

## Shenandoah Academy of Dance Dress Code

Please follow dress code. I am trying not to get more specific with regard to color and style.

### **Preschool Creative Movement (3s and 4s):**

**Slippers:** Capezio Lily; BodyWrappers Tiler Full Sole Leather (Pink for girls, Black for boys).

#### **Attire:**

White t shirt, black dance pants / shorts for boys

Solid color leotard (skirt optional), Capezio ballet pink 1915X or BodyWrappers C80 in theatrical pink tights for girls. **\*\* Please NO glittery outfits for the girls \*\***

Girls' hair should be pulled up and out of their faces

### **Ballet I & II:**

**Slippers:** Capezio Lily; BodyWrappers Tiler **Full Sole Leather** (Pink for girls, Black for boys).

#### **Attire:**

White t shirt, black dance pants / shorts for boys

Light pink, lavender or light blue solid color leotard (camisole, cap sleeve or long-sleeve);

Capezio ballet pink 1915X or 1916C or BodyWrappers C80 or C81 in theatrical pink tights for girls.

Girls' hair must be pulled up and out of their faces

### **Ballet III:**

**Slippers:** Capezio Lily, BodyWrappers Tiler **Full Sole Leather** (Pink for girls, Black for boys). The director will decide when full sole or split sole is appropriate for your dancer. There are reasons for full sole vs split sole.

#### **Attire:**

White t shirt, black dance pants / shorts for boys

Solid color (black, lavender, light pink or light blue) solid leotard (camisole, cap sleeve or long-sleeve).

**Approved** dance skirt (no athletic shorts) for center work only. Please no t shirts, sweatshirts or sweatpants in class. **No pockets allowed in class.**

Capezio 1916C in ballet pink or BodyWrappers C81 in theatrical pink tights for girls

Girls' hair must be pulled up and out of their faces. In this level, it is necessary for girls to have a bun in their hair for class.

### **Ballet IV and V:**

**Slippers:** Approved leather split sole or canvas split sole ballet slippers.

Ladies: Pink, Gentlemen: Black or White

#### **Attire:**

White t shirt, black or white tights for boys.

**Ballet IV: Solid color leotard:** camisole, cap sleeve or long sleeve.

**\*\* Approved dance skirt for center work only.**

**\*\* Please no shirts, sweatshirts or sweatpants or athletic shorts in class.**

**Ballet V:** Solid color leotard. Ballet IV and V should own a black leotard.

**\*\* Approved dance skirt only in center.**

**\*\* Absolutely no athletic shorts. Please no shirts, sweatshirts or sweatpants in class.**

Capezio 1916 BPK tights

Pointe shoes must be approved by the director for those ladies dancing en pointe.

**\*\* For girls who have begun their menstrual cycles: Skirts or approved dance shorts (not baggy athletic shorts) can be worn for the period of time that they are in that cycle. \*\***

## Shenandoah Academy of Dance Modern, Jazz and Tap Dress Code

### **Contemporary (all levels):**

#### **Shoes:**

At the teacher's discretion. This could be barefoot or ballet slippers .. Please be prepared for class regardless.

#### **Attire:**

Boys: black or white t shirt with black shorts or dance pants .. Transition tights are also allowed

Girls: solid color leotard with transition tights

\*\*\*\* NO STREET CLOTHES ALLOWED \*\*\*\*

Girls' hair must be pulled up and out of their faces.

### **Modern (all levels):**

#### **Shoes:**

Barefoot.

#### **Attire:**

Boys: black or white t shirt with black dance pants or footless tights

Girls: Black or solid color leotard with either Capezio or BodyWrappers transition or footless tights. Light suntan, ballet or theatrical pink will be fine. Approved dance shorts may be worn.

\*\*\*\* NO STREET CLOTHES ALLOWED \*\*\*\*

Girls' hair must be pulled up and out of their faces.

### **Tap:**

#### **Shoes:**

Capezio 3800C Caramel Mary Janes for girls. Boys should check with the director/instructor.

**Please do not purchase tap shoes from Payless or Target or other non-dance related stores.** The taps on these shoes are not always safe for the flooring surface in the studio. If shoes are purchased from these stores, you will be asked to return them and purchase from a dancewear store so that taps can be guaranteed safe for the vinyl studio flooring. Taps must be routinely checked to make sure they are secure.

#### **Attire:**

Boys: Black or white t shirt with black dance pants / shorts

Girls: Black or solid color leotard with an approved dance skirt or approved dance shorts.

Tights: Capezio 1915X, 1916C or 1916 or BodyWrappers C80, C81 in ballet or theatrical pink are allowed.

\*\*\*\* NO STREET CLOTHES OR GYM SHORTS \*\*\*\*

Girls' hair must be pulled up and out of their faces.

### **Adult Students of Ballet, Modern, Progressing Ballet Technique .....**

Adult students at the Academy are not required to adhere to the leotard and tights as listed for other levels. It is the philosophy of the Academy that adult students are to come to class feeling comfortable and confident that they have made the right choice by starting or returning to ballet. Certainly if an adult student wishes to wear traditional ballet class attire, then absolutely go ahead and do so but I just want you in class!! I am happy with sweatpants, leggings, yoga pants .. Long shirts, oversized sweatshirts .. Just be ready to move!

Do avoid yoga pants that may be too long and get underfoot. Cover up what you want covered and get to class!!

### **Additional dress code notes for all classes at the Shenandoah Academy of Dance:**

It is imperative to understand that dancers who are dressed properly for class dance better in class. While I have been very easy on dress code, it has led to a degree of unpreparedness for classes.

#### **This season, teachers will be much more diligent about class attire:**

Hair must be in a bun for Ballet III and above. Ponytails do not allow for students to learn how to spot their turns properly. It is also distracting to the students and the instructors.

No warmups allowed in class (shirts, sweatshirts, sweatpants, etc.). Approved dance sweaters can be worn on extremely cold days / evenings.

For Ballet I and up: girls must have ballet pink or theatrical pink tights. No black or other color tights.

For Ballet I and up: Skirts (when allowed) must be approved dance skirts. No empire waisted outfits. No tutu skirts will be allowed. There are reasons for this.

For all classes: Jewelry must be limited. Bracelets, excessively large necklaces, dangling earrings, etc. are not allowed. Please leave jewelry at home!!!! The studio is not responsible for searching for lost jewelry.

For all classes: No leotards / dancewear with beads, rhinestones, sparkles, sequins, etc. are allowed. There are many reasons for this including distraction and clean up.

For all classes: If your hair is long enough for a ponytail, it must be up and off of your face. Hair in a bun at level III / IV and up.

Please note that if dress code is not being followed, students may be asked to sit out. Dress code in class is for uniformity, professionalism and pride in one's self as well as in their dance school.

Remember that the quality of your dance attire **does** matter. Good training includes proper dance class attire!