

# Appalachian Performing Arts'

## 2022-2023 Class Dress Code

If you need help finding the proper footwear and clothing for class, please contact us. We are happy to help you locate the items needed! If you have any questions, please contact us. If you are a new dancer and do not yet have shoes, please contact your/your child's instructor for guidance on what footwear is best until dance shoes are acquired. **Please find your class(es) below.**

### **FOR ALL CLASSES & DANCE STUDENTS:**

- Hair secured up/back.
- Athletic wear or dancewear is required for each class.
- No jeans.
- No long skirts or dresses.
- No exposed underwear (Don't worry about bra straps/backs. This is fine!)
- No exposed stomachs (Ladies, if you are in a class where your shirt may expose your stomach while moving, please wear a leotard. Students may be asked to tuck shirt in)
- No street shoes in the dance room, please!
- No movement-restricting clothing.
- Please keep all apparel reasonably modest. We are a family friendly studio.
- No obscene pictures or text on any article of clothing. Again, we are a family friendly studio.

### Other Notes:

- **We encourage ALL students to have an "emergency" change of dance clothing in your dance.** We understand there may be busy days with no time to go home and change—having an extra leotard and tights, or leggings in your dance bag helps SO much.
- We often have dancewear/athletic clothing for sale in the lobby.
- **We may have extra leggings for students to BORROW in "emergency" situations.** We may offer these when needed, but cannot guarantee we will have what you need.
- We do not enforce these rules to make things difficult or to make anyone feel bad. How a student is dressed affects how he/she performs in class. Having the

proper clothing for dance class prevents distraction, boosts confidence, shifts the brain to a learning mindset, and helps prevent accidents in class(floor burns, tripping, clothing getting caught or tangled, etc.)

- **If you are unable to get the apparel needed, please contact us.** While dance clothing can be expensive, it does not have to be. There are tons of options and resources, and we are happy to help where we can.

- There are a different set of rules for REHEARSAL and RECITAL dress code.

We will share these as recital season approaches!

- A student may be asked to sit and observe class if he/she fails to follow dress code. We do this for safety reasons, and for the upkeep of our studio.

### **TWO & YOU(Two year olds)**

- Dancewear/ athletic clothing

- All girls: pink ballet shoes

- All boys: black ballet shoes

- No exposed legs(please wear athletic pants, tights, leggings, etc)

### **LITTLE DANCERS(Classes A, B, & C)**

- Dancewear / athletic clothing

- All girls: leotards and pink ballet shoes.

- All boys: black ballet shoes.

No exposed legs(please wear athletic pants, tights, leggings, etc)

### **ALL BALLET CLASSES (Kinderdance Ballet, Ballet One, Ballet Two)**

- All girls: Leotard and tights(yes, for every single ballet class!)

- All girls: Pink ballet shoes.

- All boys: Black ballet shoes.

- Other clothing/athleticwear may be added to your outfit, but the things listed above are REQUIRED.

- NO exposed legs(please have tights or leggings. Boys may wear athletic pants or shorts)

**\*\*PRE POINTE/POINTE STUDENTS:** The things above are required for class. Please consult with your teacher about any additional shoes or items that may be needed.

### **ALL TAP CLASSES(Kinderdance Tap, Tap One, Tap Two)**

- Dancewear/ athletic clothing.
- Black tap shoes(we recommend split soles but this is not required)

### **ALL JAZZ CLASSES(Kinderdance Jazz, Jazz One, Jazz Two)**

- All girls: Leotard and tights
- Black jazz shoes
- No exposed legs(please have tights or leggings)
- Other articles of clothing may be added, but the things listed above are required.

### **ALL CLOGGING CLASSES(Clogging One, Two, and Three)**

- Clogging shoes(white is preferred, but we understand that clogging shoes are hard to come by!)
- Athletic clothing/dancewear

### **ALL MODERN CLASSES(Modern One, Two)**

- All girls: leotard.
- No shoes(We allow dance footies, if desired. Please speak with instructor for info)
- No exposed legs(please have athletic pants, tights, or leggings)

### **ALL THEATRE DANCE CLASSES(Musical Theatre Dance, Junior Musical Theatre Dance)**

- Dancewear/athletic clothing.
- No exposed legs(please wear leggings, tights, or athletic pants)
- Black jazz shoes

### **SHINING STARS**

- Dancewear or comfortable clothing
- Close toed Athletic shoes

### **DANCE FITNESS**

- Dancewear or athletic clothing
- Close toed athletic shoes or jazz shoes.

