

DRESS CODE: Like any sport, dance has a dress code. A dress code allows students to be better focused and prepared for class. Our dress code outlines classic and appropriate dance attire and all students are required to adhere to the policy.

If you need to purchase shoes, tights and leotards, etc., that comply with our Dress code, click on the link below or visit Discount Dance online. Hover over "Sign In", then click on "Find A Dance Teacher", enter the studio code of 115603 and then select the studio/school page. . You will be brought to our dress code page with all of the shoes and tights, etc that we recommend. Items purchased from this page are discounted so it's a good deal for you and you can rest assured that you have the correct dress code.

<https://www.discountdance.com/search/teacherid:115603?tp=115603&teacherSearch=115603>

A. In Class Requirements:

1. **Hair:** Please have your dancer pull their hair up for all classes, except hip hop where they can wear it down but pulled away from the face. We have hair ties if you need one.

All students in Ballet must have a proper ballet bun for class

HOW TO MAKE THE PERFECT BUN FOR DANCE CLASS

- a. Wet hair with water and then slick hair back including bangs with a strong gel.
- b. Make a very tight ponytail in the center on the back of the student's head (the crown of the head).
- c. Take half of the ponytail for thick hair or full ponytail for thinner hair, and then twist it around in one direction. As you twist it, let it wrap in a circle. Pin it with bobby pins.
- d. For thicker hair, take the second half of the hair and wrap it around in the same direction, not on top, but on the side of the hair that you wrapped first. Pin it with bobby pins.
- e. Place a hairnet over the bun and then pin it all around evenly on all sides.
- f. Finish by bobby pinning any additional hair that the student may have- such as bangs or wispies.
- g. Spray the student's hair with hair spray to make sure that it stays.

2. **For All Ballet classes:** In ballet, it is crucial for teachers to see the lines of the body. Therefore, in the early levels of ballet, no ballet skirts, shorts or warm-ups may be worn.

- a. **Ages 2.5-4.5: Creative Movement dancers:** Pink leotard, pink tights. No skirts, shorts or ballet warm-ups may be worn.
- b. **Younger Ballet Classes: Little Ballet/Jazz and Beginner Ballet, Intermediate Ballet:** Black leotard, pink tights. No skirts, shorts or ballet warm-ups may be worn.
- c. **Older Ballet Classes: Advanced Ballet, Pointe, and Ballet Technique:** Any color leotard, pink tights. These Ballet levels may wear warm-ups, if needed, but will be asked by the teacher to be removed as class gets going and the body gets warm.
- d.. **Boy's attire for Ballet:** Black under armor shirt with shorts or Adidas joggers.

3. **For All Jazz/Lyrical/Contemporary classes:** Black leotard (tank with a 1-inch strap, cap, or long sleeve) and black bottoms- shorts (must wear tan tights underneath), capris, leggings, yoga pants, etc. Please no sweat pants.

For Adults: Please wear comfortable clothing. Pants: sweatpants or yoga type pants and loose T-shirts.

4. **For Hip Hop:** Wear comfortable clothes that allow free movement. Jeans are not encouraged for hip hop classes. All females- please wear leotards under clothes to ensure coverage.

For Adults: Please wear comfortable clothing. Pants: sweatpants or yoga type pants and loose T-shirts.

5. **For Tap:** No ankle length pants. Shorts/capris and any color leotard. Leotards: Styles may be a tank with a 1-inch strap, cap sleeve or long sleeve are okay. No plunging necklines, no bra line/strap or tights showing. Lace or mesh backs are okay if these guidelines are followed.

We ask that all dance attire in the classroom be appropriate. Please refrain from exposing bare midriffs, wearing sheer/see through tops, thong leotards, or shirts with wording/symbols that would be troubling or offensive. Please do not wear pants with wording across the back.

Undergarments for performances/Jewelry: In the dancing world, most dancers do not wear either a bra or underwear under their dancewear/costumes for fear that either will show when a dancer is dancing or performing. Therefore, we encourage parents to buy leotards where the dancers feel supported and comfortable. Some dancers purchase no-show underwear, if needed. And if bras are necessary, we ask that no bra line/strap is visible.

For all performances, ALL dancers must wear a nude undergarment leotard with clear straps under each costume for changing purposes. See the Discount Dance -My Dress Code list for the ones we recommend.

No dangling jewelry in the classroom.

Please have your dancer in Dress code no later than one month after enrollment.

SHOES: Below are the required shoes you will need for class, as well as for our Christmas Production and our year-end recital.

1. **Girls Ballet (including Little Ballet/Jazz):** Pink ballet shoes (canvas OR leather; split sole OR full sole)

Boys Ballet: Black ballet shoe.

2. **Jazz:** TAN Jazz shoes, preferably without laces

Boys Jazz: Black Jazz Shoe

3. **Lyrical:** Nude only Spins, Foot undies, Bear paws or Barefoot

4. **Contemporary:** Barefoot

5. **Hip Hop:** Clean black sneakers. No boots, no bare feet, no sandals or flats

6. **Tap:**

i. **Little's-** Theatricals Child Easy Strap Tap Shoes (T9050C) * These will snap on/ off easily for the younger group and still provide good tap sounds and support.

https://www.discountdance.com/dancewear/style_T9050C.html?skey=Girls-tap

ii. **Jr/ Sr Tap-** Theatricals Adult - Lace Up Tap Shoes (T9500)/ Theatricals Child Lace Up Tap Shoes (T9500C)

For the older group, lace up tap shoes OR the insert taps (links below) as they will provide greater support for some of the more challenging movements that you can't do with buckle taps (i.e.- toe stands)- depending on how quick they progress!

<https://www.discountdance.com/search/t9500>

<https://www.discountdance.com/search/t9500C>

This is the other option that is not lace up taps - **insert tap shoes**. The inserts are definitely easier to get on/ off - not having to deal with laces and they also provide plenty of support (not quite as much as lace ups but still plenty).

<https://www.discountdance.com/search/insert-tap-shoe>