

## ~ DRESS CODE SPECIFICS ~

Please read this entire page – part of the dress code is requiring students:

1) to wear specific items 2) NOT to wear specific items and 3) how to wear their hair.

*As a commitment to student safety and establishing class cohesiveness, the dress code 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. This is no different than in sports. In soccer – no cleats, no shin guards, no play. In hockey – no skates, no play. In Tae Kwon Do, no belt – no participation.*

**No dance shoes is an automatic sit out.**

**ATTIRE & SHOES:** Like any other athletic activity, proper shoes & attire are paramount for optimal safety and performance. Attire and shoes will vary between dance types (genres). See next page for specifics.

**HAIR:** Loose hair is not allowed as it affects safety and performance. Hair is to be secured as explained below.

**Males:** Hair & bangs must be groomed away from face and eyes – preferably secured with hair spray. A modest headband may be worn if desired.

**Females:** Length of hair determines the best way to secure hair for optimal safety and performance. All bangs should be sprayed and/or clipped away from face & eyes in addition to:

**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** (that can't be secured with a ponytail or bun) should be secured with a wide headband and clips.

*\*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 using pins or clips are NOT acceptable because they easily fall out.*

### **HAIR TIPS:**

- > If you're "stylist challenged" consult with your personal stylist for tips, ideas, or ask them to train you.
- > There are many tutorials on YouTube on how to make a "ballet bun".
- > 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 to secure a bun.

**JEWELRY:** Jewelry of any kind is a safety hazard and distraction - especially for youngsters and therefore not allowed. This includes watches, earrings, necklaces, bracelets, rings, anklets, and toe rings. The only exceptions allowed are wearing "Fitbits" or earrings for new piercings.

**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 safety reasons and avoiding distractions. 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:** *Undergarments typically are NEVER worn beneath dance attire – like when wearing a swimsuit. However female dancers with modesty issues may wear a nude colored "under leo" or "dance panties". Most leotards already have built in bras, though if a bra is absolutely necessary, a "dance bra" can be worn. Older male dancers typically wear a "dance belt" (comparable to a jock strap). Younger males can wear a dance belt though "dance briefs" are typically a more comfortable and preferred alternative.*

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

**Do NOT get your items from large retailers such as Walmart or Target.**

**Quality is poor and their ballet slippers are NOT authentic dance shoes, making them very dangerous!**

For the purposes of class uniformity along with convenience, savings, and value for YOU, we request you purchase all your dance attire and shoes from "The Dance Line". They stock specific items just for us!

<b>Where is "The Dance Line"?</b>	2115 S Minnesota Ave in Sioux Falls
<b>Where exactly is that?</b>	In Strip Mall across from Dairy Queen
<b>What is their phone number?</b>	605 335 8242
<b>What are the store hours?</b>	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 Topaz	Light blue tank leotard + pink tights + pink ballet slippers
Ballet Amethyst	Lilac tank leotard + pink tights + pink ballet slippers
Ballet Emerald	Green tank leotard + pink tights + pink ballet slippers
Ballet Sapphire	Sapphire blue tank leotard + pink tights + pink ballet slippers
Ballet Ruby	Red tank leotard + pink tights + pink ballet slippers
Ballet Opal	Any style, any color leotard + pink tights + pink ballet slippers
Teen/Adult Ballet	Any style leotard + pink tights ballet slippers + pink ballet slippers <i>Teen/Adult participants are encouraged but not required to wear dance attire although ballet slippers ARE required. As an alternative to dance attire, leggings &amp; a T shirt may be worn.</i>

**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 \*\*\*

**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.