

Dress Code

Proper attire and shoes are required for all dancers at SDC. The dress code supports our mission to provide high-quality instruction; it allows more freedom of movement, ensures safety in the studio, and instructors are better able to correct alignment and muscle use. Parents, please know that dancers who do not follow the dress code may be asked to observe class.

1. For all classes: no bare legs (no shorts) or bare midriffs; no extraneous jewelry; no fitness trackers; no distracting hair ornaments; no skirts; no tutus, costumes, or dress-up wear. Form-fitting dance pants or dance shorts may be permitted in tap, jazz, modern, or hip hop at the discretion of the instructor. Note: dancers should wear a cover-up to and from classes.

2. Leotards and tights are meant to be form-fitting like a swimsuit and easy to dance in—please no underwear or sports bras. Nude dance undergarments are permitted and may be worn for classes and/or performances.

3. Sandy's Dancewear, Suffolk Dance Boutique, and Discount Dance Supply are all great resources for attire!

Level 1 Ballet, Tap, or Jazz	Pink or tan footed dance tights, solid-color pink or black leotard, pink ballet shoes (trim or tuck in drawstrings), black tap or jazz shoes, hair completely off face and neck
Ballet – levels 2-7	Pink footed dance tights, solid (plain) black leotard (any style), pink ballet shoes (trim or tuck in drawstrings), hair in a <u>secure</u> bun
Tap and Jazz – levels 2-7	Pink, tan, or black convertible dance tights, solid (plain) black leotard (any style), black tap or jazz shoes, hair completely off face and neck, form-fitting solid-color black jazz pants may be worn over leotard and tights at the teacher's discretion—no baggy clothing will be permitted
Modern – levels 4-7	Pink, tan, or black convertible or footless dance tights, solid (plain) black leotard (any style), hair completely off face and neck
Hip Hop – levels 2-7	<u>Fitted</u> tank top or t-shirt over dance pants or leggings (leotard and tights are OK too), <u>clean</u> dance shoes (a dedicated pair of shoes just for dance class), hair completely off face and neck

Please keep your dance shoes safe and clean! Protect them in a dance bag and change shoes at the studio.