

ASCEND STUDIOS DRESS CODE SEASON 9

Proper dance attire is a must for many reasons, foremost is safety for the dancer! Dancers are asked to respect the studio space, themselves and their instructors by adhering to a dress code as detailed below.

Our Dancewear Boutique stocks most items year round!
Look for deals and specials during Open House events!

**Please note: for ballet classes especially, dancers traditionally wear tights and shoes that match their skin tones to elongate their lines in ballet positions. We are pleased to offer multiple hues of skin tone shoes and tights and new for Season 9 - jazz shoes!

**Does your student take ballet and then jazz? The best way to navigate this is not to change in between (there's no time). Instead, plan to pull on bike shorts over your tights & a fitted tank over your leotard if that's preferred.

***NEW* HAIR GUIDELINES:**

- Students should have hair off their neck for all dance classes. (clipped, pony tail, braided, etc)
- Long hair should be secured in some way - & should not be able to swing or fly around

DANCING TWOS & DANCING THREES

*no dress code required. Leggings and play shirts allowed.

Ballet shoes ARE required however, & most students desire to "be a dancer" at this age and therefore want to wear the traditional dance attire! That is most welcome!

FOR BALLET CLASSES

Option 1 (traditional attire for ladies)

Leotard (black preferred for Primary & above levels. other colors allowed on occasion, & for Foundations Division)

Pink or skin tone ballet tights (convertible preferred, especially for Youth levels)

Pink or skin tone leather or canvas ballet shoes.

Option 2 (traditional attire for gentlemen)

Black tights, jazz pants or fitted athletic shorts, white fitted tank or T-shirt, black socks & black leather or canvas ballet shoe. (*please note requirements for undergarments for gentlemen 10 & older & contact the office for more information)

*please note: if wearing fitted shorts for any classes that floorwork is done on knees throughout class and we recommend wearing something to cover the knees especially for beginners)

FOR JAZZ CLASSES

Option 1: (uni-sex)

Black leggings, jazz pants, or bike shorts, solid color leotard or fitted athletic tank top or t-shirt, nude/skin tone jazz shoes.

Option 2: (traditional attire for ladies)

Leotard with black tights over top

*please note: if wearing bike shorts for any classes that floorwork is done on knees throughout class and we recommend wearing something to cover the knees especially for beginners)

FOR TAP CLASSES

Black leggings, jogger pants or athletic pants, solid color fitted athletic tank top or t-shirt, tap shoes. Please see our staff for recommendations on Tap shoes for your student's age / level.

FOR MODERN / CONTEMPORARY CLASSES

Option 1 : Solid colored leotard with black tights worn over. Bare feet.

Option 2 (uni-sex): Black or solid color form fitting tank top or t-shirt, or leotard, & black leggings. Bare feet.

Option 3 (uni-sex): Leotard or solid color fitted athletic tank or t-shirt, with black or solid color bike shorts. Bare feet.

*please note: if wearing bike shorts for any classes that floorwork is done on knees throughout class and we recommend wearing something to cover the knees especially for beginners)

FOR HIP HOP CLASSES

Black or solid color jogger pant, sweat pant, athletic pant, legging or similar, tank, t-shirt, or sweatshirt. Hats are acceptable such as beanies or baseball hats. *Clean* (not something you wear outside) black and white tennis shoe will be needed for performances. We recommend a Vans SK-8 shoe, or Black/White converse style tennis shoe.

GENERAL DRESS CODE REMINDERS:

- Proper shoes for HipHop include any clean sneaker. NO BARE FEET, SANDALS, etc.
- In most instances shorts are not the best option - Students need something that covers their knees for floorwork which is incorporated in most classes.
- See top of page for guidelines for hair! Ponytails are acceptable for short hair, and for some classes like Jazz, Tap or HipHop. Please, hair all the way up for all ballet classes!
- NO jewelry please with the exception of stud earrings or wedding rings. This includes watches.
- Excess clothing (adult classes have exceptions) shorts, skirts, leg warmers, etc. can only be worn at teacher's discretion. Students taking multiple ballet classes per week are allowed "trash day" on Thursdays and may wear black tights, colored leotards and warm-ups (within reason).

SUGGESTED ITEMS BY CLASS

TWO'S, THREE'S / FOUNDATIONS LEVEL BALLET or BALLET / TAP COMBO CLASS

- Linear Mesh or any of our Ballet Dresses or leotards
- Skin tone Convertible Tights
- Student Stretch Ballet Shoe, (or a ballet shoe without drawstrings)
- Black student tap shoes

PRIMARY - TEEN LEVEL BALLET CLASSES

- Any of our leotard styles
- Skin tone Convertible Tights
- Premium Split Sole Ballet Shoe, or Professional Canvas Ballet Shoe
- 3x weekly classes = Thursday class students may wear black tights, colored leotards and skirts or bike shorts.

HIP HOP CLASSES

- Black or solid color jogger pant, sweat pant, athletic pant, legging
- Hats are acceptable such as beanies or baseball hats.
- *Clean* (not something you wear outside) black and white tennis shoe will be needed!
We recommend a Vans SK-8 shoe, or Black/White converse tennis shoe as these are needed for performances.
- For Hip Hop we encourage students to come with their own "style" represented, as long as you can still move and groove!

JAZZ CLASSES

- Black leggings, or black tights over a leotard
- One of our leotard styles OR one of our new crop or tank top styles
- Premium slip-on jazz shoe in dark tan for most skin tones, or matching skin tones as available.

TAP CLASSES

- Black leggings, jogger pants or athletic pants
- T-shirt, tank or leotard - must be form fitting!
- U-Shell Student Tap for Foundations Division students. (mary jane style)
- Lace up style Tap shoe for Primary & above!
- Tap shoes are important! Please see our staff for recommendations on Tap shoes for your student based on level.

MUSICAL THEATRE CLASSES

- Black leggings, or black tights over a leotard
- One of our leotard styles OR one of our new crop or tank top styles
- Premium slip-on jazz shoe in Dark Tan for most skin tones, or matching skin tones as available.

PBT OR CONDITIONING CLASS

- same as ballet class, black tights are acceptable. Bring a yoga mat & all equipment for PBT class, bring tennis shoes for a conditioning style class!