



Balance Dance Studios Dress Code (Ages 6-18)

2-5 YEAR DANCERS & DREAMERS: Please refer to the Dancers & Dreamers dress code.

MEN AND BOYS: Black canvas split sole ballet shoes, black footed tights or black athletic shorts, and a plain black or white fitted t-shirt or tank (cotton or dri-fit material) tucked into the tights/shorts.

BALLET/TAP COMBINATION CLASSES (AGES 6-8): Leotard (see ballet levels for color), ballet pink footed tights, pink split sole leather ballet slippers, and black tap shoes. Ballet skirts and leg warmers are permitted. Hair is to be pulled away from the face in a ponytail or bun. Bun holders are permitted.

BALLET LEVELS 1-5: Leotard (see ballet levels for color), ballet pink "transition" or "convertible" tights, and pink split sole leather ballet shoes. Hair must be in a bun and students may use a bun holder with the use of hair pins. No jewelry, leg warmers, skirts or shirts are permitted in class.

***JAZZ (11 & Under):** Solid colored leotard and tights or crop tops and dance shorts. Jazz pants may be worn if they are tight around the knees and ankles. Caramel colored jazz shoes. Hair must be pulled away from the face. No oversized T-shirts, tank tops, camisole tops, athletic shorts, or loose pants are permitted in class beyond warm up.

***JAZZ (12+):** Solid colored leotard and tights or crop tops and dance shorts. Jazz pants may be worn if they are tight around the knees and ankles. Caramel colored jazz shoes. Warm Ups are encouraged during the conditioning/warm up portion of the class but are not permitted after.

***TAP (11 & Under):** Solid colored leotard and tights or crop tops and dance shorts. Jazz pants may be worn if they are tight around the knees and ankles. Black tap shoes. Hair must be pulled away from the face.

***UPPER LEVEL TAP (CLASSES 12+):** Solid colored leotard and tights or crop tops and dance shorts. Jazz pants may be worn if they are tight around the knees. Black tap shoes.

LYRICAL/CONTEMPORARY: should be barefoot or in a contemporary shoe (socks may be worn on marley floor with instructor approval) Hair must be pulled away from the face. No oversized T-shirts, tank tops, camisole tops, athletic shorts, or loose pants are permitted in class after the warm up period.

HIP-HOP: Jazz clothes or comfortable street clothes with non-marking tennis shoes.

ACRO: Solid colored leotard or tight fitting shirt or tank top and dance shorts. Hair must be pulled away from the face in a secure ponytail. No T-shirts, athletic shorts, or loose pants are permitted in class. NO JEWELRY.

PILATES, FLEXIBILITY, & STRENGTH CLASSES: Tight fitting exercise clothes or any solid colored leotard and shorts. Hair must be worn in a low ponytail. A personal pilates/yoga mat is suggested.

***A NOTE ABOUT CROP TOPS, DANCE SHORTS, and WARM UP ATTIRE:** In order for teachers to appropriately monitor the movement development of a dancer, body conscious clothing is required for most classes. However, it is exceptionally important that a dancer's attire allow him/her to focus exclusively on movement and not clothing coverage. For this reason, we prefer crop tops only be worn in conjunction with high-waisted dance shorts/pants and dance shorts must be worn with tights underneath. No bra-tops are allowed or any top in which the dancer's belly button is visible.

We require that students wear warm up attire and cover up to and from dance class.



The "BALANCED" Etiquette

CLASS ARRIVAL & DEPARTURE: We ask that all students must arrive on time, dressed in appropriate attire (see dress code). Out of courtesy and respect for their teachers and classmates, students arriving late should stand just inside the door of the studio until invited to participate in class. Depending on how much of the class they have missed, the teacher may, in order to prevent injury, ask the student to observe class that day. Once class begins, students cannot leave class without first getting permission from the teacher.

DRESS CODE & CHANGING: All students, regardless of age, need to change in the dressing room. Restroom stalls should be left available for those that need to use the restroom. Dancers not dressed in the right attire, or without the proper shoes, may be unable to take class. This decision will be left to the teacher's discretion.

All students, regardless of age, are asked to wear seasonal appropriate cover ups when entering or exiting the building. In cold weather, dancers should cover up their bodies to protect their muscles from injury and sickness. Dance shoes should not be worn outside. Not only will it ruin these shoes and wear them out more quickly, it will also damage the dance floor.

PERSONAL BELONGINGS: All personal belongings – dance bags, school bags, water bottles, etc. – need to be taken into the classroom with the student so that nothing is left unattended in the lobby. All items should be stored in cubbies when possible or hang on hooks if in studio 7; never under the barre or in the middle of the floor.

STUDIO CARE: There is NO food, drink, or chewing gum allowed in any of the studios at any time. Self-sealing water bottles are acceptable.

IN THE LOBBY: Students are asked to pick up after themselves and to cooperate fully with keeping the building clean. All students are encouraged to eat any food or snacks in the bistro/common area and throw away any trash afterward. We ask that dancers be respectful and mindful of others and keep a quiet environment for those who may be focusing on their studies in between classes. We request that students under the age of 12 not be left unattended after class or between classes.

OBSERVATION WINDOWS: Parents and students are welcome to view classes through the observation windows. Please be respectful of the class going on. Students in class should not engage with anyone out in the hallway or in another classroom through the observation windows during class. Focus should be on their teacher and the class they are in.

ATTITUDE & BEHAVIOR: All students should be courteous to each other and respectful of all parents, faculty and staff. Remember that everyone has come to train, and all are expected to direct their full energies to their instructor, maintain self-discipline, and a positive attitude. The training to become a performing artist is a complicated matter of juggling your mind, body and spirit. This process can leave you open and vulnerable. There is never any reason to discuss anyone's progress but your own. Any dancer who participates in starting rumors or is engaged in any type of malicious behavior or bullying of any kind will risk the possibility of being invited out of class. This includes, but is not limited to, discussions in class, in the lobby and anything posted on social media.

COMMUNICATION: If there is an issue of any kind or something that you do not understand, please do not hesitate to ask the teacher. Communication is key to growth and success.