



## 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 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, extra hair supplies etc.)

The only jewelry allowed in class are post earrings. Bracelets, necklaces, dangly earrings, and watches are not permitted.

For classes that require hair to be in a bun (Ballet 2-Ballet 6 & 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. For a selection of high quality dancewear specially selected for every class, style and level, head over to <https://www.shopnimbly.com/silverspringdance>. From there, click on your dancer's class, set up your account, and browse the selection of recommended leotards, tights, shoes, and accessories. Please make sure to read the sizing guides and class notes carefully.

If you prefer to shop in person, we recommend The Dancers Pointe in Hummelstown and Definitely Dance in Exton. 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 appropriate for 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/Top or Ballet/Jazz)

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

**Shoes:** Pink ballet slippers for girls, Black ballet slippers for boys, Black tap shoes or Black split sole jazz shoes

**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 appropriate for this level. Boys can wear athletic pants and a 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

### Level 1 Tap/Jazz Combo

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

**Shoes:** Black tap shoes and Black split sole jazz shoes

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

### Level 1 Ballet/Modern Combo

**Attire:** Solid color leotard and pink, black, or nude dance tights. Tights must be convertible or footless, as the modern section of class is danced barefoot. A leotard with an attached skirt is appropriate for this level. Boys can wear athletic pants and a 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

### Ballet 2-Ballet 6, Beginning Pointe, Pointe 1-3, 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 ballet skirt in a fabric like mesh, chiffon or georgette
- Spandex shorts (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 or tights and a fitted solid color t-shirt. Boys ages 11+ should 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 1-2

**Attire:** Solid color leotard and pink, black, or nude footless or convertible dance tights. Spandex shorts may be worn overtop of the leotard and tights. Dancers may also opt to wear solid color leggings overtop of their leotard instead of wearing tights.

Skirts are not appropriate for modern class. 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, tank tops, sweatshirts, loose fitting shorts and/or pants will be at the discretion of the individual instructor.

Boys should wear fitted dance pants and a fitted solid color t-shirt. Boys ages 11+ should 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 the leotard and tights. Dancers may also opt to wear solid color leggings overtop of their leotard instead of wearing tights. Skirts are not appropriate for jazz class. The wearing of t-shirts, tank tops, sweatshirts, loose fitting shorts and/or pants will be at the discretion of the individual instructor.

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

**Shoes:** Split sole jazz shoes, 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 the leotard and tights. Dancers may also opt to wear solid color leggings overtop of their leotard instead of wearing tights. Skirts are not appropriate for tap class. The wearing of t-shirts, tank tops, sweatshirts, loose fitting shorts and/or pants will be at the discretion of the individual instructor.

Boys should wear fitted dance pants and a fitted solid color t-shirt. Boys ages 11+ should 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 are encouraged to bring an exercise mat, however if they don't have one, mats will be available to borrow.

**Shoes:** None

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