

Dress Code specifics

As a commitment to student safety, along with establishing class unity and cohesiveness, we have a dress code that is strictly enforced. Dress code adherence is part of the discipline and shows respect. Infractions will have consequences at the instructor's discretion - regardless of who or what circumstances caused them.

No dance shoes is an automatic sit out as not having shoes is a safety hazard. *This is no different than in sports – a soccer player without cleats or shin guards cannot play. A hockey player without skates cannot play. In Tae Kwon Do, you cannot take class without your uniform or belt.*

ATTIRE & SHOES: Proper shoes, attire, and “code” rules are paramount for optimal safety and performance. Attire and shoes will vary between dance types (genres). Read next page for specifics.

HAIR: Hair should never be worn loose in dance class as it greatly affects safety and performance, therefore it is not allowed. Below are guidelines for how hair should be worn to assure optimal safety and performance in classes.

Males: Hair & bangs must be groomed away from face and eyes – use hair spray if needed. A headband can be worn if desired.

Females: Length of hair determines the best way to secure hair for optimal safety and performance. All bangs need to be sprayed or clipped away from face and eyes.

Long hair should be secured in a bun.

Medium hair should be secured in a bun when possible or made into a ponytail then clipped/secured to head.

Short hair should be secured with a wide headband and clips.

Note: Ponytails are ONLY acceptable if the hair is so too short for a bun or can't be clipped to the head. Makeshift buns (buns made with a ponytail holder without pins or clips are NOT acceptable because they won't stay!

HAIR TIPS:

- > If you are “stylist challenged” consult with your personal stylist for ideas.
- > There are many tutorials on YouTube.
- > Don't be overwhelmed – it's easy once you get the hang of it.
- > The studio has emergency hair kits for sale in the office.
- > There are many “bunmaker” gadgets in stores that make it quick and easy.

JEWELRY: Jewelry of any kind is a safety hazard and should never be worn. This includes watches, earrings, necklaces, bracelets, rings, anklets, and toe rings. The only exceptions allowed are wearing “Fitbits” or earrings that need to remain due to new piercings. In addition to the safety issues, students have a tendency to “fiddle” with jewelry, causing their inability to focus in class.

EXTRAS: Unless permission given by the instructor, the following are typically NOT allowed: skirts, tutus, legwarmers, street clothing, crowns, fancy hair accessories, costumes, or fancy trimmed leotards, leotards with attached skirts or tutus. Again many of these are not allowed for the reasons of safety, but these items too can affect students' ability to focus. However, on the last day of each month (and at the teacher's discretion) students may wear certain items. Plain dance sweaters or cover ups ARE permitted during the cold months.

NOTE REGARDING UNDERGARMENTS: *Though it seems strange, panties are NEVER worn beneath dance attire – much like a swim suit. However female dancers with modesty issues can wear a nude colored “under leo” or “dance panties”. If a bra is absolutely necessary, a “dance bra” can be worn, though many leotards already have built in bras, making it unnecessary. Male dancers typically wear a “dance belt” which is much like a jock strap. There are also dance briefs for boys and men which is a nice alternative for especially young boys.*

DANCE ATTIRE & SHOES – WHERE TO GET AND WHAT TO GET

For the purposes of class uniformity along with convenience, savings, and value for YOU, we request you purchase your dance attire and shoes from "The Dance Line". They stock specific items just for us! Do NOT purchase dance wear or shoes from Walmart or Target – the quality is poor and the slippers are NOT actual dance slippers which are actually quite dangerous!

Where is "The Dance Line"? 2115 S Minnesota Ave in Sioux Falls

Where exactly is that? In Strip Mall across from Dairy Queen

What is their phone number? 605 335 8242

What are the store hours? Mon-Fri-Sat 10a-5p //Tue-Wed-Thu 10a-6p (summer hours vary – call ahead)

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DANCE FUNDAMENTALS, PREBALLET & BALLET

Girls & Women:

Dance FUNdamentals: Light pink tank leotard + pink tights + pink ballet slippers
Pre-Ballet: Dark coral tank leotard + pink tights + pink ballet slippers
Ballet A: Light blue tank leotard + pink tights + pink ballet slippers
Ballet B: Mulberry tank leotard + pink tights + pink ballet slippers
Ballet BC: Lilac tank leotard + pink tights + pink ballet slippers
Ballet C: Sapphire blue tank leotard + pink tights + pink ballet slippers
Ballet D: Black tank or camisole leotard + pink tights + pink ballet slippers
Teen/Adult Ballet: Any style leotard + pink tights ballet slippers + pink ballet slippers – see note b
Teen/Adult participants are encouraged but not required to wear dance attire although ballet slippers ARE required. As an alternative to dance attire, leggings & a T shirt may be worn.

Boys & Men: Black tights or (black leggings + black socks) + T shirt (solid color plain short sleeve) + black slippers + dance belt or dance briefs.

HIP HOP, JAZZ, AND MUSICAL THEATER

Females: Any color plain tank leotard + black jazz pants + black jazz shoes

Males: Black jazz pants + black socks + solid plain short sleeve T shirt + black jazz shoes + dance belt.

LYRICAL

Females: Any color plain tank leotard + pink footless/convertible tights + black booty shorts + nude dance sandals

Males: Solid color plain short sleeve T shirt + black footless tights/leggings + nude dance sandals + dance belt.

TAP

Females: Any color plain tank leotard + black jazz pants + black low heeled tap shoes. Tights optional.

Males: Black jazz pants + solid plain short sleeve T shirt + black tap shoes + black socks + dance belt.

BABY BOOGIE AND MOMS & TOTS

There are no dress code requirements for these classes though dance wear can be worn if owned. Participants should wear comfy clothing that allows for ease of movement and sneakers with clean smooth soles. A secure and reliable baby carrier that is safety rated is required for Baby Boogie.

NOTE: *To avoid loss or mix-up we highly recommend that student's first AND last name be written on all dance attire and shoes with permanent marker in a location where isn't visible and won't bleed from perspiration.*