	

# Here are some added details to help with your shopping!

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“Skin tone” -try choosing a shade that will match with the dancer’s natural skin.



"Transition" tights have a little hole in the bottom so that you can access bare feet. This is a great option for dancers who are back to back with classes that require footed tights to footless tights and dancers in Tap Jazz Combo.

Capezio Ultra Soft Knit Waistband Transition Dance Tights - 1916  
Womens



QUICK VIEW

Capezio Jetz Footundeez Turning Dance Shoes - 1876G Womens/Mens  
CAPZIO



Dance Paws Original Dance Paws Turning Dance Shoes - Womens/Mens  
DANCE PAWS

"Dance Paws" or "Foot Undeez" for Acro or Lyrical class. These shoes allow for easier turns and other technique elements on the floor.



Bodysuits, or leotards can be any style, in "Sound in Motion" colours, black, royal blue, navy blue, baby blue, ballet pink, royal purple or lavender.



Dance skirts should be single layer, sheer fabric. Elastic waist is best for younger dancers. No fluffy tutu's please. Dance shorts are form-fitted. Not loose like running shorts.



# Uniform Guide - Option 2

## Male Identifying Dancers

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CLASS & AGE GROUP	SHOES	TIGHTS OR BOTTOM	BODYSUIT (LEOTARD) OR TOP	NOTES OR OPTIONAL ITEMS
Acro Little Star, Junior, Intermediate & Senior	Bare feet or "Dance Paws" or "Foot Undeez"	Long fitted shorts, or dance leggings. Colour -black	Bodysuit or form-fitting T-shirt Colour -Black, White, Blue or Purple.	Bodysuits come in a 'male' option. If wearing a t-shirt, it should be long enough to tuck into waistband. Black socks should be worn with shoes for ballet, jazz and tap.
Ballet Junior, Intermediate & Senior	Ballet shoes; canvas or leather. Colour -Black			
Ballet Jazz Combo Little Star	Ballet shoes; canvas or leather. Colour -Black			
Contemporary All Levels	Bare feet or "Dance Paws" or "Foot Undeez"			
Hip Hop All Levels	CLEAN, INDOOR-USE ONLY SNEAKERS	Leggings or sweatpants. Colour -black.	T-shirt, plain, any colour, non-offensive logo/design	Students CANNOT wear outdoor shoes. INDOOR ONLY please!
Jazz Junior, Intermediate & Senior	Jazz shoes, slip-on only, no laces. Colour -black	Long fitted shorts, or dance leggings. Colour -black.	Bodysuit or form-fitting T-shirt Colour -Black, White, Blue or Purple.	Bodysuits come in a 'male' option. If wearing a t-shirt, it should be long enough to tuck into waistband.
Lyrical Junior, Intermediate & Senior	Bare feet or "Dance Paws" or "Foot Undeez"			
Musical Theatre Junior, Intermediate & Senior	Jazz shoes, slip-on only, no laces. Colour -black	Leggings or sweatpants. Colour -black.	T-shirt, plain, any colour, non-offensive logo/design.	Jazz shoes can be worn with or without a thin, black sock.
Musical Theatre Little Star	Bare feet			Socks are permitted during cooler months
Tap Intermediate & Senior & Tap Jazz Combo Little Star & Junior	Tap Shoes, Oxford style (Lace-up)	Dance leggings or fitted pants. Colour -black Black socks.	Bodysuit or form-fitting T-shirt Colour -Black, White, Blue or Purple.	Bodysuits do come in a 'male' option. If wearing a t-shirt, it should be long enough to tuck into waistband.
Tiny Tumblers & Twinkle Toes	Bare feet	Leggings, shorts or sweatpants	T-shirt	Parents should also dress in comfortable clothes that allow ease in movement.

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Fitted dance attire is better than loose clothing. This ensures instructors can provide guidance on proper alignment and dance technique.



Dance leggings, fitted dance tops and black ballet shoes are available at our online shop! Dance shoes are unisex unless listed otherwise.



Tap shoes are unisex. Lace-up is recommended for all male identifying dancers. Teachers will help students with tying laces!

