

# MIDA

## Uniform Requirements

### WHY DO DANCERS WEAR A UNIFORM?

Dance is a discipline and having a uniform promotes unity and professionalism in the studio that will translate to daily life routines. Please read through the following uniform regulations and contact [midance@rrcwb.ca](mailto:midance@rrcwb.ca) if you require further information.

### UNIFORM GUIDELINES

- For your safety, no jewelry in class (e.g. watches, dangling earrings, bracelets, or ankle bracelets).
- Plan for back to back classes and wear items that can quickly transition between classes. In the case a dancer does not have the ability to change between classes, ballet will always take priority.
- **Undergarments:** Tights are worn instead of underwear. If your dancer requires it, only sports/dance bras should be worn. Dance belts are available for purchase on our Johnny Brown store for those who require them.
- **Hair:** Dancers must have hair in a slicked back bun for ballet and mini classes. Hair may be in a bun or ponytail for other styles.
- Please arrive with hair properly slicked back for the appropriate dance style prior to the start of class.
- No logos may show on t-shirts.
- Bellybuttons should not be visible during any style of dance.
- Additional uniform guidelines may be set for those who participate in ballet examinations.

<p><b>MIDA Mini 1 (3 years old)</b></p>	<p><b>Traditional Female Attire</b></p> <ul style="list-style-type: none"> <li>▪ Pink bodysuit, black shorts, <b>no shoes until January</b>. In January, your child will wear pink ballet slippers</li> </ul> <p><b>Traditional Male Attire</b></p> <ul style="list-style-type: none"> <li>▪ Black sport shorts, solid plain black tank or t-shirt, <b>no shoes until January</b>. In January, your child will wear black ballet slippers.</li> </ul>
<p><b>MIDA Mini 2 (4 years old)</b></p>	<p><b>Traditional Female Attire</b></p> <ul style="list-style-type: none"> <li>▪ Purple bodysuit, black shorts, pink tights, pink ballet slippers. Hair pulled back.</li> </ul> <p><b>Traditional Male Attire</b></p> <ul style="list-style-type: none"> <li>▪ Black sports short, solid plain black tank or t-shirt with no name brands, black ballet slippers.</li> </ul>
<p><b>MIDA Mini 3 (5 years old)</b></p>	<p><b>Traditional Female Attire</b></p> <ul style="list-style-type: none"> <li>▪ Navy bodysuit, black shorts, pink tights. Hair pulled back.</li> <li>▪ For shoes: Dancers in this class will require ballet flats in September. For example, If your dancer is in the ballet-tap class, they will need tap shoes starting in January. If they are in the ballet-jazz class, they will use their ballet shoes during the jazz section of the year..</li> </ul> <p><b>Traditional Male Attire</b></p> <ul style="list-style-type: none"> <li>▪ Black sports short, solid plain black tank or t-shirt with no name brands.</li> <li>▪ For shoes: Dancers in this class will require ballet flats in September. For example, If your dancer is in the ballet-tap class, they will need tap shoes starting in January. If they are in the ballet-jazz class, they will use their ballet shoes during the jazz section of the year.</li> </ul>

<b>BALLET</b>	<p><b>Traditional Female Attire</b></p> <ul style="list-style-type: none"><li>▪ Black leotard and ballet pink tights.</li><li>▪ Pink split-sole canvas ballet flats</li></ul> <p><b>Traditional Male Attire</b></p> <ul style="list-style-type: none"><li>▪ White fitted dance shirt and fitted black shorts, pants or tights.</li><li>▪ Black split-sole ballet canvas flats and thin black ankle socks.</li></ul>
<b>JAZZ</b>	<p><b>Traditional Female Attire</b></p> <ul style="list-style-type: none"><li>▪ Black leotard, caramel tights and fitted black shorts or pants.</li><li>▪ Beige jazz shoes.</li></ul> <p><b>Traditional Male Attire</b></p> <ul style="list-style-type: none"><li>▪ Black fitted t-shirt, loose black shorts or fitted black pants.</li><li>▪ Black jazz shoes and thin black ankle socks.</li></ul>
<b>LYRICAL/CONTEMPORARY</b>	<p><b>Traditional Female Attire</b></p> <ul style="list-style-type: none"><li>▪ Black leotard, caramel tights and fitted black shorts or pants.</li><li>▪ Beige half soles/foot undies/beige apolla shocks with grip</li></ul> <p><b>Traditional Male Attire</b></p> <ul style="list-style-type: none"><li>▪ Black fitted t-shirt, loose black shorts or fitted black pants.</li><li>▪ Beige half-sole shoes.</li></ul>

<p><b>TAP</b></p>	<p><b>Traditional Female Attire</b></p> <ul style="list-style-type: none"> <li>▪ Black leotard or t-shirt, caramel tights and fitted black shorts or pants.</li> <li>▪ Black lace-up tap shoes.</li> </ul> <p><b>Traditional Male Attire</b></p> <ul style="list-style-type: none"> <li>▪ Black fitted t-shirt, loose black shorts or fitted black pants.</li> <li>▪ Black lace-up tap shoes.</li> </ul>
<p><b>MUSICAL THEATRE</b></p>	<p><b>Traditional Female Attire</b></p> <ul style="list-style-type: none"> <li>▪ Any colour leotard, tights and/or fitted shorts or pants.</li> <li>▪ Beige jazz shoes.</li> </ul> <p><b>Traditional Male Attire</b></p> <ul style="list-style-type: none"> <li>▪ Any colour fitted t-shirt, loose shorts or fitted pants.</li> <li>▪ Black jazz shoes and thin black ankle socks.</li> </ul>
<p><b>HIP HOP</b></p>	<ul style="list-style-type: none"> <li>▪ Any black t-shirt or hoodie and any baggy black pants or shorts (no jeans).</li> <li>▪ Any black sneakers with white bottoms (non-marking, must be indoor only).</li> </ul>
<p><b>ACRO</b></p>	<p><b>Traditional Female Attire</b></p> <ul style="list-style-type: none"> <li>▪ Black leotard or sport bra and, <b>fitted</b> black shorts.</li> <li>▪ Bare feet and bare legs required.</li> </ul> <p><b>Traditional Male Attire</b></p> <ul style="list-style-type: none"> <li>▪ Black fitted t-shirt and, <b>fitted</b> black shorts.</li> <li>▪ Bare feet and bare legs required.</li> </ul>

Uniforms may be purchased on our Johnny Brown store : <https://midance.johnnybrown.ca/en/>