

Ottawa Dance

CENTRE SCHOOL

Uniform

Pre-Ballet, Pre-Primary and Primary:

Girls: Pink body suit (short sleeve), convertible pink tights; slippers only for pre-Primary and Primary.

Hair (Pre-Primary and Primary): Hair MUST be secured in a neat ballet bun, close to head, netted, pinned securely with hairpins and no side wisps. Bangs are to be clipped off face. If necessary, to keep hair close to head, hair should be gelled. Shorter hair to be clipped off the face, and held close to head so that line of neck is clearly visible. A black or pink head-band-elasticised-is acceptable. A high or low ballet bun is accepted:

<https://dancer.com/ballet-info/in-the-studio/hairdo-how-to/>

Boys: White t-shirt, navy or black dance shorts, and (Pre-Primary/Primary) white ankle socks/slippers.

Grades 1-4:

Girls: Navy body suit (regulation), pink convertible tights, slippers.

Hair: Hair MUST be secured in a neat ballet bun, close to head, netted, pinned securely with hairpins and no side wisps. Bangs are to be clipped off face. If necessary, to keep hair close to head, hair should be gelled. Shorter hair to be clipped off the face, and held close to head so that line of neck is clearly visible. A black or pink head-band-elasticised-is acceptable. A high or low ballet bun is accepted: <https://dancer.com/ballet-info/in-the-studio/hairdo-how-to/>

Boys: Regulation RAD exam wear - White T-shirt, socks slippers;
Primary to Grade 3 - black dance shorts,
Grade 3 and up - men's black and/or grey footless tights or convertibles for

every-day class work (Gr.5 upwards).
Dance belt - boys 11 years and up.

Ballet Intensive Program + Grade 5:

Ballet Classes: (ODCS adheres to internationally accepted standards)

Girls: Black regulation body suit, pink convertible tights, slippers. If students have a pointe class in their schedule, pointe shoes are required. Please discuss with ODCS faculty if you require clarification.

Note: Inter. Foundation to Adv 2 (Girls) RAD exams require soft pointes for exams. For exam wear please visit the RAD web site.

Hair: Hair MUST be secured in a neat ballet bun, close to head, netted, pinned securely with hairpins and no side wisps. Bangs are to be clipped off face. If necessary, to keep hair close to head, hair should be gelled. Shorter hair to be clipped off the face, and held close to head so that line of neck is clearly visible. A black or pink head-band-elasticised-is acceptable. A high or low ballet bun is accepted: <https://dancer.com/ballet-info/in-the-studio/hairdo-how-to/>

Boys: Regulation men's weight black or navy ankle-length tights, white cotton socks and regulation slippers. Dance belt and white short-sleeved men's body suit worn under tights OR plain white t-shirt.

ODCS General School Dress Code for Adult Classes, Jazz, Contemporary and Progressing Ballet Technique:

Student Classes:

Girls:

For all of the above, conservative bodysuit as per Ballet

Contemporary: plus black convertible tights and plain cotton socks.

Jazz: plus tights as per Contemporary OR black jazz pants, and jazz shoes, black or tan.

PBT: Ballet leotard and pink convertible tights that can be rolled up to under the knee. *See note below regarding PBT equipment

Note: All female Senior dancers should have, as a matter of course, black bodysuits, Jazz pants and convertible tights in their Dance gear for Open House performances and as a base for other costuming.

Hair: All long hair is to be secured off face in a bun or ponytail for all Contemporary and Jazz dance classes listed above

Boys:

Contemporary: Plain T-shirt (no logos) fitted, with footless black tights.

Jazz: Plain T-shirt (no logos) fitted, Black jazz pants and Black jazz shoes.

**Teachers reserve the right to refuse participation in class to students inappropriately dressed.

PBT:

Students MUST bring an exercise mat to PBT lessons.

Students who attend Progressing Ballet Technique may also purchase and bring their own equipment. Purchasing their own equipment will provide the students with the opportunity to practice PBT at home or use it as a warmup.

Equipment required & Helpful information:

You can find locations of where to purchase this equipment at the bottom of the following page www.pbt.dance/equipment/ otherwise, a good resource is Amazon.

Exercise ball

Also known as a 'Swiss Ball' or 'Fit Ball' Using your height to size up your ball

When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it. When you sit on the ball, knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor. Find your height and see which ball size you should try first.



Height Ball Size:

Under 4'8"/142cm 45cm Ball

4'8" to 5'3"/142-160cm 55cm Ball

5'4" to 5'10"/160-178cm 65cm Ball

5'10" to 6'4"/178-193cm 75cm Ball

**The measurement of the ball is diameter (measuring from one side of the ball to the other)

*Please note that we will provide a pump at the class, so you can bring your exercise ball deflated, however if students bring their own pumps it will save time prior to the class starting. Otherwise, students can bring their balls inflated.

Fusion ball (Medium soft ball)

Known as a soft stability ball or pilates soft ball. A soft toy ball can be used and found in many toy shops.

You will need to bring two (2) along to the class. Many of the toy balls can't be inflated and deflated which is okay but one will need to be able to be deflated / inflated (will be used half inflated)



Size: Between 20-23cm in diameter or closest to 54xm (22") in circumference (measurement around the ball).

Theraband / Resistance Band

10Ft / 3m in length and 6" / 15cm wide is required.

The strength should be medium strength.

Please note: the colour of the band and associated strength changes depending on the supplier.

Lacrosse Ball

Also known as a hand ball, racketball, massage ball or pinky ball.

Size is approx. 8" or 20.5cm in circumference (measurement around the ball). Or 6.3cm / 2.5" in diameter. A tennis ball is not recommended.

If above ball option is not available, the next best option is a pet fetch ball.

Adult Classes

For all adult classes, students must wear clothing that they can move comfortably and that is suited for exercise. For example: A light t-shirt and gym-style leggings. Adults may also wear traditional dance wear such as leotards and tights etc.

For ballet classes it is advise that adults wear ballet shoes.

For jazz classes it is advised that adults wear Jazz shoes.

Sock or bare feet are accepted in Contemporary.