



Dress Code

The Academy of Expressive Dance

Revised Aug. 2017

Why do we need a dress code?

A Dress Code is important for many reasons. Not only does it allow the teacher to see the student's body properly in order to make corrections, it also eliminates a fashion competition among students. Everyone is perceived as "equal" within the class, no matter what their budget.

GENERAL RULES TO OBSERVE:

- Girls long hair: must be in a bun or braids securely pinned to the head. Girls short hair: must be held back with a fabric headband or similar (please, no plastic headbands) Boys hair: should be combed and as neat as possible. Long hair should be tied back.
- NO jewellery, please.
- Girls should not wear underwear as it can fall down, get bunched up, and is "extra padding" that traps perspiration and not necessary under tights and a bodysuit. Older girls should wear a supportive bra (if necessary.)
- Dance skirts must not be any longer than mid-thigh.
- Please keep the prints on your top to a minimum. Absolutely no unacceptable language or content allowed on clothing.
- Your body must be covered; NO bare legs whatsoever (pants, tights or leggings), no tummy showing, no matter what the weather/season.

BOYS, ALL CLASSES: plain white t-shirt (short or long sleeves), must be fairly form fitting. Black or navy Jazz pants (or similar). Black shoes and socks according to dance form.

Ages 3, 4, 5

You are in pink, pink, pink. Any style pink bodysuit, ballerina pink tights, and soft pink leather ballet shoes. A matching pink skirt is recommended. You may add a pink ballet wrap sweater when it's cold.

Ages 6-7

Lilac bodysuit, ballerina pink tights, soft pink ballet shoes. A matching lilac skirt is recommended. You may add a pink ballet wrap sweater when it's cold.



When in doubt, ASK. We are here to help you succeed!

Beginner Ballet-levels 1, 2

Light blue bodysuit, ballerina pink tights, soft pink leather ballet shoes. A matching light blue skirt is recommended. You may add a pink or white ballet wrap sweater when it's cold.

Intermediate Ballet-levels 3, 4

Navy blue bodysuit, ballerina pink tights, soft pink leather split-sole ballet shoes. A matching navy skirt is optional. You may add a pink or white ballet wrap sweater when it's cold.

Advanced Ballet-levels 4 and up

Black bodysuit, ballerina pink convertible tights, soft pink leather split sole ballet shoes. A black skirt is optional. You may add a pink or black ballet wrap sweater when it's cold. You may also need pre-pointe or pointe shoes (at your teacher's discretion)

Jazz-all levels

Beige split sole jazz shoes, plain coloured leggings/bike shorts/bodysuit. (No prints!!) Beige tights. Wrap sweaters may be worn when it's cold. No midriffs showing! *Black or dark dance wear is always preferred.*

Tap-all levels

Black tap shoes, beige tights/black leggings/bike shorts/bodysuit. No prints, and must be able to see your feet clearly (no wide-bottomed pants) Wrap sweaters may be worn when it's cold.