

Integra Dance Arts Dress Code

Dance, like many other activities, requires a specific dress code or uniform to create the safest and most appropriate training a student can receive. In dance specifically it is inherent that dancers' body alignment is visible for correction, they have the ability to move freely through steps, and they are not distracted or held back due to the items they are wearing. As dance genres vary, to some extent so does their individual dress code requirement. For this reason *Integra Dance Arts* has provided the following in depth dress code document for all students and parents to review and keep in mind during their training at this institution.

No jewelry except stud like earrings or those of medical necessity are allowed in any class. Likewise, hair must be cleanly and securely pulled back away from the face and non disruptive to the dancer. All clothing for contemporary dance styles must be athletic and/or dancewear; no loungewear or school wear is allowed. In addition, no exposed midriffs or overall inappropriate or otherwise sexual in nature attire will be tolerated.

Preballet/tap--

Girls: Black or Pink leotards with optional attached skirts and pink ballet tights

Shoes: Pink ballet shoes and black tap shoes

Hair: cleanly and securely pulled away from the face in a bun

Boys: Black athletic shorts and white or black fitted t-shirt

Shoes: Black ballet shoes; white or black ankle socks and/or black tap shoes

Hair: Long hair must be secured away from the face

Ballet

Girls: Black leotards and pink ballet tights

Shoes: Pink ballet shoes (well fitted and split sole)

Hair: Cleanly and securely pulled away from the face in a bun

Boys: Black athletic shorts and white or black fitted t-shirt

Shoes: Black ballet shoes; white or black ankle socks

Hair: Long hair must be secured away from the face

Jazz

Form fitting solid color, dance related or *Integra* tops; form fitting bottoms such as leggings, dance pants or dance shorts (shorter lengths must be worn over tights), athletic shorts (boys only); leotards and tights are also suggested

Shoes: Black jazz shoes

Hair: Cleanly and securely pulled away from the face in a style such as a bun or ponytail

Musical Theatre

Solid color, dance related or *Integra* tops; form fitting bottoms such as leggings, dance pants or dance shorts (shorter lengths must be worn over tights), athletic shorts (boys only); leotards and tights are also suggested

Shoes: Black jazz shoes

Hair: Cleanly pulled away from the face in a style such as a bun or ponytail

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Tap

Form fitting solid color, dance related or *Integra* tops; form fitting bottoms such as leggings, dance pants or dance shorts (shorter lengths must be worn over tights), athletic shorts (boys only); leotards and tights with or without a skirt are also suggested

Shoes: Black Tap Shoes

*No flexible sole allowed, tap shoes for levels 4 and 5 must be approved by the instructor

Hair: Cleanly pulled away from the face in a style such as a bun or ponytail

Contemporary

Solid color, dance related or *Integra* tops; form fitting bottoms such as leggings, dance pants or dance shorts (shorter lengths must be worn over tights), athletic shorts (boys only); leotards and tights are also suggested

Shoes: levels I-IV, pirouette shoes. Levels V and up instructors discretion, pirouette shoes, jazz shoes, Apollo Shock socks or bare feet

Hair: Cleanly pulled away from the face in a style such as a bun or ponytail

Hip Hop

Solid color, dance related or *Integra* tops, athletic or dance wear bottoms such as leggings, sweats or longer shorts.

Shoes: Tennis Shoes/Sneakers/Dance Sneakers that are only worn indoors at the dance studio, never outside. Particular sneaker styles will be required for the performance costume.

Hair: Pulled away from the face

Acro

Form fitting solid color, dance related or *Integra* tops; form fitting bottoms such as leggings, dance pants or dance shorts, athletic shorts (boys only); leotards with shorts or convertible tights are also suggested.

Shoes: bare feet

Hair: Cleanly and securely pulled away from the face in a style such as a bun or ponytail

(hair and clothing should not interfere with safety of movements and instructor's ability to keep students safe)

Conditioning

Form fitting solid color, dance related or *Integra* tops; form fitting bottoms such as leggings, dance pants or dance shorts, athletic shorts (boys only); leotards with shorts or convertible tights are also suggested.

Shoes: bare feet

Hair: Cleanly and securely pulled away from the face in a style such as a bun or ponytail

(hair and clothing should not interfere with safety of movements and instructor's ability to keep students safe)