

Many dance studios require students to show up looking alike in terms of clothing and hair. Student dress codes offer many benefits to dancers, and understanding those benefits will help when you hear that call yet again from your child's bedroom: "Have you seen my leotard?"

1 IDENTITY: When students walk into the studio, they get to leave behind their other identities and reinvent themselves as dancers. There's a whole body of psychology regarding how our clothing impacts our perception of ourselves—ask any police officer, cheerleader or nurse—and the dance studio is no different.

2 SAFETY: Hair should be secured tightly against the dancer's head so that she or he may spot freely. Hair that moves is a distraction and could hit you or someone else. Dancers of all ages should keep necessary hair supplies in their dance bag. This includes hair ties/ponytail holders, bobby pins and hair nets. Jewelry is not allowed because if something flies off during practice, another dancer may step or slip on it, causing injury. Dance uniforms must be fitted to the body so instructors can clearly see the dancer's form and technique, making adjustments when necessary. Proper technique protects dancers from injury. Dancers will not be permitted to dance in socks or bare feet. Shoe elastics should be secured properly.

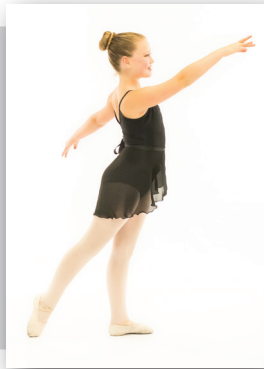
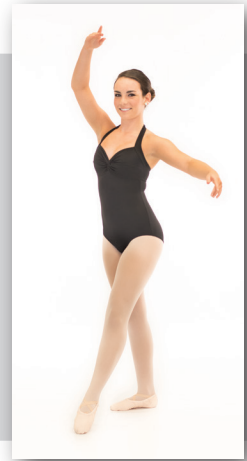
3 COMMUNITY: Dancers who dress alike see themselves as part of something larger. Watch your favorite sports teams. Even in warm-ups, they are all dressed alike. Simple, standard practice uniforms create a sense of belonging and community among dancers. They don't preclude individual contributions; all dancers are still invited to be uniquely themselves. They do contribute to a setting in which each dancer takes joy in seeing everyone succeed together.

4 LEARNING: Uniforms reduce distractions and facilitate learning. When they're all dressed alike, dancers are not feeling the need to adjust their clothing or compare their outfits to others in class. Focus and discipline are enhanced, and dancers can move in unison more easily.

What to wear!

INTERMEDIATE, ADVANCED, TEEN BALLET LEAPS & TURNS

Girls should wear a simple black leotard (no attached skirts) in any sleeve length, pink tights and Capezio Hanami canvas split sole pink ballet shoes. Sports or dance bras in nude or black are acceptable if necessary, however, most ballet leotards provide built in support. Girls may wear sheer, wrap or pull-on skirts. No shorts. Hair should be properly secured in a bun.

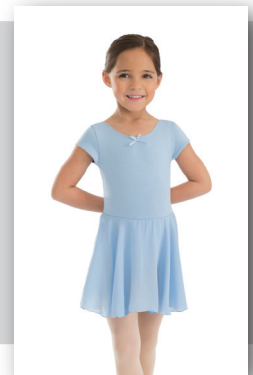


JUNIOR BALLET

Girls should wear a solid color leotard in any sleeve length, pink tights and Revolution stretch leather pink ballet shoes. Dancers may wear sheer, wrap or pull-on skirts. Sports/dance bras and shorts are not permitted in ballet class. Please, no tutus or costume like dress. Hair should be properly secured in a bun.

KINDERGARTEN COMBO (BALLET/TAP)

Girls should wear a solid color leotard in any sleeve length, pink tights and Revolution stretch leather pink ballet shoes. Dancers may wear sheer, wrap or pull-on skirts. Attached skirts are permitted. Please, no tutus or costume like dress. Shorts are not permitted in ballet class. Hair should be properly secured in a bun.



Ballet Hair



KINDERGARTEN/JUNIOR BALLET | BOYS

Boys in kinder or junior level ballet should wear a fitted, solid black or white t-shirt and black shorts, leggings or tights. Boys in kinder or junior Ballet will need Revolution stretch split-sole black ballet shoes.

INT/ADVANCED BALLET | BOYS

Boys in all Int/Adv levels of ballet and Leaps & Turns should wear a fitted, solid black or white t-shirt, black leggings or tights and Sansha Pro canvas split sole black ballet shoes.