

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. Dress code will be gently enforced by dance instructors. **Please find your class(es) below.**

We do not enforce these rules to create complications or to make anyone feel singled out. 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 to prevent accidents and injuries during class(floor burns, tripping, clothing getting caught or tangled, etc.)

FOR ALL CLASSES & DANCE STUDENTS:

- Hair secured up/back– no fly aways or hairdos that distract the student from class.
- Athletic wear or dancewear is required for each class.
- No jeans/denim.
- No long skirts or dresses.
- No exposed underwear(Don't worry about bra straps/back. 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.
- No distracting clothing– bracelets, long earrings, anklets, or anything that will distract the student from learning. The instructor will ask the student to remove any distracting items.

Other Notes:

- **We encourage ALL students to have an “emergency” change of dance clothing in your dance bag.** We understand there may be busy days with no time to go change clothes. Having an extra leotard and tights, or leggings in your dance bag helps!
- 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.
- If you/your child are not dressed to code, you/your child may be asked to change clothes or sit out of class activity.
- Students may be asked to wear “emergency” dance clothing, provided at the studio for students to borrow.
- 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.
- Failure to meet dress code standards at rehearsal or recital may forfeit a student’s place in class or the performance.
- Students may be asked to remove distracting items while class is in session (ear earrings, bracelets, hats, etc).

FIRST STEPS

- Dancewear/ athletic clothing
- All girls: pink ballet shoes
- All boys: black ballet shoes
- No exposed legs(please wear athletic pants, tights, leggings, etc)
- Hair secured back.

****first steps parents**– Please wear comfortable/athletic clothing and please plan to remove street shoes at the door.

LITTLE DANCERS(Classes A, B, C, & D)

- 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)
- Hair secured back.

ALL BALLET CLASSES (Kinderdance Ballet, Ballet One, Ballet Two, pointe)

- 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.
- Hair secured back
- ** POINTE** - Please talk to your instructor about shoes.

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

- Dancewear/ athletic clothing.
- Black tap shoes(we recommend split soles but this is not required)
- No exposes stomachs
- Hair secured back

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

- All girls: Leotard and tights
- Black jazz shoes

- No exposed legs
- No exposed stomachs
- Other articles of clothing may be added, but the things listed above are required.
- Hair secured back

ALL CLOGGING CLASSES(Kinderdance, Clogging One, Two, and Three)

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

ALL MODERN/CONTEMPORARY 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)
- No exposed stomachs
- Hair secured back

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
- No exposed stomachs
- Hair secured back

HIP HOP

- Dancewear/athletic clothing
- No exposed lets(please wear leggings, tights, or athletic pants)
- Tennis shoes/sneakers/athletic shoes that are to be worn for studio use only. Please do not use these shoes outside of the studio!
- Hair secured back out of face.

DANCE FITNESS

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