

2025-2026 DEX CLASS ATTIRE

At Dexterity Dance Studio, we believe that having specific class attire requirements helps teachers see proper alignment, brings a sense of belonging and community to class, limits comparison, and makes us look like a well-organized team!!

Where To Purchase: We have partnered with some great dancewear stores in Calgary. If you show them this attire list, they will help you find all your items!

BODYTHINGS *they also have an online store <https://www.bodythings.ca>
Kingsland: 236, 7337 Macleod Trail SW

CITY DANCEWEAR *they also have an online store <https://citydancewear.com>
North Location: 106, 5403 CROWCHILD TRAIL NW South Location: 16, 6624 CENTRE STREET SE

MUGE
Calgary Location: 3132 26 St NE #202
Okotoks Location: Unit 259-200 Southridge Drive

Please note: Attire is based on the age/level of the class, not necessarily how old your individual dancer is (ex. a 7yr old in a 8-10yr class would wear the 8-10yr requirements). Please know the age/level of THE CLASS before purchasing attire.

FOR ALL CLASSES: No bracelets, necklaces, rings, or large earrings. Small hoops or studs are allowed. This is for the safety of the dancers in class.

BALLET : Hair must be worn in a bun. Preferably with hair pins (not bobby pins) and a hair net. *if you are interested in ballet exams, please reach out to us so you can buy the exact bodysuit and slippers we use.

Tutu Cute & Primary: Pink bodysuit, pink tights, full sole ballet slippers, these students may accessorize with skirts/tutus.

Grade 1, Grade 2, Grade 3: Navy bodysuit, pink tights, split sole canvas ballet slippers.

Grade 4, Grade 5, Teen: Black bodysuit, pink tights, split sole canvas ballet slippers.

JAZZ & MUSICAL THEATRE: Students require tan, split sole jazz shoes (pull on is preferred) and can wear any colour bodysuit with black dance shorts or pants. Hair pulled back somehow. *competitive students can wear turning shoes/half soles

TAP: Students can wear any colour bodysuit with black dance shorts or pants. Hair pulled back somehow.

Ages 3-9 tan Mary Jane or tan Cuban Heel tap shoes

Ages 10+ black slip on or tie up tap shoes

LYRICAL & CONTEMPORARY: Students can wear bare feet – before performance time, as a class, we decide if we'd like to wear foot-undeez, half soles, or nothing at all on our feet. Students can wear any colour bodysuit with black dance shorts or pants. Ballet skirts are an option. Hair pulled back somehow.

TUMBLE TOTS : (same as Tutu Cute Ballet): Pink bodysuit, pink tights, full sole ballet slippers, these students may accessorize with skirts/tutus. Hair pulled back somehow.

ACRO: Students will participate in bare feet. They can wear any colour bodysuit with black dance shorts or pants. They must have their hair in either a ponytail or braid so that nothing gets tangled or caught when they are doing tricks/being spotted.

HIP HOP: Students require indoor runners (mostly white preferred) and athletic clothing. These items are not easily found at "dancewear" stores. You can purchase these items from anywhere you would like.

CHEER: Students can wear any colour bodysuit with black dance shorts or pants. They must have their hair in either a pony tail or braid so that nothing gets tangled or caught when they are doing tricks/being spotted. Cheer shoes are required and not easily found at "dancewear" stores. A mostly white, flexible, and light runner type shoe is recommended.

Here are some cheer shoe options:

<https://www.cheerleading.com/accessories/shoes/fiercefeats-cheer-shoes>

https://shop.varsity.com/collections/cheerleading-shoes?sort_by=price-ascending

<https://www.amazon.ca/Cheerleading-Shoes/s?k=Cheerleading+Shoes>

BOYS/GENDER NEUTRAL:

Ballet: black ballet shoes, black athletic pants/shorts, & black athletic shirt

Jazz or Musical Theatre: black jazz shoes, black athletic pants/shorts, & athletic shirt

Tap: black tap shoes, black athletic pants/shorts, & athletic shirt

Hip Hop: indoor runners, any athletic, comfortable clothing

Lyrical/Contemporary: barefeet, black athletic pants/shorts, & athletic shirt

Acro: barefeet, black athletic pants/shorts, & athletic shirt

Cheer: cheer shoes, black athletic pants/shorts, & athletic shirt