

# Ballet Conservatory Dress Code

**Why is a dress code important in dance?** In dance, like sports, there are dress code requirements. Not only do dance teachers need to be able to see if posture is being maintained during movement and if legs and feet are working correctly, the dancer is able to self-correct. Hair can be a distraction and dancers can build bad habits of brushing it out of their eyes or behind their ears. Tights offer light compression which has been proven to improve circulation in the legs and feet which is needed as they stand for long periods of time. Tights also provide modesty when worn with shorts or a leotard. Pink and tan tights, in particular, allow the teachers to see if the correct leg muscles are working. A dress code also increases focus, puts dancers in the right mindset, and shows respect for the art form. It also helps a dancer “look the part and feel the part” which encourages confidence. Since we offer many dance forms, there are different requirements for each dance form with ballet having the most requirements because of its longer history and tradition, but there are general notes which are for all dancers at BC.

## General Notes for All Dancers:

1. Jewelry and nail polish: No watches or jewelry are to be worn except for small stud earrings. Ankle bracelets under or over the tights are not permitted. No jewelry is to be worn during partnering for safety reasons. Nail polish on younger dancers is often a distraction as some dancers spend much time peeling the nail polish off, etc. Older dancers who wear nail polish should avoid florescent or black nail polish. Jewelry and nail polish are not allowed during any performance, including toenail polish if barefoot.
2. Leotards – Should fit properly so that dancers do not develop a habit of pulling up the front. It may be necessary to take up the straps. Older students should use discretion and modesty when wearing leotards that require a bra or liner.
3. Cover ups to be worn to and from the studio. Dance shoes should never be worn outside to keep dance floors free from slick spots.

## BALLET

### Pre Ballet:

Leotard - Black leotard. May have an **attached** skirt or ruffle. Simple designs on the black leotard like little bows or sparkles are allowed.

Tights - Capezio Ballet Pink unseamed footed or transitional tights.

Skirts - Tutus or skirts that come off separately are not allowed because they are distracting for little ones. Many dancers like to wear a pretty ballet skirt or tutu as a cover-up to and from the studio which is allowed but not required.

Shoes - Pink leather shoes with one piece of pink elastic sewn snugly over front of the ankle. String should be pulled (not too tightly) and knotted several times and tucked in. For recital, dancers will need the color to be close to the Capezio color so if in doubt, please ask.

Hair - We encourage all our ballet students to wear a bun, but not required for Pre Ballet students. Hair must be neat, secured tightly and worn up and off the neck and face such as a bun or ponytail. Bangs must not fall into eyes and cause a distraction. A headband may be necessary for very short hair to prevent hair from falling into face and eyes when we bend or turn. “Bun covers” help younger ones secure hair quickly and more easily for those rushed for time.

### Ballet 1, 1x, 2, 2x, 3, 3x, 4:

Leotard - Black leotard, any style, but with no attached skirt or ruffle at hips and no designs.

Tights - Capezio Ballet Pink unseamed footed or transitional tights.

Skirts - Any color short ballet skirt. We encourage pull-on skirts without ties for the younger dancers as they can be distracting to keep them tied. Teachers may ask a student to remove skirt if it becomes a distraction or keeps falling off.

Shoes - Levels 1 and 2 wear Pink LEATHER shoes with one pink elastic sewn snugly over the front of the ankle. For recital, the dancers will need the color to be as close to the Capezio color as possible so if in doubt, don't hesitate to ask.

Levels 1x, 2x, 3x and 4 will wear canvas light pink shoes with elastic sewn (not tied) criss-crossed across the front of the ankle.

Hair - Hair must be neat, secured tightly in a bun. No ponytails. Bangs must not fall into eyes and cause a distraction and if they do, they should be secured back. A headband may be necessary for short hair to prevent hair from falling into face and eyes when we bend or turn. “Bun covers” help younger ones secure hair quickly and more easily for those rushed for time.

### Ballet 4x/5/6, and Advanced Ballet:

Leotard - Any color leotard. Ballet leotards are generally more elegant in style than the leotards worn for a jazz class. Please avoid leotards that are cut too low in the back or the sides. Teachers may use their judgment if they feel a leotard is not appropriate.

Tights - Capezio Ballet Pink footed or transitional tights. No cut off tights are to be worn.

For performances, Advanced level ballet students will wear seamed tights in **Capezio 9C in Theatrical Pink with seams**.

Skirts - Any color short ballet skirt. No legwarmers, t-shirts, shorts, or sweatpants are to be worn once class begins.

Shoes - Ballet shoes are to be light pink canvas, snug-fitting, with elastic sewn crisscrossed snugly across the ankle and not tied.

Pointe Shoes - Must be approved before wearing, especially newer pointe students. Russian Pointe brand is not allowed. Ribbons must match the color of the pointe shoe. During performance, ribbons must be sewn in. Instructions will be given.

Hair - Hair must be neat, secured tightly in a bun. No ponytails. Bangs must not fall into eyes and cause a distraction and if they do, they should be secured back. A headband may be necessary for short hair to prevent hair from falling into face and eyes when we bend or turn.

**MALE Ballet students:** White, black or grey t-shirt tucked in (no designs), black tights, dance belt, white socks, white or black ballet shoes.

**Pre Pros:** Have a required white leotard and white skirt to be worn on Fridays and for performances. Any white leotard and skirt may be worn Fridays, but the required ones are needed. Male Pre Pro students will wear their usual dress code with a white t-shirt on Fridays.

## **TAP AND MUSICAL THEATRE CLASSES**

### **Song and Tap:**

Leotard - Any color or style, one-piece leotard.

Tights - Pink or suntan tights footed or transitional tights.

Skirts and Shorts - Short dance skirts or tight fitting jazz shorts are allowed to be worn over tights and leotard but not required. No long or baggy shorts and no t-shirts.

Shoes - Song and Tap students wear black patent leather Mary Jane tap shoes for Recital. Replace the bow with black elastic so that students can slip them off and on easily and laces do not come untied during class.

Hair - Worn neatly up and off the neck and face in a ponytail or bun. Longs bangs should be secured back so as not to fall into eyes.

### **All Other Tap Levels and Musical Theatre:**

Students wear any color or style leotard and tights OR jazz pants with a tight fitting t-shirt that does not ride up when bending or turning.

Shorts and T-shirts - Tight fitting jazz shorts are allowed to be worn but only over tights and leotard. No long or baggy shorts.

Tap Shoes for Tap Students – Black tap shoes with laces. Double knot tap shoes so they don't go flying into the mirrors. 😊 If a new Tap 1 student would like to wear their Mary Janes to Tap 1, that is perfectly fine as long as they get the lace up shoes before recital. All tap shoes should be checked periodically for loose screws so that our marley floors are not damaged.

Musical Theatre Shoes – Black jazz shoes either slip on or lace ups.

Hair - Worn neatly up and off the neck and face in a ponytail or bun. Longs bangs should be secured back

MALE Tap and Musical Theatre Students – Same shoes; may wear LONG shorts or jazz pants. T-shirt should be snug and tucked in if it becomes a distraction.

### **JAZZ AND MODERN:**

Leotard - Any color or style leotard. No 2-piece.

Tights - Pink or suntan footed or transitional tights. Cut off tights are not to be worn as slides on unprotected legs can be painful.

Shorts, Jazz Pants and T-shirts - Tight fitting jazz shorts are allowed to be worn but only over tights and leotard. No long or baggy shorts.

Jazz pants or leggings may be worn over leotards. No t-shirts are to be worn.

Shoes - Black jazz shoes with or without laces. Please double knot laces.

Modern dancers are barefooted. Do not put powder on the bottoms of your feet as it makes our dance floors dangerously slick.

MALE Jazz and Modern students may NOT wear shorts for jazz OR modern class but should wear jazz pants and a tight fitting t-shirt that does not ride up when bending, stretching or turning. You may also tuck in your shirt if it is a problem.

### **HIP HOP:**

Leotard - Any color or style Leotard. No 2-piece.

Jazz Pants, Shorts and T-shirts - May wear tight fitting dance shorts over a leotard and tights or jazz pants with a tight fitting t-shirt that does not ride up when bending or turning.

Shoes - Black Jazz shoes with or without laces. Please double knot laces. Special shoes for hip hop may be required for recital depending on the costume selected. Dance sneakers may be worn as long as they do not scuff the marley. If you wear dance sneakers, make sure they are not worn outside as they will bring dirt and oils onto the marley causing the floor to be slippery for other dancers.

Hair - Worn neatly up and off the neck and face in a ponytail. Longs bangs should be secured back.

MALE Hip Hop Students - Same shoes as females; may wear LONG shorts or jazz pants. T- shirts allowed.