

# MEN'S DRESS CODE

**Regulation attire is required for all classes.** This is to enable both the instructor and the student to monitor body alignment, placement and weight and to present the class in a professional manner to visitors and onlookers.

- All clothing and shoes should be marked with the student's name.
- Leg and foot braces and wrappings may not be worn. Students with recent or chronic injuries should consider carefully their participation in this intensive program.
- Eyeglasses will not be permitted during performances. Contact lenses are recommended.

**The following dress codes will be enforced for all classes. Students not following dress code will be asked to leave the class.**

## **General Attire**

- Hair shall be **groomed** in a manner consistent with the classical ballet aesthetic.
- Men shall be **clean shaven**.
- Men shall wear **dancebelts** if age 12 or older.
- **All jewelry should be removed before starting class.** This includes wristwatches, necklaces, rings, and piercings. Very small earrings will be permitted.
- As a courtesy to the ladies, gentlemen should be prepared to change into a clean leotard or shirt prior to entering the Pas de Deux class.

## **Ballet, Pas Deux, Male Technique**

- **Full-length black, footed tights.**  
(Gentlemen may wear black nylon socks with footless tights provided that their legs are covered fully.)
- **Leotard or form fitting T-shirts, in white or black, free of logos and words.**  
(Under Armour or similar stretch shirts are acceptable.)
- Men shall wear **black ballet shoes with elastics sewn**, not tied.
- Hats, headbands, bandanas, do-rags and the like shall not be worn in class.
- Form-fitting knitted warmers may, at the sole discretion of the instructor, be worn until the tendu exercises have been completed.

## **Jazz and Tap**

- **Full-length black, footed tights.**
- **Leotard or form fitting T-shirt, in a solid color, free of logos and words.**  
(Under Armour or similar stretch shirts are acceptable.)
- **Black ballet shoes with elastics sewn, not tied.**
- Hats, headbands, bandanas, do-rags and the like shall not be worn in class.
- (Shorts and cut-off sweatpants will not be permitted in the studios.)
- **Jazz shoes** must enable the dancers to point their feet and turn without undue friction.
- **Tap shoes** shall be leather and must be checked for loose screws prior to each class.
- Form-fitting knitted warmers may, at the sole discretion of the instructor, be worn until the warm-up exercises have been completed.

## **Modern, Pilates, Yoga**

- **Solid-colored** leotard or **T-shirt** free of logos, pictures and/or words.
- Back footless tights, bicycle shorts, or Yoga pants, free of logos and/or words.
- Kneepads may be worn in Modern classes.
- Form-fitting knitted warmers may, at the sole discretion of the instructor, be worn until the warm-up exercises have been completed.

# LADIES' DRESS CODE

**Regulation attire is required for all classes.** This is to enable both the instructor and the student to monitor body alignment, placement and weight and to present the class in a professional manner to visitors and onlookers.

- All clothing and shoes should be marked with the student's name.
- Leg and foot braces and wrappings may not be worn. Students with recent or chronic injuries should consider carefully their participation in this intensive program.
- Eyeglasses will not be permitted during performances. Contact lenses are recommended.

**The following dress codes will be enforced for all classes. Students not following dress code will be asked to leave the class.**

## General Attire

- Makeup should be kept to a minimum.
- **All jewelry should be removed before starting class.** This includes wristwatches, necklaces, rings, and piercings. Very small earrings will be permitted.
- Nail polish, if worn, should be clear.
- Bras with clear or plastic straps will not be permitted.
- As a courtesy to the ladies, gentlemen should be prepared to change into a clean leotard or shirt prior to entering the Pas de Deux class.

## Ballet, Pas de Deux, Pointe

- **Hair must be secured neatly** in a bun, twist or otherwise held away from the face. Bangs must be gelled or sprayed away from the face.
- **Solid-colored** leotard in a style appropriate for classical ballet (e.g., no decorative trim, no turtle necks, no high-cut legs, no extremely low-cut backs, no double/criss-cross/halter straps, no keyhole/banded/see-through backs.)
- **Pink, footed tights.**
- **Pink ballet shoes with elastics sewn.**
- **Pink pointe shoes, if appropriate, with elastics and ribbons sewn.**

- Short ballet skirts may, at the sole discretion of the instructor, be worn in Pointe and Pas de Deux.
- **Skirts shall, under no circumstances, be worn in ballet technique classes.**
- Form-fitting knitted warmers may, at the sole discretion of the instructor, be worn until the tendu exercises have been completed.

### **Jazz and Tap**

- Hair must be secured neatly in bun, twist, ponytail or otherwise held away from the face. Bangs must be gelled or sprayed away from the face.
- **Solid-colored leotard** without decorative trim.
- **Black tights or full-length dance pants free of logos and/or words.**  
(Shorts, crop-tops, cut-off sweatpants, and exposed sports bras will not be permitted in the studios.)
- **Jazz shoes** must enable the dancers to point their feet and turn without undue friction.
- **Tap shoes** shall be leather and must be checked for loose screws prior to each class.
- Form-fitting knitted warmers may, at the sole discretion of the instructor, be worn until the warm-up exercises have been completed.

### **Modern, Pilates, Yoga**

- Hair must be secured neatly as directed by the instructor.
- **Solid-colored** leotard without decorative trim or **T-shirt** free of logos, pictures and/or words.
- **Black footless tights, bicycle shorts, or yoga pants, free of logos and/or words.**
- Kneepads may be worn in Modern classes.
- Form-fitting knitted warmers may, at the sole discretion of the instructor, be worn until the warm-up exercises have been completed.