

LAS VEGAS DANCE ACADEMY

Dress Code

Dance attire is designed so that the lines of the body and of the movement can be clearly seen. Being able to see the body clearly is very important in dance education so that proper dance technique can be learned, guided, and encouraged. This attire is also made to be comfortable for sweating and moving! Below is the appropriate attire for your student:

Prince/Princess Ballerina, Mommy and Me

Girls: Any color leotard, pink tights or pink socks, skirts and tutus optional, drawstring free ballet shoes.

Boys: Any color tee shirt tucked into shorts or leggings, ballet shoes.

Pre Ballet

Girls: Any solid color leotard, pink tights, drawstring free ballet shoes. No skirts.

Boys: Any color tee shirt tucked into shorts or leggings, ballet shoes.

Levels 1-2 Ballet (Beginners)

Ladies: Any solid color leotard, pink tights, pink drawstring free ballet shoes. No skirts.

Boys: white t-shirt and black fitted shorts or full length tights, black ballet shoes.

Levels 3-4 Ballet (Intermediates)

Ladies: Any solid color leotard, pink tights, pink drawstring free ballet shoes. Skirts may be worn at the teacher's discretion for the center work.

Boys: white t-shirt and black fitted shorts or full length tights, black ballet shoes, dance belt.

Advanced Ballet

Ladies: Any color leotard, pink or skin tone tights, pink or skin tone ballet shoes, skirts may be worn.

Boys: White leotard or fitted t-shirt with black full length tights, black ballet shoes, dance belt.

Jazz

Any color leotard with black or pink tights, fitted jazz pants, or fitted shorts. NO booty shorts or bare midriffs.

Biketards or unitards are also allowed. Jazz shoes.

Contemporary

Any color leotard or fitted shirt with black or pink tights, leggings, or fitted shorts. NO booty shorts or bare midriffs.

Footwear is up to the instructor's preference.

Tap

Any color leotard or fitted shirt with leggings or fitted shorts. NO booty shorts or bare midriffs. Tap Shoes.

Hip Hop

Shirt and shorts or pants that you feel comfortable moving in. NO booty shorts or bare midriffs. Clean street shoes.

Saturday Performance Ensemble

All Ladies: Any color leotard, pink or skin tone tights, ballet shoes.

All Boys: Fitted t-shirt with black tights, black ballet shoes.

NO bare midriffs or booty shorts, no logos, no offensive or inappropriate language or images on clothing for ANY class.

No gum chewing, jewelry, or loose clothing during class.

All Ballet Classes must have hair pulled back into a bun. This is extremely important for when we get to turns and jumps! Loose hair for ballet classes disrupts the dancer's ability to spot and can negatively affect their technique in turns and jumps.

Proper Hygiene for Dancers

We will get sweaty! So please just remember....

Your body and your dancewear should be washed daily.

Apply deodorant daily.

Keep underarm hair and legs (ladies), and facial hair (gentlemen) shaved and clean.

Undergarments should not be worn (except dance belts for the boys and men). Dance attire is designed to be worn without undergarments. No underwear is worn under your tightly fitting leotard and tights. Dancers do not need to wear underpants under their dance leotards and costumes just like they do not wear any under a bathing suit. If they are wearing tights these perform the same function as panties and socks. Your child will be getting sweaty and a dance leotard and tights are designed to keep a dancer dry and comfortable whereas underpants will become soggy, bunched, and uncomfortable. It is standard practice to ask young dancers to not wear panties or undies under their dance leotards and costumes for performances, recitals, and ballet exams. Dancing is all about aesthetics, which basically means looking good visually. Underwear that is hanging out, bunched up or pulled too low distracts from the aesthetics of the movement being created. Children's underwear is usually brightly colored, with patterns and images. It can sometimes be a little puffy or bulky around the butt. And because of this, their underwear can be really noticeable, very distracting, and quite uncomfortable under a pair of tights and a form-fitting leotard or costume. We want your child to be comfortable and focused while in class.

Enjoy your dance education experience with us! We deeply love this art form and are so thrilled that you have chosen us to teach you! We are going to have an incredible dance season this year!

Thank you for taking the time to read our Handbook and have a wonderful time dancing!!