



# YOUR UNIFORM GUIDE >>>

*get kitted out for class...*

We ask all dancers to have an M-Pulsive t-shirt. for any external performances purposes this should be back but can be any available colour in class.

Please read over the notes for requirments for each style. All uniform is available at Borders Dance Box as well as hoodies and zippers etc which are fab warm up layers





# STREET/ COMMERCIAL

- Black leggings, joggers, shorts
- M-Pulsive t-shirt
- Trainers



A photograph of two young women in a dance studio. They are both wearing black leotards and black leggings. They are in a similar pose, with one leg extended to the side and one arm raised high. The woman in the foreground is looking towards the camera, while the woman in the background is looking slightly to the side. The background features a large blue star graphic on the wall with the text 'A-PULSIV' and 'School' visible. The floor is made of light-colored wood.

# LYRICAL

- Black leotard, cut off tights/ shorts
- Foot thongs/ half soles





# ACRO

- Black leotard, cut off tights/ shorts
- Bare feet
- Hair tied back (compulsory)



A photograph of three young girls in a dance studio, performing a handstand on a pink mat. They are wearing black leotards. The girl on the left is also wearing a black skirted leotard. A semi-transparent dark grey box is overlaid on the image, containing the word 'BALLET' in large white letters and a list of items: 'Marine blue skirted leotard', 'Ballet shoes', and 'Ballet socks'.

# BALLET

- Marine blue skirted leotard
- Ballet shoes
- Ballet socks



A group of young children are in a dance studio, wearing black t-shirts and clapping their hands. The studio has a wooden floor and large windows in the background. A semi-transparent grey box is overlaid on the bottom left of the image, containing text.

# MUSICAL THEATRE/ JAZZ

- Black leggings, jazz pants, shorts
- Black jazz shoes
- M-Pulsive T-shirt



A young girl with blonde hair in a ponytail is performing an aerial maneuver on a structure made of pink and black ropes. She is wearing a black leotard, black shorts, and black leggings. She is suspended in the air, holding onto the ropes with both hands. The background shows a room with a white ceiling, white walls, and large windows with white curtains. The floor is covered with a grey carpet. A dark green wall is visible in the background.

# CIRQUE

- Black leotard, shorts/ leggings/ cut off tights
- M-Pulsive t-shirt
- Boys: Shorts and M-Pulsive T-shirt
- HAIR IN BUN: for safety on the silks