

\* Please do not wear jewelry/watches in any class for safety reasons

\*Dancewear may be purchased at MPDC (in person) / Rosy Cheeks (in person) / [Discount Dance](#) (online)

### **Ballet**

Throughout history, dancers were required to wear “ballet pink” shoes and tights. The goal of this was to extend the lines and create a uniform look. However, this practice was not inclusive of BIPOC dancers and has been harmful over the years. We will whole-heartedly encourage and support dancers who want to extend their lines by wearing tights and shoes that match their skin tone. [FleshTone](#) is a website that describes and links items so that you can find the right fit and shade. Pointe shoes can be tricky. There are only certain brands and styles that are made in different shades, but FleshTone also has a page called “manual coloring” which links products that you can use to paint or pancake your pointe shoes.

Hair must be secured off the face in a bun or barretted braid. However, we will support dancers who have type 3 & 4 hair. We know that styling your dancer’s hair in a ballet bun can be damaging and time consuming. For this reason, dancers with these hair types do not need to wear their hair in a traditional ballet bun as long as it is secured away from their face and won’t impede them from spotting while they turn.

Mini Ballet & Ballet 1 - pink leotard, tights, ballet slippers

Ballet 2 & Ballet 3 - blue leotard, tights, ballet slippers

Ballet 4 & Ballet 5 - burgundy/maroon leotard, tights, ballet slippers

Ballet 6 - black leotard, tights, ballet slippers

Ballet 7 & Advanced Ballet - any colored leotard, tights, ballet slippers

Boys- hair must be secured off the face. A tight white or black solid shirt or leotard and black jazz pants, shorts or tights with ballet shoes

Adults - form fitting clothing and ballet shoes

### **Jazz/Leaps & Turns**

Hair must be secured away from the face

All levels - solid colored leotard or close-fitting top, jazz shorts, pants or tights, jazz shoes

Boys - T-shirt and shorts or jazz pants, jazz shoes

### **Hip Hop**

Comfortable clothing and clean sneakers (indoor shoes only - no outdoor shoes allowed on the dance floors)

### **Lyrical/Contemporary/Modern/Acro**

Hair must be secured away from the face

Close-fitting clothing and bare feet or lyrical ½ soles (barefoot only for Modern)

### **Stretch & Strengthen**

Hair must be secured away from the face

Close-fitting clothing and bare feet

Please bring: socks, a hand towel, a yoga mat, and a foam roller if you have one

### **Other Info**

\*Students dancing en pointe must take at least 2 ballet classes per week

\*Please bring a water bottle to all classes

\*No gum, food or soft drinks are allowed in the classrooms

\*A missed dance class may be made up by attending any other class during the same session

\*Children in the facility (who are not in a dance class) must be supervised by a parent or caregiver at all times and may not disrupt classes in any way

\*We would like students to wait for rides inside our facility for safety reasons

\*If our dress code prevents you from being able to participate or negatively impacts your mental health, please reach out to Valerie directly to figure out an alternative