



# FLEX Mandatory Dress Code 2024-2025



## Ballet/Tap Combo Classes

Solid black leotard (any sleeve length), ballet pink tights (no bare legs allowed), black ballet skirt (optional), long hair secured off of face. Gentlemen in black shorts or pants with close fitting black or white t-shirt.

Tap shoes and ballet slippers.



## Acting and Musical Theater Classes

Black sweatpants, shorts or leggings with a black or white t shirt or tank top. Long hair secured off face.

Bare feet or jazz shoes.



## Jazz, Theater Jazz, Contemporary and Conditioning Classes

Solid black leotard (any sleeve length), black leggings or bike shorts acceptable. Tan, pink or black tights are all acceptable (bare legs are not advisable.) Sweaters may be worn during warm up. Long hair secured off face.

Black or tan jazz shoes for jazz and theater jazz. Bare feet ok for contemporary and conditioning.



## Tap Classes

Any color may be worn. Comfortable sweatpants, shorts or leggings (no jeans). T-shirts, tank tops or sweatshirts (no crop tops). Long hair secured out of face (may be worn half up).

Any color or style of tap shoes. Please no split sole tap shoes.



## Ballet / Pointe Classes

Solid black leotard (any sleeve length), ballet pink tights (no bare legs allowed.) black ballet skirt or shorts (optional), close fitting black warm up sweater (optional), long hair secured in a bun. Gentlemen please wear black tights, shorts or pants with a close fitting white or black t-shirt or leotard. Dancers may be asked to remove skirts, shorts and other warmups at Instructor's discretion.

Ladies wear pink ballet slippers, gentlemen wear black.



## Hip Hop and Mini Hip Hop Classes

Any color may be worn. Comfortable sweatpants, shorts or leggings (no jeans). T-shirts, tank tops or sweatshirts (no crop tops). Long hair secured out of face (may be worn half up).

Tennis shoes or sneakers. Shoes must be specific to dance class and not worn outside. Jazz shoes are ok.





# FLEX Dress Code FAQ

## **Q: Why is a dress code necessary?**

### **A: Our Top 4 Reasons Why Dress Code Matters:**

1.SAFETY - We are here to give our students all of the best information about dance technique and body placement. But if we can't see our students' bodies, we can't help them achieve their goals. The dress code helps our instructors see that students are using the right muscles and alignment in order to learn the correct movements in class.

2.RESPECT - A dress code is one way students show respect for their peers and their instructors. It shows that the students are prepared to learn and are willing to save their fashion statements for outside of class. It also shows respect for the different styles of dance. Ballet and jazz require a more refined style of dress while tap and hip hop require more self expression and therefore have a more relaxed dress code.

3.FOCUS - A dress code minimizes distractions and helps dancers focus on their technique instead of what they are wearing.

4.COHERIVENESS - A dress code can help instructors and dancers better visualize what their choreography will look like and can create stronger bonds between dancers as they realize they are all working towards the same goals.

## **Q: Do you sell dance shoes at FLEX?**

**A: No, we don't sell dance shoes but we do have a shelf of donated gently used dance shoes that your dancer can either borrow or keep if they are their correct size.**

## **Q: Where can I purchase dance wear and shoes?**

**A: We have our own Discount Dance shop that you can find by [clicking here!](#) You will be able to click on the Dress Code you are interested in and it will show you examples of acceptable options. Our Teacher ID is 136479.**

Other websites to purchase dance wear and shoes are: amazon.com, dancewearsolutions.com, capezio.com, us.blochworld.com, dancewearcorner.com.

If you would like to shop locally, we recommend [Pink & Black](#) located at 874 Ricardo Ct. in SLO. Their hours are limited so we recommend contacting them before you head there to shop.

## **Q: Do adult classes have a dress code?**

**A: No, adults can wear whatever attire they feel most comfortable in.**

For ballet, we do recommend wearing snug-fitting clothing so the instructor can see the dancer's alignment.

## **Q: Does my child need to be in dress code for a Free Trial?**

**A: No, there is a 2-week grace period before a student is required to be in full dress code.**

For those new to dance, we do not expect you to come to your first class in full dress code. However, dancers should come to a Free Trial wearing appropriate and comfortable clothing that allows for easy movement. No crop tops or exposed midriffs please.