



APPROPRIATE ATTIRE AND DRESS CODE

Why Do Dance Classes Have A Dress Code? Just like a uniform is required for sports, dancers who come to class looking and feeling like a dancer tend to dance better. Most importantly, the dress code minimizes distractions in the class room and ensures the teacher will be able to see a dancer's alignment and positioning. Baggy clothing can mask bad habits, making corrections impossible and hindering a student's ability to learn and progress.



Princess and Pre-Ballet dancers should wear:

- A solid-colored leotard and pink tights (even in the summer).
- Dance skirts and tutus are permitted.
- Pink ballet slippers (leather or canvas – NOT bedroom slippers) with sewn elastics and drawstrings tucked in.
- Hair pulled up and off the dancers face and neck.

Dancers in Intro to Ballet, Junior, Intermediate and Advanced ballet classes should wear:

- A solid-colored leotard and pink tights (even in the summer).
- Sheer ballet skirts are permitted.
- Pink ballet slippers (leather or canvas based on dancer's preference) with sewn elastics and drawstrings tucked in. We recommend split-sole ballet slippers for dancers of all ages.
- Hair pulled up and off the dancers face and neck, preferably in a bun.
- Hip alignment belts are recommended.

When attending Mt. Prospect School of Classical Ballet classes, please do not wear:

- Necklaces, bracelets or large or dangly earrings (small stud earrings are permitted).
- Baggy clothing of any sort as it prevents instructors from being able to examine a student's posture, alignment and musculature properly.
- Any clothing with inappropriate art or messaging.
- Dance shorts, sports bras, crop tops or anything too revealing.
- Jeans, jean shorts, play clothes or school clothes.

Dancers who do not follow the dress code may not be allowed to participate in class at the discretion of the instructor.



Mini Medley, Kindergarten Combo and Tap & Jazz Combo students should wear:

- A solid-colored leotard with tights, black leggings or jazz pants.
- Black jazz shoes and black patent leather tap shoes or jazz tap shoes.

Jazz students should wear:

- A solid-colored leotard with tights, black leggings or jazz pants.
- Black or flesh-colored jazz shoes (please note that instructors will announce the color jazz shoes needed for recital choreography during the spring term).

Tap and Rhythm Project students should wear:

- A solid-colored leotard with tights, black leggings or jazz pants.
- Black jazz tap shoes.

Hip Hop students should wear:

- A form-fitted top or t-shirt with pants or leggings – KNEES MUST BE COVERED as dancers will be working on the floor and on slides. Dancers may wear knee pads at their discretion.
- Solid black dance sneakers or athletic sneakers.

NOTE: Hip Hop dancers may NOT wear any jewelry, including earrings as dancers will be working on stalls

Hip Hop & Jazz Combo students should wear:

- A form-fitted top or t-shirt with pants or leggings – KNEES MUST BE COVERED as dancers will be working on the floor and on slides. Dancers may wear knee pads at their discretion.
- Black jazz shoes.

Contemporary and Modern students should wear:

- A solid-colored leotard with tights.
- Black or flesh-colored jazz shoes or “paws.” Dancers may also dance barefoot (instructors will announce the footwear needed for recital choreography during the spring term).

Guys in all styles of dance should wear:

- A solid-colored t-shirt and black jazz or sweat pants.
- The corresponding foot wear for the genre as listed above.

When attending Studio Impulse classes, please do not wear:

- Necklaces, bracelets or large or dangly earrings (small stud earrings are permitted EXCEPT for Hip Hop classes).
- Baggy clothing of any sort as it prevents instructors from being able to examine a student’s posture, alignment and musculature properly.
- Any clothing with inappropriate art or messaging.
- Dance shorts without tights, sports bras, crop tops or anything too revealing.
- Jeans, jean shorts, play clothes or school clothes.

Dancers who do not follow the dress code may not be allowed to participate in class at the discretion of the instructor.