

## Dress Recommendations

We have one rule: **No shoes that are worn outside are allowed on our studio floor.** Please respect this!

We want you to feel comfortable and welcome to try different classes without buying specialized attire. Here are our recommendations for comfortable, practical, and fun things to wear to class.

### Ballet

#### *Footwear*

- Properly fitted **ballet slippers** are the best option. They should fit tightly like a sock, over tights or bare feet. We recommend getting fitted at a store that specializes in ballet attire.
- Any other tightly fitting and supple dance shoe purchased from a dance supply store can also be worn for ballet class. Students may wear, for example, dance teaching shoes or dance sneakers, which provide more support than ballet slippers.
- **Socks** or **bare feet** are also acceptable.
- Pointe shoes may be worn only with instructor approval.

#### *Hair*

- Long hair should be **tied back securely** in a ponytail, bun, headband, or other form that will remain in place while you move. See our YouTube channel for instructions on how to do a ballet bun.

#### *Clothing*

- **Leotard and tights** are the traditional attire for a ballet class. These can be purchased at any ballet clothing store. Traditionally, women & girls wear black leotards with light pink tights under the leotard. Men & boys wear white leotards with opaque black tights over the leotard. Any color is acceptable for our classes.
- **Any close-fitting and supple clothing** can be worn instead of leotard and tights. This includes leggings, close-fitting tank tops, and athletic shorts. Close-fitting clothing and/or bare legs & arms make it easier to observe how the body is working and to move with correct form.
- **Loose-fitting clothes** that are comfortable to move in are also acceptable.
- **Warm-up clothes** such as sweaters, sweatpants, and legwarmers are helpful as an outer layer at the beginning of class.
- Accessories such as ballet skirts and jewelry may be worn as long as they are tightly secured and do not get in the way of dancing.

### Capoeira

#### *Footwear*

- **Bare feet** or **indoor athletic shoes** that are lightweight and supple are appropriate for indoor capoeira classes and rodas. Only **shoes that have not been worn outside** will be allowed on the studio floor.
- Any comfortable outdoor shoes may be worn for outdoor rodas.

#### *Hair*

- Any hair style is acceptable.

#### *Clothing*

- **Comfortable athletic clothing** should be worn for capoeira. For example: pants, leggings, or shorts with a tank top, t-shirt, or hoodie.
- White capoeira pants are welcome but not required.

### Flamenco

#### *Footwear*

- **Character dance shoes, flamenco shoes, or folk dance shoes** with heels are the best option. These will give the most support and the best sound for foot stomps. Please note that men's dance shoes should also have heels for flamenco dance.
- **Nails** on the bottom of flamenco or other dance shoes should be **covered with moleskin** for use on our studio floor.
- **Please do NOT wear heels that are not intended for dance.** They will not offer sufficient support for your feet and ankles.
- Any **sneakers** or other supportive shoes **that have not been worn outside** can also be used for class.

#### *Hair*

- Any hair style is acceptable.

#### *Clothing*

- Any **comfortable athletic or dance clothing** may be worn.
- **Flamenco skirts** are helpful for learning women's and girls' steps.
- Any **other long dance skirt**, such as a character skirt or belly dance skirt, may also be used.
- Skirts will not be used for the entire class. **Pants, shorts, or leggings must be worn underneath** so that skirts can be removed.

### Conditioning

#### *Footwear*

- **Bare feet** or **socks** will be used in most cases.
- If you need more foot support for standing exercises, you may bring clean **sneakers that have not been worn outside, or soft dance shoes** (see description for ballet footwear).

#### *Hair*

- Any hair style is acceptable.

#### *Clothing*

- Any **comfortable athletic or dance clothing** may be worn.
- **Close-fitting clothing** is recommended, in order to observe and work on details of correct form.

