

# 2020-2021 Dress Code



## Why a Dress Code?

- Allows teachers and dancers to see proper alignment of shoulders, center, back, hips, knees, and ankles resulting in proper teaching and execution of technique.
- Allows for free range of movement and maximum flexibility.
- Keeps dancers safe in studio.
- Creates uniformity in class and is part of the discipline of dance.
- Establishes good work ethic, respect and unity amongst classmates.
- Creates a class free of distractions.

## **THE FOLLOWING ARE NOT ALLOWED TO BE WORN IN ANY DANCE CLASS:**

- JEANS
- DRESSES
- JEWELRY
- SOCKS
- SWEATSHIRTS
- SATIN BALLET SLIPPERS
- SHOES THAT HAVE BEEN WORN OUTSIDE

NO UNDERWEAR IS TO BE WORN UNDER TIGHTS.

SPORTS BRAS IF WORN SHOULD BE THE SAME COLOR AS THE LEOTARD OR CLOSE FOR BALLET CLASSES.

### **HAIR MUST BE IN SECURED BUN FOR:**

BALLET (LEVEL 1+)  
POINTE (LEVEL 1+)

### **HAIR MUST BE IN SECURED LOW BUN OR**

**FRENCH BRAID FOR:**  
ACROBATICS

### **HAIR MUST BE SECURED BACK OUT OF FACE FOR:**

AcroDance Pre School	Jazz
Combo Classes	Modern
Discover with Me!	Musical Theatre
Discover Dance 1 + 2	Tap
Hip-Hop	Teen/Adult Classes

If a dancer has to stop and fix their hair, or a teacher has to stop class to fix hair that has fallen down, it takes precious time out of class. Please be respectful to the teacher and fellow classmates by having hair secured.

Dancers will be asked to remove any items worn that are not part of the dress code.

Hip-Hop all levels and Modern 4+ 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](http://ContactQuarterly.com) (adult size) or [theeastwestcompany.com](http://theeastwestcompany.com) (smaller sizes).

Thank you for helping us create a professional learning environment that is safe and free from distractions.

*Be sure to label all dance clothing (including tights), shoes and bags!*

Class	Attire	Tights	Shoes
Discover with Me!	Comfortable clothing that does not restrict freedom of movement: leotards, leggings, athletic pants, shorts, dance skirts, fitted t-shirts or tank tops are all acceptable.	Optional – footless	None
DiscoverDance1 DiscoverDance2	Option A - pink leotard or dance dress (dance skirt optional) Option B - white t-shirt or tank and black pants or shorts	Option A – Pink footless Option B – N/A	None
AcroDance Pre School + Creative Acrobatics	Option A - solid color leotard with or without fitted shorts over or biketard. Option B – solid color fitted tank or t-shirt and black pants or shorts.	Option A – Flesh Colored footless or stirrup Option B – N/A	None
Ballet/Tap Combo	Option A - pink leotard or dance dress (skirt optional) Option B - white t-shirt or tank and black pants or shorts.	Option A – Pink footed Option B – N/A	Full sole leather ballet slipper Option A - Pink Option B – Black or White <i>All students</i> black Tap shoes.
Hip-Hop/Jazz Combo	Solid color leotard, fitted tank or t-shirt and black pants or shorts.	Optional	Jazz shoes
Acrobatics	Option A – Biketard, unitard or leotard with leggings or fitted shorts. No tee shirts, tank tops or loose or baggy bottoms. Option B – solid color fitted tank or t-shirt and black pants or shorts.	Option A – Stirrup, convertible, or footless Option B – N/A	None
Jazz + Musical Theatre	Yoga style pants, shorts or leggings, leotards, biketards, form fitting tee shirts or tank tops. No skirts.	Optional	Jazz shoes
Hip-Hop	Comfortable pants, shorts, or leggings and a form fitting tee shirt or tank top. <i>Students must cover their knees</i> to allow for sliding on the floor. <i>Knee pads optional.</i>	Optional	Clean athletic shoes or dance sneakers
Modern	Comfortable pants, leggings, or shorts. <i>Students must cover their knees</i> to allow for sliding on the floor. Form fitting tee shirts, leotards, or tank tops. <i>Knee pads optional.</i>	Optional – footless, stirrup or convertible	None
Tap	Yoga style pants, shorts or leggings, leotards, form fitting tee shirts or tank tops.	Optional	Black Tap shoes <b>Level 2 and above:</b> must have adjustable leather tap shoes (no rivet taps)
Ballet	<b>Level 1:</b> Light Blue leotard (any style), matching light blue slip on skirt (no wrap skirts.) Skirts must be long enough to hold with arms in proper <i>demi-seconde</i> . <b>Level 2:</b> Royal Blue leotard (any style) <b>Level 3:</b> Navy Blue leotard (any style). Optional short, sheer wrap skirt. <b>Level 4+:</b> Black leotard (any style). Optional short, sheer wrap skirt.	<b>Level 1 + 2</b> Pink footed or convertible <b>Level 3 + above</b> Pink convertible	<b>Level 1</b> Pink full sole leather ballet slippers <b>Level 2</b> Pink split or full sole leather ballet slippers <b>Level 3 + above</b> Pink split sole leather or canvas ballet slippers.
Pointe + Pre-Pointe	Dress code same as student’s Ballet level. *First pair of <i>pointe</i> shoes must be approved by instructor.	Pink convertible.	<b>Pre-Pointe</b> students optional <i>demi-pointe</i> shoes.
Male Ballet students	All items may be white or black. Tee-shirt or tank top (tucked in) or men’s leotard, fitted running pants, shorts, or men’s dance tights. Male students 10+ years of age should wear an athletic supporter or dance belt.	Socks are to be worn if dancer does not have tights.	Black or white ballet slipper.
Teen/Adult	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.	Optional, dancer’s choice	Footwear appropriate to style of dance

