Shilleena's Dance Academy

UNIFORM REQUIREMENTS

Correct dress is an essential part of the discipline of learning dance. It is particularly important that students are dressed in appropriate dance attire, so teachers can monitor body placement and extension correctly. Students are required to wear the school uniform and appropriate grooming to all classes. These are as listed below. If you have different styles of dance on the same day (e.g. ballet followed by jazz), it is not necessary to change clothing, only shoes. You can layer over your leotard to easily transition between classes. Please note that for all ballet classes a leotard must be worn, and hair must be worn in a bun.

Creative Movement and Foundation Ballet

Option A
- Any style and colour leotard
- Dance skirt if desired
- Pink ballet socks or pink seamless ballet tights
- Pink ballet shoes with elastic (NO JIFFIES)
- Hair secured in a ponytail or bun

Option B
- Any style singlet or fitted t-shirt
- Fitted shorts
- Any colour socks
- Black ballet shoes with elastic or black jazz shoes
- Hair secured away from face

Ballet, Tap and Jazz Dress - Option B

White sleeveless cotton lycra leotard with Black cotton lycra tights, White socks folded down for exams
(Any dance clothing acceptable for jazz/tap class but NO denim)
Hair must be worn off the face

- Ballet: Black ballet shoes with black elastic
- Jazz: Black elasticised jazz shoes (any brand best suited to the foot)
- Tap: Black lace-up (Jazz Tap) tap shoes

Foundation Tap & Jazz – Option A

- Black wide strap camisole cotton lycra (Energetiks Annabelle or equivalent) leotard
- Black SDA-brand hot shorts
- (any dance clothing acceptable for class but NO denim)
- Black elasticised jazz shoes (any brand best suited to the foot)
- Black low heel (Bloch Tap-On or equivalent) tap shoes
- Skintone matt tights (socks are fine for class)
- Hair must be worn in a bun or ponytail

Ballet Dress – Option A

Levels 1 - 2:
- Jacaranda wide strap camisole cotton lycra (Energetiks Annabelle or equivalent) leotard
- Lilac full circle short georgette skirt (any colour/style leotard & skirt are acceptable for class)
- Pink seamless ballet tights (ballet socks are fine for class)
- Pink leather split sole or full sole ballet shoes with elastic (ribbons required for exams only)
- Black low heel canvas character shoes (level 2 – term 3 onwards only)
- Hair must be worn in a bun

SHILLEENA'S DANCE ACADEMY
Cavendish Road Coorparoo QLD 4151
Phone 0439 763 082 • Email sda@shilleenasdanceacademy.com.au • www.shilleenasdanceacademy.com.au

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Levels 3 - 7: Jacaranda wide strap camisole cotton lycra (Energetiks Annabelle or equivalent) leotard
(any style/colour leotard is acceptable for class)
Pink seamless ballet tights (ballet socks are fine for class)
Pink leather split sole or full sole ballet shoes with elastic (ribbons required for exams only)
Black low heel canvas character shoes (level 3-4 – term 3 onwards only)
Black high heel canvas character shoes (level 5-6 – term 3 onwards only)
Hair must be worn in a bun

Major Levels: Aubergine camisole cotton lycra (Energetiks Caroline or Annabelle or equivalent) leotard
(any style/colour leotard is acceptable for class)
Pink seamless ballet tights
Pink split sole canvas shoes ballet shoes with elastic
Pink pointe shoes with ribbons (after pointe approval completed from teacher)
Hair must be worn in a bun

Jazz Dress – Option A

Levels 1 - 6: Black wide strap camisole cotton lycra (Energetiks Annabelle or equivalent) leotard
Black SDA-brand hot shorts (any dance clothing acceptable for class but NO denim)
Skintone matt tights (socks are fine for class)
Black elasticised jazz shoes (any brand best suited to the foot)
Hair must be worn in a bun or ponytail

Levels 7 - 9: Black double strap camisole cotton lycra (Energetiks Tiffany or equivalent) leotard
Black SDA-brand hot shorts (any dance clothing acceptable for class but NO denim)
Skintone matt tights (socks are fine for class)
Black elasticised jazz shoes (any brand best suited to the foot)
Hair must be worn in a bun or ponytail

Level 10: To be discussed with Miss Shilleena. Any dancewear is suitable for class.

Tap Dress – Option A

Levels 1 - 6: Black wide strap camisole cotton lycra (Energetiks Annabelle or equivalent) leotard
Black SDA-brand hot shorts (any dance clothing acceptable for class but NO denim)
Skintone fishnet tights (exam only) (socks are fine for class)
Grades 1-4: Black low heel (Bloch Tap-On or similar) tap shoes
Grades 5-6: Black high heel (Bloch Showtapper or similar) tap shoes
Hair must be worn in a bun or ponytail

Levels 7 - 9: Black double strap camisole cotton lycra (Energetiks Tiffany or equivalent) leotard
Black SDA-brand hot shorts (any dance clothing acceptable for class but NO denim)
Skintone fishnet tights (exam only) (socks are fine for class)
Black lace-up (Bloch Jazz Tap or similar) tap shoes
Hair must be worn in a bun or ponytail

Level 10: To be discussed with Miss Shilleena. Any dancewear is suitable for class.

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Open Pointe Technique/Ballet Conditioning
Leotard and ballet tights. Shorts/ballet skirts may be worn with bare feet or socks. Hair to be worn off the face.

Contemporary/Lyrical
Comfortable, non-restrictive dancewear (no denim). Foot thongs, socks or bare feet. Hair to be worn off the face.

Street Jazz & Commercial Jazz
Any style dancewear (no denim) with jazz sneakers or non-marking sneakers. Hair to be worn off the face.

Cabaret
Fitted, non-restrictive dancewear (no denim) with chorus/cabaret heeled shoes. Hair to be worn off the face.

Jazz Technique
Fitted, non-restrictive dancewear (no denim) with black elasticised jazz shoes (any brand best suited to the foot). Hair to be worn off the face.

Acrobatics
Fitted, non-restrictive dancewear (no denim). No shoes required - bare feet only. Hair to be worn off the face.

Adult Classes
Any comfortable dance or exercise wear (no restrictive clothing). Shoes appropriate to dance style. Hair to be worn off the face.

Performance Troupe Classes
Any style dancewear (no denim). Shoes appropriate to dance style. Hair to be worn off the face.

Grooming
As well as correct dance attire & shoes, grooming is very important in dance training. Hair should be worn in a bun with NO hair in face for ballet. Secure ponytail with NO hair in face for all other classes. In cooler weather only crossovers (a tight dance "cardigan") can be worn over leotards. Legwarmers are permitted. NO baggy jumpers or tracksuit pants are allowed in class. For the safety of all students, bulky watches and jewellery must not be worn to class (small studs or sleepers permitted).

Shoe Care
Don't forget dance shoes should only be worn in the dance studio to make sure they are kept in the best condition. Change into your shoes just before your class starts and take them off before you leave the studio.