



# Preparing for Dance Class

**1. Ensure you have proper dance shoes** | Before the first day of class and to reduce first-day stress, ensure you or your dancer have appropriate and properly fitted dance shoes. Dance shoe sizing is slightly different from street shoe sizing and sizes can vary greatly depending on shoe brand. Speak with a Dance Inclusion dance teacher or office staff to be properly fitted for dance shoes. Dancers can wear any brand of appropriate fitting dance shoes to rehearsal but will be required to purchase a particular brand of shoe for performances. Since dance shoes can feel different and affect dancer's movement, we highly recommend studio supplied dance shoes are purchased for rehearsal. Please remember to label all shoes with the dancer's name written in permanent ink. Also remember, dance shoes should NOT be worn outside (including Hip-Hop sneakers or street shoes worn in class).

**2. Choose your dance outfit** | Dress codes are enforced for variety of reasons, but mostly to ensure dancers feel comfortable and confident in class. Dress codes allow dancers to move freely and allow instructors to observe and correct body alignment to reduce the chance for injuries. It is important to adhere to the dress codes to reduce distractions and ensure all dancers are safe, comfortable, and confident. In addition to the dress code for a particular dance style, dancers should not wear glitter, sequins, tutus, costumes, hats, distracting or uncomfortable hair pieces or garments, or chew gum in class. Additionally, jeans, flip flops, sandals, or other non-dance shoes should not be worn to class. Best judgement should be made to ensure other garments are properly covering and adhering to dress code policy. Failure to adhere to the dress code will result in registration withdrawal.

**3. Secure hair** | Hair should be secured and pulled up and away from the face and eyes using elastic hair ties, bobby pins, clips, and/or hairspray, as needed. Hair styles should be secure enough that hair styles are not distracting or require adjustment during class. Buns are strongly recommended for some classes. Securing hair allows for dancers to focus attention on the class and to move freely without injuring themselves or others.

**4. Bring a water bottle** | Remember to bring a water bottle with the dancer's name clearly marked on the outside of the bottle. Only water is allowed. Water bottles must have lids. Dancers will be allowed frequent water breaks, as we want all dancers to stay healthy and hydrated!

**5. Arrive at least 10 minutes early** | Be prepared to walk into the studio classroom on time. This means, dancers should come early to allow for time to change shoes, stretch and warm up, stow personal belongings, and if needed, use restroom before class. This is also a great time to mark choreography with a friend (please, DO NOT practice "full - out" in the lobby and be sure to adhere to lobby policies) or remember what was taught the week before!

**6. Bring a positive attitude, be optimistic, encouraging, respectful, kind, patient, ready to learn, and most importantly, have fun!**



# Proper Dance Attire

*Dress codes are enforced for variety of reasons, but mostly to ensure dancers feel comfortable and confident in class. Dress codes allow dancers to move freely and allow instructors to observe and correct body alignment to reduce the chance for injuries. It is important to adhere to the dress code policy below to reduce distractions and ensure all dancers are safe, comfortable, and confident.*

*In addition to the dress code for a particular dance style, dancers should NOT wear jewelry, jeans, glitter, sequins, tutus, costumes, hats, distracting or uncomfortable hair pieces or garments, garments or hair pieces that could restrict movement or injure the dancer or others, flip flops, slides, crocks, slippers, sandals, or other non-dance specific shoe, chew gum/candy or eat during class. Please use best judgement to ensure garments are properly covering, non-restrictive, and adhering to dress code guidelines. Warm-up attire is allowed to be worn during warm-ups (~ first 10 - 15 minutes of class). Undergarments should be worn, as needed (tights are typically worn without undergarments, like a swimsuit). Hair should be pulled up and secured away from the face so that it does not need adjusting during class. Failure to adhere to the dress code in the table below will result in registration withdrawal.*

<i>Class</i>	<i>Attire</i>	<i>Shoes</i>	<i>Hair</i>
<b><i>Tiny Dancers, Creative Movement, Pre – Level 1 Ballet, and Elementary Combo</i></b>	<ul style="list-style-type: none"> <li>• Comfortable clothing, no jeans or any distracting articles of clothing. Acceptable options include leotards, skirt, shorts, or fitted pants (jazz pants), T-shirts, or leggings.</li> <li>• Pink, black, or nude footed tights (not hose), optional</li> </ul>	<ul style="list-style-type: none"> <li>• Ballet pink ballet shoes – girls</li> <li>• Black slip-on jazz shoes - boys</li> </ul>	<ul style="list-style-type: none"> <li>• Pulled up and secured away from face (non-distracting hairstyles and hair pieces)</li> </ul>
<b><i>Pre – Level 1 Hip-Hop</i></b>	<ul style="list-style-type: none"> <li>• Ok to wear T-shirts, tanks, sweatshirts, sweatpants, or other (not too) loose fitting clothing.</li> <li>• May wear leotards, tights, unitard, fitted activewear such as leggings, yoga pants, tanks, crop tops, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Studio required Hip-Hop dance shoes</li> </ul>	<ul style="list-style-type: none"> <li>• Pulled up and secured away from face (non-distracting hairstyles and hair pieces)</li> </ul>

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<i>Class</i>	<i>Attire</i>	<i>Shoes</i>	<i>Hair</i>
<b>Technique and Conditioning Class   Ages 7 and up</b>	<ul style="list-style-type: none"> <li>• May wear leotard, unitard, fitted activewear such as leggings, yoga pants, jazz pants, tanks, crop tops, dance shorts, etc. Avoid baggy clothing.</li> <li>• Pink, nude, or black colored footless or convertible style tights, optional</li> </ul>	<ul style="list-style-type: none"> <li>• Dance socks</li> <li>• Jazz or ballet shoes (recommend bringing to class)</li> </ul>	<ul style="list-style-type: none"> <li>• Pulled up and secured away from face (non-distracting hairstyles and hair pieces)</li> </ul>
<b>Ballet   Ages 7 and up</b>	<ul style="list-style-type: none"> <li>• Any leotard</li> <li>• Pink, black, or nude footed tights</li> <li>• Optional ballet wrap-skirt or dance shorts</li> </ul>	<ul style="list-style-type: none"> <li>• Ballet pink ballet shoes</li> <li>• Advanced classes may require higher quality shoe</li> </ul>	<ul style="list-style-type: none"> <li>• Pulled up and secured away from face (non-distracting hairstyles and hair pieces)</li> <li>• Bun preferred</li> </ul>
<b>Jazz   Ages 7 and up</b>	<ul style="list-style-type: none"> <li>• May wear leotard, unitard, fitted activewear such as leggings, yoga pants, jazz pants, tanks, crop tops, dance shorts, etc. Avoid baggy clothing.</li> <li>• Pink, nude, or black colored footed tights</li> </ul>	<ul style="list-style-type: none"> <li>• Black slip-on jazz shoes</li> <li>• Advanced classes may require higher quality shoe</li> </ul>	<ul style="list-style-type: none"> <li>• Pulled up and secured away from face (non-distracting hairstyles and hair pieces)</li> </ul>
<b>Tap   Ages 7 and up</b>	<ul style="list-style-type: none"> <li>• May wear leotard, unitard, fitted activewear such as leggings, yoga pants, jazz pants, tanks, crop tops, dance shorts, etc. Avoid baggy clothing and pants that are too long.</li> <li>• Pink, nude, or black colored footed tights</li> </ul>	<ul style="list-style-type: none"> <li>• Black slip-on tap shoes</li> <li>• Advanced classes may require higher quality shoe</li> </ul>	<ul style="list-style-type: none"> <li>• Pulled up and secured away from face (non-distracting hairstyles and hair pieces)</li> </ul>
<b>Hip-Hop   Ages 7 and up</b>	<ul style="list-style-type: none"> <li>• Ok to wear T-shirts, tanks, sweatshirts, sweatpants, or other (not too) loose fitting clothing.</li> <li>• May wear leotards, tights, unitard, fitted activewear such as leggings, yoga pants, tanks, crop tops, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Studio supplied Hip-Hop dance shoes</li> </ul>	<ul style="list-style-type: none"> <li>• Pulled up and secured away from face (non-distracting hairstyles and hair pieces)</li> </ul>

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<i>Class</i>	<i>Attire</i>	<i>Shoes</i>	<i>Hair</i>
<b>Contemporary and Lyrical Level 1 – 5</b>	<ul style="list-style-type: none"> <li>• May wear leotard, unitard, fitted activewear such as leggings, yoga pants, jazz pants, tanks, crop tops, dance shorts, etc. Avoid baggy clothing.</li> <li>• Pink, nude, or black colored footless or convertible style tights</li> </ul>	<ul style="list-style-type: none"> <li>• Dance socks or jazz shoes for Contemporary</li> <li>• Lyrical or jazz shoes for Lyrical</li> </ul>	<ul style="list-style-type: none"> <li>• Pulled up and secured away from face (non-distracting hairstyles and hair pieces)</li> </ul>
<b>Pointe Level 4 – 5</b>	<ul style="list-style-type: none"> <li>• Any solid-colored leotard</li> <li>• Pink, black, or nude footed tights</li> <li>• Optional ballet wrap-skirt or dance shorts</li> </ul>	<ul style="list-style-type: none"> <li>• Ballet shoes</li> <li>• Properly fitted Pointe shoes (invitation only)</li> </ul>	<ul style="list-style-type: none"> <li>• Pulled up and secured away from face (non-distracting hairstyles and hair pieces)</li> <li>• Bun preferred, but not required</li> </ul>
<b>Boys</b>	<ul style="list-style-type: none"> <li>• Generally, athletic shorts or pants, tank, long or short sleeve shirt with proper undergarments (nothing excessively baggy or too long)</li> </ul>	<ul style="list-style-type: none"> <li>• Dependent on dance style (black ballet shoes instead of pink)</li> </ul>	<ul style="list-style-type: none"> <li>• Secured and out of face</li> </ul>
<b>Skill Level Evaluation/ Audition Day</b>	<ul style="list-style-type: none"> <li>• Pink footed tights for ballet</li> <li>• Black tank leotard with no embellishments, black dance shorts or leggings (optional black wrap-skirt or dance shorts for ballet)</li> <li>• Boys, black dance pants and white T-shirt</li> </ul>	<ul style="list-style-type: none"> <li>• Appropriate dance shoes depended on style</li> </ul>	<ul style="list-style-type: none"> <li>• Pulled up and secured away from face (non-distracting hairstyles and hair pieces)</li> <li>• Preferred bun</li> </ul>

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