

Metro Dance Academy – Dress Code

Why we have a dress code...

Because proper dance technique and skills are our main focus we ask that all dancers follow dress code. There are many reasons for our dress code--

1. Safety
2. Teachers need to see dancers! Not bright colors, wild hair, baggy clothes and incorrect shoes.
3. Helps teach students **responsibility, discipline and respect.**
4. Sets the mood for a productive class...Dress the part, Be the part. Students will be given verbal warnings if the dress code becomes a problem. *If problem continues dancers will be asked to sit out of class.*

Please refer to the following class dress code guidelines for a successful experience at Metro Dance Academy!

Jazz:

It's important in Jazz class to be able to see the dancer's lines; straight legs, proper hip alignment, pointed toes, centered upper body and strong arms. **Please wear hair up in a pony tail or bun.**

Tops:



Form fitting tank tops



Form fitting t-shirts

Bottoms:



Solid color booty shorts



Black jazz pants



Spandex fit Capri pants

**** Booty shorts can be paired with any color of tights to provide coverage while also allowing nice lines.**

Jazz Shoes: Capezio, Bloch. Black, Split Sole recommended.



Hip Hop:

Hip Hop class requires a looser fit for tops and pants. Sweats and a t-shirt make a perfect outfit for hip hop. **Jeans are not proper attire for hip hop.** While sneakers are not allowed for most styles of dance, they provide great traction for hip hop. **Clean, inside sneakers only please.** Hair may remain down for this class as long as it stays out of your face.

Tops: T-shirts, sweatshirts, long sleeves or tank tops accepted.



Bottoms: Sweat pants or crops of any kind are ideal. Shorts are OK too. **NO JEANS!**



Hip Hop Shoes: CLEAN sneakers required. Socks or bare feet are not OK .



Ballet:

Just like Jazz class, it's important to see a dancer's lines in Ballet. Proper hip, leg, and foot alignment are three vital parts to a Ballet class and dressing the part makes all the difference. Ballet requires a solid color leotard, tights and ballet slippers. **Please wear hair in up a bun or pony tail.**

Leotards: Any solid color leotard cut in any style you prefer.



Ballet Slippers: Popular Brands: Capezio, Bloch, Dansoft. Leather or Cloth shoes accepted. Split sole recommended for the more advanced dancer.



Tights: Beige, pink or black.
Foot hole at bottom optional.

Skirts: (Optional):



Pre-Dance and Pre-Ballet:

Attire for these classes should be similar to Ballet class dress. Stretch pants and t-shirts are accepted. Please only wear ballet skirts, as all other “regular” dresses and skirts are not permitted.

Leotards, etc:



Shoes:



Local Dance Stores to purchase proper dance attire:

Dance Togs, in Beaverton off Cedar Hills and Hall Blvd. (644-7545)

The Leotard, 2432 NE MLK Blvd. Portland, 97212 (284-9244)