

DRESS CODE & TIPS/TRICKS

DRESS CODE

Just like other activities such as hockey, football, soccer, or volleyball, ballet requires specific gear and a uniform. You wouldn't step onto the ice without your skates or the field without your cleats - think of your dance attire the same way.

Proper dance attire allows the instructor to clearly see technique, lines, alignment, and movement in order to safely and correctly instruct dancers. A uniform appearance from all dancers also allows for complete focus by the instructor and dancer on technique and movement, and eliminates distraction that may be caused by loose clothing and bright colours.

Additionally, dance attire enforcement also teaches dancers valuable life skills such as discipline, responsibility, and arriving prepared. If a dancer would like to pursue dance professionally, a polished and professional appearance will assist in successful auditions, and taking this appearance seriously will help a dancer get in the right mindset for classes, auditions, shows, and more.

As said above, taking pride in a polished and professional appearance as a dancer will help immensely with mindset. A dancer should ideally approach class as an opportunity to learn, improve, and refine, and arrive with focused and ready to work hard. If a dancer arrives prepared, in their proper dance attire, feeling polished and poised, and in the right mindset, it is very likely that they will have an enjoyable class. Focused and enjoyable classes lead to significantly faster technique development, and it feels really good to work hard and do your best!

TIPS AND TRICKS

Practice your ballet buns at home before the dance season begins! There are many wonderful tutorials on YouTube, Pinterest, Instagram, etc.

Purchase a hair net for your buns. It instantly creates a much neater bun!

If you want to slick back your hair for a neat and polished appearance but don't want to use gel or hairspray each class, purchase a spray bottle and slightly wet your hair with water when doing your bun. We highly recommend using a fine toothed comb or smoothing brush to smooth the hair.

There is a big difference between bobby pins and bun pins. Bobby pins simply secure pieces of hair in place, while bun pins are designed to push down into the bun and secure it to the hair underneath. Purchasing bun pins for your ballet buns will be a GAME CHANGER!

PRE-POINTE AND POINTE CLASSES

Once a dancer's feet stop growing (usually around age 12) and they have been training for several years, they may be invited to get pointe shoes. Pointe classes are specifically for developing the proper technique required for pointe work and are much different than soft shoe ballet classes. If your dancer is invited to pointe, we recommend you purchase them at Performing Fabrics Dancewear in Nanaimo as they have a much larger selection.

WHERE TO PURCHASE DANCE WEAR

Silhouette Dance Shop on 5th Street

Performing Fabrics Dancewear in Nanaimo