

Shenandoah Academy of Dance 2025 - 2026 Dress Code

Please follow the dress code

Carolina Connection, either the Forest or Roanoke locations, is a great resource for fitting dancers properly.

Creative Movement through Beginning Ballet II: (3s - 7s):

Ballet slippers: Prefer Capezio full sole slippers.

Pink for girls, Black for boys.

Attire: Boys: White t shirt, black dance pants / shorts; Girls: Solid color leotard (skirt optional)

**** Please NO glittery outfits for the girls ****

No street clothes allowed

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

Intermediate Ballet:

Same as above.

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

Ladies in this level need their hair in a bun.

Advanced Ballet:

Slippers: Leather or canvas split sole ballet slippers. Ladies: Pink, Gentlemen: Black or White

Attire: White t shirt, black or white tights for boys. 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.

Ladies must have their hair in a bun.

Adult Students of Ballet and / or 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!!

Girls: Please leave your jewelry at home. It is a distraction to you, me and other students during class. Dangling jewelry can also pose a safety hazard.