



A CENTER FOR DANCE AND THE CREATIVE ARTS

DANCE CLASS DRESS CODE

2020-2021

Appropriate attire serves both instructor and student by eliminating distraction and contributes to a focused and respectful learning atmosphere.

FOUNDATION LEVELS

CREATIVE DANCE/PRE-BALLET

- Any color or style leotard, T-shirt, tights, leggings, shorts or skirt the student feels inspired to dance in, as long as it does not inhibit movement.
- Bare feet

DANCE EXPRESSIONS

TOPS

- White or ballet pink camisole leotard (long sleeved is fine for the cooler months)
- White form fitting tank top, T-shirt or long sleeve (tucked in)

BOTTOMS

- Footless tights, leggings, form fitting joggers, or shorts
- Bare feet
- Hair secured away from face

MODERN/BALLET FOUNDATIONS

TOPS

- Black camisole leotard (long sleeved is fine for cooler months)
- Black form fitting tank top, T-shirt or long sleeve (tucked in)

BOTTOMS

- Footless tights, leggings, form fitting joggers, or shorts
- Bare feet
- Hair secured away from face

BALLET

BEGINNER THROUGH LEVEL 4 BALLET -Youth and Teens

TOPS

- Black, straight across or high-backed camisole leotard with thin or wide straps such as those made by *Theatricals* or *Capezio* brand at www.discountdance.com; black, long-sleeved leotards are fine for winter
- White form fitting T-shirt (tucked in)
- Form fitting layers for warmth as needed
- Hair secured away from face in a neat Ballet Bun or with a headband if needed for shorter hair styles

BOTTOMS

- Pink, convertible tights
- Black shorts (shorts may be worn with or without black tights) or black leggings

- Pink, or white canvas, split-soled ballet shoes (*Sansha, Capezio, Bloch or Grishko canvas split sole ballet slippers* from Amazon, discountdance.com, or get fitted and purchase them at the nearest dancewear shops, Saratoga Dance in NY, or Rond de Jambe in Pittsfield). Black slippers are fine for boys, if preferred.
- Form fitting layers for warmth as needed

MODERN and BOYS

LEVEL 1 THROUGH 4 MODERN -Youth and Teens

TOPS

- Black leotard with thin or wide straps such as those made by *Theatricals* or *Capezio* brand at www.discountdance.com. Black, long-sleeved leotards are fine for winter.
- Form fitting T-shirt, tank top or long sleeve (tucked in)
- Form fitting layers for warmth as needed

BOTTOMS

- Footless tights, leggings, or form fitting dance pants. Shorts are acceptable for warmer weather
- Form fitting layers for warmth as needed
- Bare feet or cotton socks
- Hair secured away from face

BROADWAY JAZZ & TAP

ALL LEVELS:

TOPS

- Black, straight across or high-backed camisole leotard (same as Ballet/Modern)
- Black or white form fitting T-shirt, tank top or long sleeve (tucked in)

BOTTOMS

- Black, footless tights or Jazz pants
- Basic black split sole lace-up jazz shoe AND black lace-up tap shoes. The instructor recommends a shoe available through **www.discountdance.com: Dance Now Kid's Unisex Jazz Tap Shoe.**
- Hair: secured away from face

DANCES OF AFRICA & FLAMENCO

ALL LEVELS:

TOPS

- Black, straight across or high-backed camisole leotard (same as Ballet/Modern)
- Black or white form fitting T-shirt, tank top or long sleeve (tucked in)

BOTTOMS

- Black, footless tights or Jazz pants
- Bare feet for Dances of Africa. Flamenco shoes for Flamenco.
- Dances of Africa: Pulse will provide dancers with wraps
- Flamenco: Pulse will provide skirts
- Hair: secured away from face

***PLEASE NOTE:** The black camisole leotard will be used as a base costume for the performance; therefore no other design is acceptable. Form fitting layers for warmth are encouraged in black or another solid color. Ballet slippers must be canvas and split sole because leather slippers can be too sticky and full sole slippers inhibit the development of sensation and articulation in the feet. Once a pair of tights develops runs, it needs to be replaced. We recommend ordering 2-3 pairs at a time.

- **We have dress code items for sale at the front desk. Please do not wait until the last minute to purchase any items because we may be out of your size and have to order it. Sometimes items are back ordered for a month.**

- We recommend www.dicountdance.com if you are buying your dance clothes or ballet shoes online or call 800-328-7107. Please indicate that you are a Berkshire Pulse student.