

K&K DANCE DREAMZ RECREATIONAL SHOES & DRESS CODE REQUIREMENTS 2023-2024 (updated Oct. 2023)

Proper attire is very important. It allows the teacher to ensure proper body placement and assess unison/uniformity in a group. It also contributes to a professional learning environment. **K&K DANCE DREAMZ INC.** has a set uniform. At the discretion of the teacher, students not properly attired will not be allowed to participate. All Students must have shoes checked by the teacher before they are worn in class to confirm correct style, colour and fit. Students taking multiple classes per week should have more than one bodysuit/set of tights. **Hair must be neatly and securely fastened in a bun/ponytail for all classes.** No jewelry or watches are permitted. We are not responsible for lost or stolen articles; please make sure your name is on all shoes, bags, etc. **DO NOT BRING ANY EXTRAS OR VALUABLES TO THE STUDIO – ONLY WHAT YOU NEED FOR CLASS.**

All students should come dressed, ready for class. Shoes should be able to be put on independently by younger students (replace tap ribbons with a piece of fabric elastic for easy slip on/off if needed, indoor Velcro running shoes for hip hop etc.) Students will require a dance bag containing: dance shoes, water bottle(s) - enough to last for multiple classes if needed, small hand sanitizer, extra masks when applicable & any outside clothing.

Suggested Tights style: Mondor #319/Capezio #1916/So Danca TS81/82

CLASS	SHOES	UNIFORM
Tiny Stars, Little Stars, Ballet/Tap or Ballet/Jazz Combo classes, Ballet 7-10 or younger	Pink Capezio “Lilly” 212 or Bloch “Belle” S0227 ballet slipper Boys: black ballet slipper *NO gym slippers/satin slippers – proper ballet shoes only	Pink or black bodysuit and pink full foot or convertible tights **Pink skirt optional
Jazz/Musical Theatre/Song & Dance 7-10 or younger, Jazz/Tap or Jazz/Hip Hop or Jazz/Acro combo classes	Tan/Caramel Slip-on jazz shoe (Bloch 495/So Danca JZ76 or similar style) Boys: black slip-on jazz shoe	Pink or black bodysuit and caramel/black/pink convertible tights
Tap 6-8 or younger, Tap Combo Classes *RIBBONS MUST BE REPLACED WITH BLACK ELASTIC FOR EASY SLIP ON/OFF.	Black patent tap shoes (Capezio 625/Leo’s Tempo or similar style) RIBBONS MUST BE REPLACED WITH BLACK ELASTIC FOR EASY SLIP ON/OFF. Boys: Black lace up tap shoes (Capezio CG19 or similar style)	Pink or black bodysuit and caramel/black/pink convertible tights
Tap (age 7-10 & up)	Black lace up tap shoes (Capezio CG19 or similar style)	Black bodysuit and caramel/black/pink convertible tights **black K&K dance shorts/tank tops/leggings allowed
Jazz, Musical Theatre, Song & Dance (age 8-11 & up)	Black slip-on jazz shoe (Bloch 495/ So Danca JZ76 or similar style)	Black bodysuit and caramel/black/pink convertible tights **black K&K dance shorts/tank tops/leggings allowed
Ballet (age 8-11 & up)	Light pink Capezio Hanami 4 way stretch canvas split sole #2037 (Boys: black) *NO gym slippers/satin slippers – proper ballet shoes only	Black bodysuit and pink convertible tights *BUN required (or headband to secure hair off face for short hair)
Acrobatic Arts/Acro combo	Bare feet *Acro/jazz combo classes should have Tan/Carmel Slip-on jazz shoe (Bloch 495/ So Danca JZ76 or similar style)	Black tank style bodysuit and caramel/black/pink convertible tights **black K&K dance shorts/leggings allowed
Hip Hop	Any INDOOR running shoes are fine for class (slip on or Velcro for younger students – should not need help lacing up). Students will not be allowed to participate with outdoor shoes. For recital – any indoor plain white running shoe for 6-8 classes and younger, black high-top converse with white laces for age 7-10 & up. *Hip Hop combo classes need tan slip-on jazz shoes – no hip hop shoes needed unless notified for recital.	Black bodysuit and caramel/black/pink convertible tights **black K&K dance shorts/sweatpants/leggings allowed
Lyrical/ Contemporary or Lyrical/Jazz combo	Capezio Sophia Lucia leather pirouette (H063W) to match skin tone OR Canvas Hanami pirouette H064W to match skin tone	Black bodysuit and caramel/black/pink convertible tights **black K&K dance shorts/tank tops/leggings allowed
Boys	See above for shoes, <u>Plain black</u> fitted T-shirt or tank top, <u>plain black</u> shorts/sweatpants, black socks	

Dancewear and shoes may be purchased at:

Kiddie Kobbler (across from Markville Mall in Pizza Hut Plaza) 905-477-6530/Second Skin Fashions (8100 Yonge St. Thornhill) 905-731-2629

Gabie’s Boutique (18075 Leslie St. Newmarket) 905-830-1420

Dance Essentials (80 Bass Pro Mills Drive, Unit 10, Vaughan-near Vaughn Mills Mall) 905-731-9957

Dancewear More Dance Supplies - Toronto East Store (Scarborough): 60 Venture Drive, Unit 19 - 2 blocks North-East of Hwy 401 & Morningside Ave 416-286-7668

Please call ahead to check availability. Some stores offer discounts to K&K students so be sure to ask!

K&K Dance Dreamz Competitive Team

Shoe/Tights Requirements 2023-2024 (updated Jan. 2024)

****all comp. students must wear: a plain black tank or spaghetti strap bodysuit/black tank and black dance shorts, and hair slicked back in a secure bun for all classes. Please make sure hair is secure. For Ballet days/classes: students must wear pink convertible tights and bodysuit without shorts. Please only bring what you need for class.**

TEAM/ DISCIPLINE	Novice Mini & Novice Junior	Part-Time Inter.	Junior	Inter.	Full-Time Pre-Teen/Teen/Senior	Part-Time Teen/Senior
				<p>*ALL competitive dancers (except Novice, Junior & PT Inter. teams) should have these items labelled clearly with their name in their dance bag for ballet/technique days:</p> <ol style="list-style-type: none"> yoga block Resistance band (regular length not loop) (for Thera-band brand: red or green for Junior, other teams green or blue) https://www.amazon.ca/TheraBand-Resistance-Professional-Exercise-Physical/dp/B000E3Y5HW/ref=mp_s_a_1_19?crid=2X9K5Q9T6443T&keywords=metron%2Bresistance%2Bband&qid=1493486994&srefix=metron%2Bresistance%2Bband%2Caps%2C100&sr=8-19&th=1 proper physio mini-ball (available on Amazon) https://www.amazon.ca/myonly-Physical-Exercise-Stability-Training/dp/B07G37NM3C/ref=mp_s_a_1_16?dchild=1&keywords=fit+ball&qid=1622910143&sr=8-16 		
Jazz/ Technique Novice, Junior, PT Inter teams: Caramel convertible tights (Mondor #319/Capezi o #1916/So Danca TS81/82)	Tan/Caramel Slip-on jazz shoe- Bloch 495 OR So Danca JZ76 (Black for boys)	Capezio Sophia Lucia leather pirouette (H063W) OR Canvas Hanami pirouette HO64W to match skin tone – either is fine for class, you will need leather for competition routines Boys: Slip-on jazz shoe-black Bloch 495 OR So Danca JZ76	Tan/Caramel Slip-on jazz shoe- Bloch 495 OR So Danca JZ76 (Black for boys)	Capezio Sophia Lucia leather pirouette (H063W) OR Canvas Hanami pirouette HO64W to match skin tone – either is fine for class, you will need leather for competition routines Boys: Slip-on jazz shoe-black Bloch 495 OR So Danca JZ76		
Tap	Black Capezio Mary Jane tap shoe 3800C buckle or Velcro	Capezio CG19	Capezio CG19	Capezio CG19	Bloch "Jason Samuel Smith" tap shoes in black	
Ballet		Light pink Capezio Hanami 4 way stretch canvas split sole #2037 (Black for boys) Pink convertible tights (Mondor #319/Capezio #1916/So Danca TS81/82)				
P.B.T. (approval required)	N/A	N/A	N/A	N/A	-physio mini ball (see above) -yoga/pilates mat -9 ft resistance band -Hair in a high bun so it does not interfere with exercises Yoga Ball appropriate for dancer's height: Under 4'8: 45 cm ball 4'8 to 5'3: 55 cm ball 5'4 to 5'10: 65 cm ball (when dancer stands next to ball, it should be even or slightly above knee level)	
Musical Theatre/ Song & Dance	Tan/Caramel Slip-on jazz shoe- Bloch 495 OR So Danca JZ76 (Black for boys)	Same as jazz	Tan/Caramel Slip-on jazz shoe- Bloch 495 OR So Danca JZ76 (Black for boys)	Black Slip-on jazz shoe Bloch 495 OR So Danca JZ76		
Contemporary	N/A	N/A	N/A	N/A	Senior Competition style: skin tone Bloch sox dance socks with grips Pre-Teens: pirouettes Boys : dance paws/foot undies	N/A
Lyrical	N/A	N/A	N/A	Capezio Sophia Lucia leather pirouette (H063W) OR Canvas Hanami pirouette HO64W to match skin tone – either is fine for class, you will need leather for competition routines (Black slip-on jazz shoe for boys)		
Hip Hop	N/A	N/A	K&K will order shoes to go with costume	All black Converse All Star Hi top running shoes (no white on them) ABSOLUTELY NO OUTDOOR SHOES TO BE WORN IN CLASS Available in child and adult sizes – Footlocker/Kids Footlocker Markville Bare feet		
Acro	Bare feet					
Production	N/A	Minis: same as jazz/ Juniors: same as hip hop/ boys: black slip on jazz shoes/ All others- pirouettes, plus PT Teen/Sr Tap & Sam wear tap shoes as well				

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