



Silver Spring Dance: Dress Code Info Sheet

Proper dance attire is required at Silver Spring Dance. Our dress code exists so that students can focus on their dancing and instructors can focus on students without distractions.

Midriff baring shirts, sports bras as tops, hoodies, denim, and garments with buttons and/or zippers are not permitted in class.

Leotards and tights should fit completely snug against the body.

Dance costumes (including tutus) may not be worn in class, except during our designated costume week before Halloween.

Leotards with attached chiffon/mesh skirts (dance dresses) are permitted in Creative Dance, Pre Level, and Level 1 classes only.

Dance shoes may never be worn outside, and outside shoes are not allowed on our dance floors. Dancers should bring their dance shoes in a designated dance bag along with anything else they might need for class (a water bottle, a sweat towel, leg warmers or warm-ups, extra hair supplies etc.)

The only jewelry allowed in class are post earrings and small or "huggie" hoops. Bracelets, necklaces, dangly or larger hoop earrings, and watches are not permitted. Smart watches are not allowed in class unless the dancer has a medical condition that requires monitoring.

For classes that require hair to be in a bun (Ballet 2-Ballet 6, Teen Ballet & Pointe Classes) the bun must be completely secured with pins. There are some great YouTube tutorials on ballet buns if this is new for you. You can also feel free to ask our director or your dancer's teacher for some tips and tricks!

We strongly encourage our dancers to purchase their dancewear from a reputable retailer. We recommend Stage Dance Essentials in Landisville and Definitely Dance in Exton. SDE has our dress code on file and will be able to make sure your dancer has everything they need for the dance season. Definitely Dance is our preferred store for fitting and purchasing pointe shoes.



Silver Spring Dance Dress Code by Class

Creative Dance and Pre Ballet

Attire: Solid color leotard and pink, black, or nude dance tights. A leotard with an attached skirt is permitted in this level. Boys can wear athletic pants and a t-shirt.

Shoes: Pink ballet slippers for girls, Black ballet slippers for boys

Hair: Pulled back completely off the face in a secure ponytail, bun, or braided style

Pre Level Combo Classes (Ballet/Tap or Ballet/Jazz)

Attire: Solid color leotard and pink, black, or nude dance tights. A leotard with an attached skirt is permitted in this level. Boys can wear athletic pants and a fitted t-shirt.

Shoes: Pink ballet slippers for girls, Black ballet slippers for boys

Black tap shoes (ballet/tap combo)

Tan split sole jazz shoes for girls/Black split sole jazz shoes for boys (ballet/jazz combo)

Hair: Pulled back completely off the face in a secure ponytail, bun, or braided style

Ballet 1

Attire: Solid color leotard and pink, black, or nude dance tights. A leotard with an attached skirt is permitted in this level. Boys can wear fitted athletic pants and a fitted t-shirt.

Shoes: Pink split sole ballet slippers for girls, Black split sole ballet slippers for boys

Hair: Pulled back completely off the face in a secure ponytail, bun, or braided style

Tap 1

Attire: Solid color leotard and pink, black, or nude dance tights. A leotard with an attached skirt is permitted in this level. Boys can wear fitted athletic pants and a fitted t-shirt.

Shoes: Black tap shoes

Hair: Pulled back completely off the face in a secure ponytail, bun, or braided style

Jazz 1

Attire: Solid color leotard and pink, black, or nude dance tights. A leotard with an attached skirt is permitted in this level. Boys can wear fitted athletic pants and a fitted t-shirt.

Shoes: Tan split sole jazz shoes for girls, Black split sole jazz shoes for boys

Hair: Pulled back completely off the face in a secure ponytail, bun, or braided style

Modern 1

Attire: Solid color leotard and pink, black, or nude footless or convertible dance tights. Boys can wear fitted athletic pants and a fitted t-shirt.

Shoes: None

Hair: Pulled back completely off the face in a secure ponytail, bun, or braided style



Ballet 2-Ballet 6, Teen Ballet, Pointe & Pointe Technique

Attire: Solid color leotard and pink dance tights. A leotard with an attached skirt is not permitted. Tights for pointe classes must be convertible to accommodate toe pads. Optional accessories include:

- A short ballet skirt in a fabric like mesh or chiffon
- Spandex boy shorts in black (non-spandex shorts are not permitted for ballet)
- A fitted dance sweater and/or leg warmers for warming up in colder weather.

Boys should wear fitted dance pants (joggers or leggings) or tights and a fitted solid color t-shirt. Boys ages 11+ must wear a dance belt.

Shoes: Pink split sole ballet slippers for girls, Black split sole ballet slippers for boys (We recommend a stretch canvas ballet slipper, as they are durable, comfortable, easy to clean, and nicely show the line of the foot.) Pointe is by instructor permission only, and pointe shoes must be fitted by a professional.

Hair: Hair must be in a bun or chignon and completely secured with pins.

Modern 2-Modern 6, Contemporary

Attire: Solid color leotard and pink, black, or nude footless or convertible dance tights. Spandex shorts may be worn overtop of a leotard and tights. Dancers may also opt to wear a fitted solid color spandex tank top instead of a leotard with solid color leggings or *fitted* joggers. Tank tops must be completely fitted, like a leotard. Skirts are not appropriate for modern class at this level.

Shorts may only be worn with tights underneath due to the abundance of floor work in modern and contemporary dance. The wearing of t-shirts, sweatshirts, and loose fitting shorts or pants will be at the discretion of the individual instructor. A sports bra, leotard, or fitted tank must be worn underneath all loose fitting tops.

Boys should wear fitted dance pants or joggers and a fitted solid color t-shirt. Boys ages 11+ must wear a dance belt.

Shoes: None, however for classes that start on the floor (Graham, Limón, Contemporary) dancers may start their class in socks at the discretion of the instructor

Hair: Pulled back completely off the face in a secure ponytail, bun, or braided style

Jazz 2-6

Attire: Solid color leotard and pink, black, or nude dance tights. Spandex shorts may be worn overtop of a leotard and tights. Dancers may also opt to wear a fitted solid color spandex tank top instead of a leotard with solid color leggings



or *fitted* joggers. Tank tops must be completely fitted, like a leotard. Skirts are not appropriate for jazz class at this level.

The wearing of t-shirts, sweatshirts, and loose fitting shorts or pants will be at the discretion of the individual instructor. A sports bra, leotard, or fitted tank must be worn underneath all loose fitting tops.

Boys should wear fitted dance pants or joggers and a fitted solid color t-shirt. Boys ages 11+ must wear a dance belt.

Shoes: Split sole **TAN** jazz shoes for girls, Split sole black jazz shoes for boys, Jazz 6 dancers may need split sole character shoes

Hair: Pulled back completely off the face in a secure ponytail, bun, or braided style

Tap 2-6

Attire: Solid color leotard and pink, black, or nude dance tights. Spandex shorts may be worn overtop of a leotard and tights. Dancers may also opt to wear a fitted solid color spandex tank top instead of a leotard with solid color leggings or *fitted* joggers. Tank tops must be completely fitted, like a leotard. Skirts are not appropriate for tap class at this level.

The wearing of t-shirts, sweatshirts, and loose fitting shorts or pants will be at the discretion of the individual instructor. A sports bra, leotard, or fitted tank must be worn underneath all loose fitting tops.

Boys should wear fitted dance pants or joggers and a fitted solid color t-shirt. Boys ages 11+ must wear a dance belt.

Shoes: Black oxford style (lace up) tap shoes

Hair: Pulled back completely off the face in a secure ponytail, bun, or braided style

Conditioning Classes

Attire: Fitted workout style clothing including leggings, joggers, fitted t-shirts or tank tops, and/or spandex shorts. Dancers who will be going from conditioning directly into a pointe class should wear a leotard and convertible tights. Dancers taking conditioning as a stand-alone class do not need to wear a leotard.

Dancers must bring their own exercise mat. Bands, blocks, balls, and other equipment will be provided by SSDC.

Shoes: None

Hair: Pulled back completely off the face in a secure ponytail, bun, or braided style.