

## INSTRUMENTS BALLET ACADEMY DRESS CODE

Class	Leotard	Tights	Shoes	Other
<b>Storybook Ballet</b>	Black or Pink	Ballet Pink	Pink Ballet Slippers No Drawstring	No skirts
<b>Ballet 1</b>	Black or Pink	Ballet Pink	Pink Ballet Slippers No Drawstring	No skirts
<b>Ballet 2</b>	Black or Pink	Ballet Pink	Pink Ballet Slippers No Drawstring	No skirts
<b>Ballet 3</b>	Black or Pink	Ballet Pink	Pink Ballet Slippers No Drawstring	No skirts
<b>Ballet 4</b>	Black	Ballet Pink	Pink Ballet Slippers	No skirts
<b>Ballet 5</b>	Black	Ballet Pink	Pink Ballet Slippers	Skirt optional in center  Tights top or sports bra optional
<b>Ballet 6&amp;7</b>	Black	Ballet Pink	Pink Ballet Slippers	Skirt optional in center  Tights top or sports bra optional
<b>Contemporary</b>	Any Color (Leotard required under shirt and pants, no bare midriff)	Ballet Pink or Black Tights	DancePaws Barefoot Or socks (according to teacher's discretion)	Leggings or shorts over tights Fitted shirt if desired.
<b>Jazz</b>	Any Color (Leotard required under shirt and pants, no bare midriff)	Ballet Pink or Black Tights	Tan Slip-on Jazz Boot	Leggings or shorts over tights Fitted shirt if desired.
<b>Worship</b>	Optional		Comfortable: ballet slippers or socks	Leggings or Yoga Pants Comfortable Top Clothes that allow you to move freely
<b>Adult Ballet/ Contemporary</b>	Leotard Optional (any color)	Tights Optional	Ballet Slippers recommended	Leggings or Yoga Pants Comfortable Top Clothes that allow you to move freely

**\*\*\*Dancers may wear colored leotards the last week of each month\*\*\***

**Please feel free to call with any dress code questions or ask your teacher.**

## ACADEMY DRESS CODE

### GENERAL:

We want to practice and teach a lifestyle of modesty at Instruments Ballet Academy.

We uphold a classical dress code to encourage focus, self-discipline, and clarity of movement.

Please wear street clothing or a cover up when entering and exiting the studio premises.

Do not wear your dance shoes outside and please do not wear street shoes on the studio floor.

Small earrings may be worn in class but other types of jewelry are dangerous and will not be allowed.

Please label all dancewear and shoes with your initials on the inside tags or elastic to prevent loss of expensive clothing! It all looks the same and can easily get mixed up.

Appropriate warm-ups will be permitted for the first few minutes of class. After that dancers will be expected to remove any extra clothing.

### HAIR:

All female students are expected to wear their hair in a secure bun or French twist with hairpins.

Hair must be secure enough to last through all classes without falling out or becoming a distraction.

Hairnets are recommended for buns.

Hairspray is ALWAYS necessary.

Hair that is too short for a bun should be clipped back and/or put into a ponytail.

### BALLET DRESS CODE:

Female students in Ballet 1-3 may wear a black or ballet pink leotard with pink tights and pink ballet slippers.

Female students in Ballet 4-8 are required to wear black leotards with pink tights and pink ballet slippers. Ballet 5-8 may wear ballet skirts for center work with instructor's permission. A tights top or black sports bra may be worn under the leotard for modesty and support.

All male students are to wear black tights, with a dance belt, and white fitted t-shirt tucked in. They may either wear white socks with white ballet slippers or black socks with black ballet slippers. All males may wear athletic shorts over their tights for modesty as well.

### JAZZ/CONTEMPORARY DRESS CODE:

Shorts or jazz pants and a fitted top may be worn over ballet clothes. Dancer's hair is to remain in a bun or pony tail.

### TIGHTS:

Tights can be with or without seams and should be full length (footed or convertible).

No shimmery or bright colored tights please.

### SHOES:

Ballet shoes should have elastic sewn in place (never tied in a knot) and worn with ties tucked in.

Dancers of the proper age and level of training will be approved for pointe classes.

Pointe shoes must be approved by their ballet teacher.

Dancers will be trained and expected to sew ribbons and elastics on their own pointe shoes. This is a dancer's great pride and responsibility.

It should NOT be done by mothers or grandmothers (as sweet as they are to do so).

Jazz shoes are to be tan slip-on jazz boots.

Contemporary dance shoes such as dance paws may be worn for contemporary class upon approval by your teacher.