



## **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.