



Dress Code

To provide the highest learning standards, dress codes must be met *after* the first week of class in case of class cancellation due to low enrollment. **SUPPLIES:** Search the Internet. Leotards cover the torso. Tights cover the legs. **We are a scent-free studio.** Scents, perfumes, cologne, scented lotion, smoke residual, Ben Gay or similar are prohibited.

NOTE: Sometimes the laundry isn't done; please attend class in the closest clothing option available from your closet. And if you forget your dance shoes, socks will work fine.

CLASSES	LEGS	TOP	FEET	HAIR	MISCELLANEOUS
DEEP-ISH STRONG BODY RESTORING STRENGTH STRETCH FOR REAL LIFE STRETCH-ISH FOR STIFF BODIES	Any plain, comfortable & movement friendly pants that cover and come fully to the waist. Bike shorts, yoga pants, tights, leggings, sweats, etc. that come to the waist.	Any comfortable & movement friendly top that maintains privacy when leaning forward (breasts) and length to cover past waist. No exposed belly or buttocks.	Socks Bare feet or Sneakers	Secured from face.	Wood block needed for Deep-ish and strongly suggested: Knee Pillow (1) -- email Christine re both. Strong Body: email Christine re silicone band needed from Amazon. Yoga mat (we have them). Beach towel to cover mat.
BALLET <i>Female</i>	Tights in 'ballet pink' (very pale pink) or skin matching color tights for brown skin. No underwear. If you prefer not to wear classical attire, please see the Legs section above.	Black, pale pink, white or navy leotard. May wear ballet chiffon skirt.	Fitted split-sole ballet slippers in "ballet pink" canvas or skin matching shades of brown for our students of color; elastic sewn onto slippers close to ankle.	Classical hair is high secured ballet bun. Also acceptable are barrettes to secure short hair from face or a ponytail for long hair.	
BALLET <i>Male</i>	Black tights and dance belt. If you prefer not to wear classical attire, fitted black bike shorts.	White men's short sleeve leotard; or fitted white short sleeve T-shirt tucked into shorts.	Fitted split-sole canvas ballet slippers in black or white or brown; same as <i>Female</i> above.	If long hair, see above.	
JAZZ <i>Female</i> VIBE	Movement friendly leggings, yoga pants, bike shorts, etc.	Movement friendly plain top (no messaging).	Jazz: Tan jazz shoes or dance socks Vibe: barefoot, socks, or sneakers	Secured ballet bun or ponytail needed for Jazz.	
JAZZ <i>Male</i> VIBE	Bike shorts, sweats, etc.	Movement friendly shirts.	Same as <i>Female</i> above.	Long hair wear a ponytail for Jazz.	
TAP	Shorts or jazz/yoga pants (to ankle only), tights, or leggings. Pants should reveal tap shoes.	Leotard or plain top (no messaging).	Suggestion: Capezio CG19. or Capezio CG16 "Split Sole"; however, a similar style less expensive shoe is fine.	Tap shoe screws must be recessed. No one-screw-tap-plate shoes.	Pant length should be at or above ankle to see the foot/tap strikes on floor. Do not tap on outside or on concrete. it ruins the tap plates.
YOGA-ISH	Any movement friendly clothing. Warmer clothing such as sweatpants are often needed.	Any movement friendly clothing. Warmer clothing such as sweatshirt.	Socks or sneakers.		Beach towel or blanket over yoga mat. Yoga mat (we have these).