



Rehearsal Attire Requirements

Proper dance attire is imperative for the dancer's and instructor's success during rehearsals. Apart from enabling the dancer to move freely and allowing the instructor to see the dancer's body positions, proper rehearsal attire assists the dancer to focus their energy into their movements. Inappropriate attire is a distraction to the dancer and the instructor. "Dressing the part" contributes to the dancers feeling like a dancer, resulting in a better focused rehearsal.

There are a variety of dance stores in Winnipeg where dance clothing can be found including Mallabar Dancewear, Dance Plus, and Harlequin. From time to time, we offer discounted dancewear to purchase through the group and used clothing/dance shoe swaps. As well, stay tuned for when we are selling Selo printed clothing.

General Requirements:

- No street clothes permitted at any rehearsals. Absolutely no jeans.
- Dancers are encouraged and permitted to wear a sweater or long-sleeved shirt for warmup. Please ensure these layers are form-fitting. Absolutely no hoodies.
- No excessive jewelry.

Footwear:

- Students that a variety of dance footwear are required to bring them to every rehearsal and change upon the instructor's request.

Girls Dance Attire:

- Bodysuit
- Dance tights or leotards
- Dance skirt
- Hair must be pulled back into a ballet bun. If the dancer has bangs they must be pinned back away from their face. Hair should be pulled back and secured so that the dancer does not have to touch/redo their hair during rehearsal.

Boys Dance Attire:

- Form-fitting track pants, sweats, or shorts
- T-shirt or long-sleeved shirt
- If hair is long, it must be tied back and pinned away from dancer's face.