



BERKSHIRE PULSE DANCE CLASS DRESS CODE

Appropriate attire serves both instructor and student by eliminating distraction and contributes to a focused and respectful learning atmosphere. Dress code items are also often used as base layers for Pulse performances.

HAIR

- Hair secured away from face in all styles and levels
- For Ballet classes hair should be secured away from face in a neat Ballet bun or with a headband and/or pins if needed for shorter hair styles

FOUNDATION LEVELS

CREATIVE DANCE

- Any color or style of 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 are most suitable for this class.

INTRO TO DANCE

TOPS

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

BOTTOMS

- Skin tone, black or white footless tights, leggings, form fitting joggers, or shorts
- Bare feet

MODERN/BALLET FOUNDATIONS

TOPS

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

BOTTOMS

- Skin tone, black or white footless tights, leggings, form fitting joggers, or shorts
- Bare feet

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 or black form fitting T-shirt (tucked in)
- Form fitting layers for warmth as needed, should be taken off after barre



- **BOTTOMS**
- Skin toned or Pink, convertible tights
- Black shorts (shorts may be worn with or without black tights) or black leggings
- Skin-toned, black, or white leather (preferred) or canvas, split-sole ballet shoes (*Bloch, Capezio leather 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).
 - Ballet slippers should never be purchased thinking a student will grow into them. They should fit like a glove and not need the tightening of any draw strings. In fact, if the laces are used for tightening, it may actually cause damage to the Achilles tendon. Leather ballet slippers will also stretch and form to the foot, while canvas does not.
- Form fitting layers for warmth as needed, should be taken off after barre

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 black or white T-shirt, tank top or long sleeve (tucked in)
- Form fitting layers for warmth as needed, should be taken off after warm up

BOTTOMS

- Black 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

BROADWAY JAZZ and 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.**

HIP HOP/ BREAKING

LEVEL 1 and 2



- comfortable clothing that is easy to move in
- indoor sneakers

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 when in person
- Flamenco: Pulse will provide skirts

***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.**