

Contemporary Dance and Fitness Studio

Studio Attire and Rules: Amended for Autumn 2020

Dance Attire Requirements assure that students can move freely and fully, without distraction caused by fit or style, and they allow teachers to focus on dancer alignment, form, and execution of movement. There is a studio-wide policy to have midriffs covered, and shorts should be no higher than mid-thigh. Neither hair nor attire should require adjustment while dancing.

Ballet: Pre-Primary thru Ballet 1: Students wear black leotards, skin-tone or pink tights, and pink ballet shoes OR fitted white shirts, opaque black tights, and black ballet shoes. Hair: Neatly secured in a bun or pulled back from the face. **Ballet 2 thru Ballet 4** She/her: black leotards, skin-tone or pink tights, and ballet shoes. Hair neatly secured in a bun. He/him: Fitted white shirts, opaque black tights, dance belt, and black ballet shoes. They/them or other: Fitted white shirt OR black leotard, opaque black tights OR skin tone or pink tights, and ballet shoes. Dance belt as needed. Hair neatly secured in a bun or pulled back from the face. **Ballet “punch-card” classes:** She/her: wear leotards, tights, and ballet shoes, with optional skirts. He/him: wear dance tights, fitted shirts, and ballet shoes. They/them or other: choose from the above options. **Zoom Ballet:** leotard, ballet shoes, hair in bun. Optional leggings or shorts instead of tights. Not all black.

Jazz/Musical Theater: Jr. Jazz & Musical Theater students wear black leos, black dance pants, and jazz shoes. Teen/adult students wear leotards or tops, dance pants or tights; footwear is optional for upper levels. **Zoom** attire does not need to be black.

Modern: Jr. Modern students wear black leos and tights or dance pants. Teen/adult students wear leotards or tops, and tights or dance pants. **Zoom** attire does not need to be black.

Hip Hop: All students must wear clean dance sneakers that are dedicated to dance, sweatpants or dance pants, and leotards or tops. ***No outside footwear is permitted in the studios.***

Tap: Tap Kids wear black leotards or close fitting tops, black tights or dance pants, & tap shoes. Teen and Adult Tap students wear dance pants, leotards or tops, tap shoes. **Zoom** attire does not need to be black.

Hair and Jewelry

Hair must be pulled back and off the face for all classes. Dangling jewelry must be removed.

ATTENDANCE REQUIREMENTS AND GENERAL RULES:

Regular and prompt attendance is required. Please call the studio if a student will be absent. Late students cannot enter. There is a 3 absence maximum per semester for all dance classes, except Teen Jazz. Exceptions are for serious illness or injury. Students absent during choreographic work might not perform that section of a dance.

Injuries

Students must tell their teachers about any injury that might affect their performance in class. If an injury prevents a student from participating in class, the class should be observed on Zoom.

Illness

No student with any illness will be permitted in the studio.

Personal Belongings: Please write dancer’s name in all dancewear. Any items left with no identification may be discarded.

Food, Drinks and Gum

There will be no food and drink at the studio, except water. **Water** can be brought into the studios in a labeled water bottle. The fountain will be closed. Gum chewing is not allowed in the studios.

Electronics All electronic devices must be left with student’s belongings in the lobby, with ringers turned off.

Thank you