



UNIFORMS AND CLASS WEAR

Bayside Dance encourages neat presentation and appropriate dancewear for safety reasons. The below table and pictures show the recommended dance wear for each style we offer.

PLEASE NOTE: Students undertaking **Ballet in Levels 1 to 4** must wear the studio leotard as outlined below and have hair in a ballet bun (watch our online tutorial here: <https://www.youtube.com/watch?v=9g91xiiU9jM&feature=youtu.be>). Students in Level 5 ballet and above may wear their own choice of leotard. Shorts/leggings cannot be worn in ballet class.

	Ballet	Jazz/ Musical Theatre	Tap	Contemporary	Hip Hop	Acro
Leotard	Energetiks wide-strap camisole leotard in mulberry pink (Compulsory for Levels 1-4 Ballet)			Comfortable clothing with stretch (no denim) e.g. leggings and leotard/singlet	Comfortable clothing with stretch (no denim) e.g. leggings and singlet/tshirt	Comfortable clothing with stretch (no denim) e.g. leggings and singlet/tshirt
Shoes	Prep & Level 1-4 – Pink leather ballet. Level 5+ Pink canvas ballet	Black elastabootie jazz shoes	Black low-heeled tap shoes. Level 5 + may have a higher heel if desired	Foot undies/ MDM foot gloves or bare feet	Sneakers (non-marking sole)	
Socks/ Stockings	Prep & Level 1 & 2 pink ballet socks Level 3+ Salmon pink stockings	Matt tan stockings	Matt tan stockings	Socks can be used in the place of foot undies/foot gloves		
Other	Prep & Level 1 & 2 ONLY Energetiks full circle skirt in mulberry pink	Level 5+ Energetiks black V band hot short (or similar)	Level 5+ Energetiks black V band hot short (or similar)			
Boys	White tight fitting shirt (eg Bonds) and black bike pants Black ballet shoes	White tight fitting shirt (eg Bonds) and black shorts (above the knee) Black elastabootie jazz shoes	White tight fitting shirt (eg Bonds) and black shorts (above the knee) Black boys-style taps with laces	Comfortable clothing with stretch (no denim)	Comfortable clothing with stretch (no denim)	Comfortable clothing with stretch (no denim)

Energetiks wide strap camisole leotard in Mulberry
Product ID: CL11
(All levels ballet, jazz & tap exams)



Energetiks full circle skirt in Mulberry
Product ID: CS17
(Level 1 and 2 ballet exams)



Energetiks black V-band hot short
Product ID: CT09L
(Level 5+ jazz and tap exams)



Dancers are encouraged to adhere to the following guidelines:

- Students should carry their dancewear, shoes, and other belongings in a dance bag. It is a great idea to ensure that your dance bag and all of its contents are named.
- Watches and jewelry like necklaces and bracelets should not be worn to class as they can cause distraction and injury. Dancers may be asked to remove these items.
- Dance shoes should be put on in the waiting room/just outside the classroom and taken off before leaving the venue to keep shoes in tiptop condition. Never wear your dance shoes outside on grass or concrete, and especially not when it rains as this ruins the leather!
- For hip hop, jazz, musical theatre and contemporary classes, we suggest this rule of thumb: if YOU wouldn't wear it to the gym, it is not appropriate for dance class! Skirts, dresses and denim should never be worn to class and dancers will experience a diminished range of movement if wearing these sorts of clothing, and it is detrimental to their learning.
- For ballet, students need to wear a leotard and tights or socks. Students in Level 1 and 2 ballet are also required to have a ballet skirt (which is part of their syllabus work — holding a skirt helps to develop appropriate placement of the arms). We have a recommended leotard and skirt (see uniform info above).
- For ballet, female students with long hair should wear their hair in a bun (check out our YouTube tutorial on how to do a 'ballet bun' if you're unsure).
- We highly recommend that jazz students do NOT wear shoes with laces, especially if the student cannot tie their own laces. Tying laces can take up valuable class time. You can replace laces with black elastic for an easy fix.
- Jazz and tap shoes should be black. We recommend wearing socks or stockings with your dance shoes to keep them from getting smelly.
- For the sake of our teachers, students 10 years and older should invest in some deodorant.
- While you may wear socks or bare feet for the first few weeks of class, we do expect all dancers to obtain the correct shoes for their dance genre for safety and technique.

Where to buy dance gear

Stretch Out Wynnum (all shoes and uniforms)
108 Bay Terrace, Wynnum Queensland 4170 • 07 3893 3500

Sue's Shop (all shoes and uniforms)
871 Old Cleveland Road, Carina Queensland 4152 • 07 3398 5106

MDM Dancewear (ballet, jazz and contemporary shoes)
www.mdmdance.com