

2019/2020 DANCE ATTIRE & GROOMING REQUIREMENTS

Proper dance attire and grooming are necessary parts of any high quality dance training program. SGB students are required to wear leotards in the style and color assigned to their particular class level. Dancers not in uniform or properly groomed may be asked to observe class. Dancers who take 2 or more class levels per week will want to get more than one uniform.

Please check the list below to see what to wear to your dance classes.

All dancewear may be obtained from: Carolina Dancewear, 1627 New Garden Rd., Greensboro, NC 27410 #336-856-9983

	LEOTARDS	Waist Belt (Elastic)
Children's Dance 1 & 2	Capezio Style #132-C, White	
Children's Dance 3 & 4	Capezio Style #132-C, Pink	
Elementary Ballet 1	Capezio Style #132-C, Light Blue	Navy
Elementary Ballet 2	Capezio Style #132-C, Royal	Light Blue
Elementary Ballet 3	Capezio Style #132-C, Navy	Light Blue
Intermediate Ballet 1	Motionwear Style #2105, Teal Silkskyn	Navy
Intermediate Ballet 2	Motionwear Style #2105, Iris Silkskyn	Navy
Intermediate Ballet 3	Motionwear Style #2105, Royal Silkskyn	Light Blue
Intermediate Ballet 4	Motionwear Style #2518, Cobalt Silkskyn	Light Blue
Company Trainee	Motionwear Style #2518, Black Silkskyn	Light Pink
Teen/Adult	Plain colored leotard	
Pointe & Pre-Pointe Classes	Same as for your ballet class.	Same as ballet class

WAIST BELT (ELASTIC)

All ballet students from Elementary Ballet 1 through Company Trainee need a waist belt (elastic). These can be purchased from Carolina Dancewear. Color of waist belt is noted above.

OTHER CLASS REQUIREMENTS

Contemporary Classes	Any solid color leotard, black tights
Boys in Children's Dance	Black biker shorts, snug-fitting white t-shirt, white socks and white ballet shoes
Boys/Men in Elementary Ballet 1 & up	Black tights rolled with a belt at the waist, snug-fitting white t-shirt, white socks, white ballet shoes

TIGHTS AND BALLET SHOES

Note: Only leather shoes will be allowed in class and ballet flats should not be purchased with "room to grow."

Children's Dance students and All Elementary Ballet 1-3 Students wear pink footed tights (non-shiny) and pink ballet flats.

Intermediate Ballet 1 through Company Trainees wear Pink mesh tights with seams. Tights must be clean and free of holes. Pink ballet flats with elastic SEWN and crossed at instep.

Note: Gaynor Minden pointe shoes are not appropriate for students. Please DO NOT purchase these.

GROOMING REQUIREMENTS

Children's Dance 1-4, Elementary Ballet 1 and all Contemporary classes: Female students must be well groomed with their hair pulled back from their faces in a pony-tail, pig tails, or braids. Short hair may be managed with a headband or barrettes. Male students should wear their hair in a style that is no longer than collar length.

Elementary Ballet 2 through CT, Teen/Adult: Female students should wear their hair in a traditional bun. NO BANGS OR WISPIES. Male students should have hair cut to collar length or shorter and pulled back off their face with clean shaven face.

JEWELRY: Jewelry(except for small, non-dangling earrings) and watches are NOT allowed in any class.