



## The Academy of Dance Dress Code

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### **Dress Code Regulations:**

- Hair: Should be neatly groomed, with little to no fly away or strangling hairs and abide by each dance styles requirements.
  - Outerwear: No t-shirts, sweatpants, shorts, or any baggy outerwear that would obstruct a teacher's view of the dancer may be worn to class. Dancers should not wear shorts over their tights as an alternative to any class dress code that requires black leggings/tights.
  - Jewelry: For safety reasons, no hanging jewelry, including earrings, necklaces, bracelets, watches or body jewelry, may be worn to class. Small earrings for pierced ears are permitted.
  - Grooming: Dancers should be clean and neatly groomed. Please do not wear dirty or ripped tights. No visible body tattoos, writing on the skin.
  - No long nails are permitted in class, as they can be dangerous during the dance class for you and the other dancers in class.
  - Food: No gum chewing or other eating is allowed during class. Water is permitted.
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### **Uniform Requirements:**

The following chart provides a brief description and the required dress code for our classes.

All students must adhere to AOD's dress code. NO EXCEPTIONS.

Students must wear the listed uniforms required for each class. If you need a special accommodation for any reason, please talk to your instructor prior to the start of class.

### **Why do we need a dress code?**

1. Safety: dress codes allow for appropriate mobility and traction with the floor. They provide a clean way for the teacher to see the dancer's body and make sure they are in correct alignment and using proper technique, providing a safer and faster way to progress at the studio.
2. Increased focus: dance style specific attire helps keep the dancer focused on the reason they are there— to improve their dance technique and movement skills.
3. Respect: clean and specific dress code for each style of dance shows respect to the art form/dance genre, the teacher, and to the studio. It also demonstrates self-respect.
4. Confidence: Correct attire influences a dancer's posture and shifts the focus away from unimportant trends. Dressing professionally will help the dancer move professionally.

# Ballet

All leotards from Tiny Tots to Creative ballet should be plain, one color, pink with a simple skirt attached. No tutus.

Ballet 1-2 should have simple spaghetti strap or tank style leotards such as Capezio CC100C or CC201C

All leotards should be clean, without excess straps, and not overly revealing.

<b>Girls</b>	<b>Leotard</b>	<b>Tights</b>	<b>Shoes</b>	<b>Hair</b>	<b>Accessories</b>
<b>Tiny Tots</b>	Pink	Pink	Pink Leather Full Sole	Bun	Attached Simple Skirt. No Tutus.
<b>Combo</b>	Pink	Pink	Pink Leather Full Sole Black Tap Shoes	Bun	Attached Simple Skirt. No Tutus.
<b>Creative</b>	Pink	Pink	Pink Leather Full Sole	Bun	Attached Simple Skirt. No Tutus.
<b>Pre Ballet</b>	Pink	Pink	Pink Leather Full Sole	Bun	Attached or Detached Simple Skirt. No Tutus.
<b>Ballet 1</b>	Lilac / Lavender	Pink	Pink Leather Full Sole	Bun	No Skirt
<b>Ballet 2</b>	Burgundy	Pink convertible tights	Pink Leather or Canvas	Bun	No Skirt
<b>Ballet 3</b>	Navy Blue	Pink convertible tights	Pink Leather or Canvas	Bun	No Skirt, Leg warmers when cold
<b>Ballet 4</b>	Black	Pink convertible tights	Pink Leather or Canvas	Bun	Skirt Allowed, Leg warmers when cold
<b>Ballet 5</b>	Black	Pink convertible tights	Pink Leather or Canvas	Bun	Skirt Allowed, Leg warmers when cold
<b>Boys</b>					
<b>Tiny Tots-Ballet 1</b>	White Fitted Shirt or Tank Top	Black or White Shorts/ Leggings	Black Leather Sole Black Tap Shoes (Combo Only)	Groomed Short Hair	n/a
<b>Ballet 2-5</b>	White Fitted Shirt or Tank Top	Black or White Tights	Black Leather or Canvas	Groomed Short Hair	Dance Belt

## Other Styles:

	<i>Top</i>	<i>Bottom</i>	<i>Shoes</i>	<i>Hair</i>	<i>Accessories</i>
<b>Jazz/ Musical Theater</b>	Dancers Level Leotard or Form Fitted Solid Shirt	Black tights/ leggings/ jazz pants	Black Jazz Shoes	Tied Back or Bun	Character shoes when requested by teacher.
<b>Tap</b>	Dancers Level Leotard or Form Fitted Solid Color Shirt	Black tights/ leggings/ dance pants	Black Tap Shoes	Tied Back or Bun	
<b>Modern/ Contempor ary</b>	Dancers Level Leotard or Form Fitted Solid Color Shirt	Black tights/ leggings/ dance pants. Pants must show ankle clearly.	Barefeet	Tied Back or Bun	Knee pads and long sleeve form fitting shirt if desired. Socks may be requested by teacher.
<b>Hip Hop</b>	Dancers Level Leotard or Form Fitted Solid Color Shirt	Tight fitting leggings or dance pants	Tennis Shoes or Jazz Shoes	Tied Back or Bun	

I have read the dress code requirements listed above and agree to have my dancer dress appropriately to each and every class. I recognize that they may be asked to sit out for class if they arrive dressed in inappropriate clothing.

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_