

# 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 and age groups, there are different requirements for each with ballet having the most requirements because of its longer history and tradition.

## 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 not be worn outside to keep dance floors free from slick spots.

## **TWINKLE DANCE PROGRAM:**

Leotard - Capezio pink Twinkle leotard with attached tutu.

Tights - Pink footed ballet tights. Hair in a bun or pony tail pulled off neck and face.

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.

Tap Shoes – For those in Twinkle Ballet/ Tap – Black Mary Jane Tap shoes with the Velcro strap is ideal and needed for Recital, but if your current shoe has laces, please replace with a black elastic so they can slip off and on easily and the laces don't come untied during class.

## **BALLET – Levels 1, 1X, 2, 3, 4**

Leotard - Black leotard, any style.

Tights - Capezio Ballet Pink unseamed footed or transitional tights.

Skirts – Short skirts in Black, pink, white or floral are allowed. 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 – Ballet 1 and 2 wear Pink leather shoes with one piece of pink elastic sewn snugly over front of the ankle.

Ballet 1x, Teen, 3, 4, 5 and Pre Pros will wear pink Sansha canvas shoes with elastic criss-crossed. If Sansha does not fit well, there are other brands of canvas shoes but get the color closest to the Sansha color as possible. Strings on all ballet shoes should be pulled (not too tightly) and knotted several times and tucked in. Replace shoes with holes in them.

Hair - Ballet students wear a classical bun with no bangs. If you have trouble keeping the bun neat, use a hair net or bun cover. 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 Teen/5, and All ADVANCED BALLET:**

Leotard - Any color or style 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 or have see-through mesh in places that are too revealing. Teachers may use their judgment and ask a student not to wear a leotard if they feel it is not staying in place.

Tights – All dance forms wear 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 Sansha or a light pink canvas similar to Sansha. They should be 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. Color of Ribbons must blend with tights and pointe shoes. During performance, ribbons must be sewn in. Instructions will be given.

Hair - Hair must be neat, and secured tightly in a bun. No ponytails. No Bangs. Always use a hairnet for messy buns and for performance.

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

**ADULT students:** There is no dress code for Adults and you may wear whatever you feel comfortable in as long as it is modest and covers appropriately. However, if you are taking a class with students, please use your discretion. If in doubt, ask your instructor.

**PRE PROS:** Have a required white AK Dancewear leotard and an En L'air white skirt to be worn on Fridays and for performances. We will issue order forms the first day of class in August. If you start late in the year, you may go to En L'air to purchase. Any white leotard may be worn on Fridays, but the required ones are needed as we wear them for performance. Male Pre Pro students will wear their usual dress code tights and shoes and a white AK men's shirt.

**TAP, JAZZ AND MUSICAL THEATRE CLASSES (All Levels)**

Leotard - Any color or style, one-piece leotard. No 2-piece leotards.

Tights – Pink, black or suntan tights footed or transitional tights.

Skirts and Shorts - Short dance skirts or tight fitting jazz shorts are allowed but must be worn over tights and leotard. No long or baggy shorts. No crop tops.

Leggings, pants and T-shirts - Leggings or jazz pants may also be worn without tights. No long or baggy shorts or pants. Tight fitting t-shirts or camisoles may be worn but always over a leotard.

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

Shoes for Jazz and Musical Theatre– Black oxford tap or jazz shoes. Slip on jazz shoes preferred. Double knot if there are laces so they do not come untied during class.

Shoes for Level 1 Tap Students and older – 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, that is perfectly fine as long as they get the Laced shoes before recital. All tap shoes should be checked periodically for loose screws so that our marley floors are not damaged. There are special elastics on amazon you can use to replace laces to make it easier not to have to re-tie. Ask your tap teachers if you have a question.

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

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.

**MODERN:**

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

Tights - Transitional tights or leggings in black, suntan or pink. 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. Tight fitting t-shirts or camisoles may be worn over a leotard.

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

**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. Long bangs should be secured back.

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

**Additional Dress Code Information for Advanced Level Students:**

Students making up in a lower or open level class must follow the dress code of that class. If the students in that class are required to wear black leotards, you must also wear a black leotard.

**Warmups:** Warmups are encouraged before and after class but students must stand and remove warmups quickly as soon as the teacher enters the room. The body cannot be seen when baggy clothes cover the body, ankles and knees. Keep a pair of leg warmers and a tight knit top in your bag for colder months when the instructor allows you to wear warmups for the beginning of class. All companies have a warmup jacket and pants. These warmups should be worn to all outside events and for performances/ classes at the MCL Grand Theater.

**Auditions and Masterclasses:** Black leotard, pink tights must always be worn for all ballet master classes and auditions either here or outside BC. Black skirt may be worn for master classes but not auditions. Always take your skirt and pointe shoes with you.

**Miscellaneous:** PLEASE DO NOT WEAR POWDER OR LOTION ON YOUR BAREFEET OR HANDS AS THIS WILL MAKE THE DANCE FLOOR SLIPPERY AND DANGEROUS IF YOU WALK ON OR TOUCH THE MARLEY. Also be careful when using fabric softeners on tights and leotards because these can also make the floor slippery when dancers sit on the floor.

\*A white, thin elastic may be worn at the waist to make you more aware of your alignment.

\*No neon or black nail polish. Neutral or light colors are allowed. Toe and nail polish must be removed for all performances.

\*No Jewelry other than small studs earrings. This includes watches and bracelets. Absolutely no jewelry during Pas de Deux classes.