

Dancer Dress Code 2017-2018



A dress code ensures that students come to class dressed for a successful lesson. It assists the instructor in observing the body fully, seeing joint and muscle work, so they can make necessary corrections. Following the dress code establishes good work ethic, respect, discipline, and unity amongst classmates. Be sure to label all dance clothing (including tights), shoes and bags! Students enrolled in our **Teen/Adult classes** may wear their choice of comfortable, form fitting clothing that does not restrict movement: leotards, tights, leggings, dance skirts, fitted tee-shirts or tank tops, etc.

Early Dance Program – Pre-Dance & Combo Classes: Students should wear clothing they feel comfortable in that does not restrict freedom of movement: leotards, leggings, dance skirts, fitted tee-shirts or tank tops and dance tights are all acceptable. Hair should be securely pulled up off the neck and out of student's face. No costume, bedroom, satin, or stiff sole slippers.

Pre-Dance & Creative Acrobatics: Tights must be footless, stirrup or convertible. No socks or shoes required.

Ballet/Jazz needs full sole leather ballet slippers. Girls pink; boys black or white.

Ballet/Tap needs black tap shoes and full sole leather ballet slippers. Girls pink; boys black or white.

Jazz/Tap needs black tap shoes and black jazz shoes or full sole leather ballet slippers.

Acrobatics: Biketard, unitard or leotard with leggings or fitted shorts and tights. No tee shirts or tank tops or loose or baggy bottoms. No shoes required. Dancers may wear stirrup, convertible or footless tights. Hair should be securely pulled off the neck and out of student's face.

Hip-Hop: Comfortable pants, shorts, or leggings and a form fitting tee shirt or tank top. Clean sneakers, dance sneakers are required. NO jeans or skirts. Hair should be securely pulled off the neck and out of student's face.

Jazz & Musical Theatre: Yoga style pants, shorts or leggings, leotards, biketards, form fitting tee shirts or tank tops. Jazz shoes are required. No skirts. Hair should be securely pulled off the neck and out of student's face.

Modern: Comfortable pants, leggings, or shorts and footless, convertible, or stirrup tights. *Students must cover their knees* to allow for sliding on the floor. Form fitting tee shirts, leotards, or tank tops. No baggy clothing. No shoes required. Hair should be securely pulled off the neck and out of student's face.

Tap: Yoga style pants, shorts or leggings, leotards, form fitting tee shirts or tank tops. Black tap shoes are required. Level II and above must have adjustable leather tap shoes (no rivet taps). Hair should be securely pulled off the neck and out of student's face.

Ballet: Hair should be securely in a bun. Any ballet warm-ups or extra layers must be removed after the first 10-15 minutes of class. No tutus. No costume, bedroom, satin or stiff sole slippers.

Level I: Light Blue leotard (any style), matching light blue slip on skirt (no wrap skirts), pink tights, pink full sole leather ballet slippers. Skirts must be long enough to hold with arms in proper *demi-seconde*.

Level II: Royal Blue leotard (any style), pink tights, pink split or full sole leather ballet shoes.

Level III: Navy Blue leotard (any style), pink convertible tights, pink split sole leather or canvas ballet slippers.

Level IV & V: Black leotard (any style), pink convertible tights, pink split sole leather or canvas ballet slippers.

Male Ballet students: All items may be white or black including slippers. Tee-shirt or tank top (tucked in) or men's leotard, fitted running pants, shorts, or men's dance tights, and ballet slippers. Socks are to be worn if dancer does not have tights. Male students 10+ years of age should wear an athletic supporter or dance belt. Hair should be out of face.

Pointe: Student's first pair of *pointe* shoes must be approved by an instructor. Dress code same as Ballet IV+.

Required materials for class:

Pre-Pointe students are required to purchase the book *The Perfect Pointe Book* by Lisa Howell. *The Perfect Pointe Book* is available for purchase at the studio as well as through our online store. Demi-Pointe shoes are an optional training tool, recommended, but not required, for Pre-Pointe students.

Musical Theater students are required to provide their own $\frac{1}{4}$ - $\frac{1}{2}$ inch *three ring binder* and are required to pay a \$5 materials fee. The fee covers costs of sheet music provided by the instructor.

Modern (levels 3 and above) students are encouraged to purchase a pair of Chinese kneepads or any thin, low-profile kneepad for class. No bulky or volleyball style kneepads. While not required, they are *strongly encouraged* for safety and knee health. Chinese kneepads can be purchased online at Contact Quarterly (adult size) or theeastwestcompany.com (smaller sizes).