



## DRESS CODE

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*Part of the discipline to dance is coming to class prepared, and dressed in the proper attire. We believe that our dress code improves the classroom climate and strongly impacts the quality of our students' education. By requiring dancewear that is simple and uniform, teachers can more readily observe student application of healthy and appropriate alignment principles, activation of the proper muscle groups, and movement ease and efficiency in the body. This aides instructors in making more accurate and helpful corrections in motion and stillness to support student progress.*

**\*Hair should be tightly secured away from the face and out of the eyes in a bun, ponytail, or with clips for shorter haircuts\***

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| <b>Creative Dance</b>           | Girls should wear pink footed tights, pink or black leotard, and pink ballet slippers.<br>Boys should wear a plain white t-shirt, black shorts, and black ballet slippers. No tank tops please.  |
| <b>Pre-Ballet-<br/>Ballet 1</b> | Girls should wear pink footed tights, pink or black leotard, and pink ballet slippers.<br>Boys should wear a plain white t-shirt, black shorts, and black ballet slippers. No tank tops please.  |
| <b>Ballet 2-<br/>Ballet 6</b>   | Girls should wear a black leotard, pink footed tights, and stretch or split sole ballet slippers.<br>Boys should wear a white t-shirt, black tights, and black ballet slippers. No tank tops please.   |
| <b>Pointe</b>                   | Black leotard, pink footed tights, and pointe shoes. Pointe shoes may need replacing throughout the year due to wear and tear. Once a pointe shoe "breaks", it can be dangerous for a dancer to continue weight-bearing in an unsupported shoe and potentially lead to injury. For a professional fitting, we recommend Empire Dance in Spokane. |
| <b>Jazz/Hip Hop</b>             | Girls should wear a black leotard, black jazz pants or jazz shorts, and black split-sole jazz shoes.<br>Boys should wear a t-shirt, black jazz pants or jazz shorts, and black split-sole jazz shoes.  |
| <b>Lyrical</b>                  | Girls should wear a black leotard, black jazz pants/jazz shorts/capri leggings, and dance barefoot or in lyrical dance shoes ( <i>no socks for safety reasons</i> ). T-shirt over leotard is acceptable. Boys should wear a t-shirt, black jazz pants or jazz shorts, and dance barefoot or in lyrical dance shoes.                              |
| <b>Pilates</b>                  | Active wear that is comfortable, breathable, and form fitting is encouraged for this class.  |

**Where to Purchase:** For younger dancers, shoes and clothing can generally be purchased locally at Shopko, Walmart, and Payless. For older dancers, we recommend looking online for a greater selection of items and higher quality shoes--Discountdance.com is a great resource. When purchasing online, make use of the size chart, as they vary between brands. Beginner and intermediate dancers should always make time for a professional shoe fitting--Empire Dance in Spokane is a great resource. This ensures the shoe fits properly to foot type for safety in motion, bone development, and prevention of injury.