

Expressions the Dance Gallery 2020/2021 Dress Code

To be a performing artist is to use the whole body. It is therefore necessary for teachers to be able to clearly see their student's legs, arms, neck, hips and waistline. This way proper technique may be taught, observed and demonstrated. We ask that students take care and pride in the way they prepare themselves to attend dance classes. As well as aiding their teachers, it will help them to feel confident in themselves and their work. Hair for all classes must be tidy and tied back from their face. Buns are mandatory for ballet.

It would also be appreciated if you would ensure that you carry age appropriate personal hygiene items with you at all times (i.e. deodorant, etc.). Please remember, children physically mature at different ages and body odor develops differently for each child. Every child who works its body enough to break out in a sweat requires deodorant. Please remember to label all shoes and clothing with the student's name.

The following is a list of the required outfits for each subject.

Bop & Tumble – Acro/Hip Hop Combo – Free moving athletic clothes and bare feet.

Kinder Kombo - Tap/Jazz/Ballet Combo - Black tank leotard (Mondor #1645 preferred) - Light tan dance tights (Mondor 310 or 314) - Beige tap shoes (Capezio Mary Jane #3800) AND Pink Pleated Toe Ballet Shoes.

Primary Ballet - R.A.D. pale pink sleeveless tank, scoop neck (Mondor #1645. Pink) - Soft Pink ballet shoes with elastics. - Ballerina pink tights. - Hair must be in a bun.

Pre-Junior Tap and Jazz - Black tank leotard (Mondor #1645 preferred) - Light tan dance tights (Mondor 310 or 314) - Beige tap shoes (Capezio Mary Jane #3800) – Beige Jazz Shoes (Bloch#499 preferred)

Junior Tap: - Black tank leotard (Mondor #1645 preferred) - Light tan dance tights (Mondor 310 or 314) - Beige tap shoes (Capezio Mary Jane #3800)

Junior Jazz, Junior Lyrical, Musical Theater: - Black tank leotard (Mondor #1645 preferred) - Light tan dance tights (Mondor 310 or 314) - Beige jazz shoes (Bloch #499 preferred)

Pre-Intermediate Jazz- Black tank leotard (Motionwear #2644 preferred, or similar) - Light tan dance tights (Mondor 310 or 314) – Black Jazz Shoes

Pre-Intermediate Tap: - Black tank leotard (Motionwear #2644 preferred, or similar) - Light tan dance tights (Mondor 310 or 314) - Black tap shoes (Oxford Style, preferably lace up)

Intermediate/Advanced Jazz, Lyrical, Musical Theater: - Black tank leotard (Motionwear #2644 preferred, or similar) - Light tan dance tights (Mondor 310 or 314) - Black jazz shoes (Bloch #499 preferred) - Shorts may be worn over bodysuits at anytime.

Intermediate/Advanced Tap: - Black tank leotard (Motionwear #2644 preferred, or similar) - Black tights (Mondor 310 or 314) Black Tap Shoes (Oxford Style, preferably lace up) - Black fitted Jazz pants are optional on the first lesson of each month. (Students should be wearing their tights as teachers may ask students to remove their jazz pants). - Shorts may be worn over bodysuits at any

Boy's Tap, Jazz, Lyrical, Musical Theater: - White short sleeve T-shirt. - Black dress pants and belt - Black socks for tap and jazz with subject appropriate Black dance shoes.

Hip Hop: - Loose fitting clothing & Hip Hop Runners or indoor runners (Dresses, Skirts and Jeans are not permitted) - No Street Shoes allowed in the studio. Dancers will be asked to remove there street runners and dance without shoes.

Acrobatics and Acro Dance: - Black leotard (i.e. any tank style bodysuit, Mondor #1645 or Motionwear #2644 are preferred) - Black dance shorts - Beige tights Capri length - Bare feet - Hair in a bun

Aerial Dance: - Any style body suit or fitted top and leggings (Not Tights) - Bare feet. - Hair in a bun

Grade 1-2 Ballet – Black leotard (Mondor #1645) Pink Ballet Tights Pink Soft Leather Ballet Shoes with Elastics, Pink Soft Leather Ballet Shoes with Elastics Black Canvas Character Shoes (Low Heel) Character Skirt. Hair must be in a bun.

Grade 3-5 Ballet - Black leotard (Mondor #1645) Pink Ballet Tights Pink Soft Leather Ballet Shoes with Elastics Pink Soft Leather Ballet Shoes with Elastics Black Canvas Character Shoes (Cuban Heel) Character Skirt. Hair must be in a bun.

INTERMEDIATE, ADVANCED FOUNDATION -

Black Camisole Bodysuit (Mondor #13520, Black)

or

Black V-Neck Pinch Front Leotard (Capezio #TC0002, Black)

**Suggested, Any style black bodysuit will work but I would like to have anyone considering exams to have one of these two styles of bodysuits.

Pink Soft Block (Demi Pointe) Shoes with Ribbons Pink Ballet Tights Black Wrap Over Skirt (optional)

At this level, dancers are required to dance in soft block shoes. This is to help strengthen the dancer's feet, ability to balance and improve their pointe work. Dancers may choose to buy soft blocks, or prepare old pointe shoes into soft blocks. This method of preparing shoes will be taught in the first week of classes. Any dancers wishing to breakdown their old pointe shoes should bring these items to the first week of classes:

1. Old Pointe Shoes 2. Needlenose pliers 3. Superglue

Occasionally at the teacher's discretion, dancers will be given the option to wear leather or canvas shoes, but dancers are expected to have their soft blocks for this class at all times.

PBT - Any Color Bodysuit Tight Shorts Long Theraband (12 Feet, Medium Strength) Small Pilates Ball (7")
Yoga Mat Handtowel Pink Tights (optional)