



BalletMet Dance Academy Pre-Professional Program - Dress Code

Dancers are participating in a disciplined art form that requires disciplined preparation. Clothes and shoes should be marked with the student's name and kept in a dance bag to insure that all items are ready for class. Pre-Professional students will have a designated locker in the changing rooms.

Ballet Class and Rehearsal

Female Students are required to have each of the following:

- Mirella Leotard **M207L** in White, Black and Periwinkle
- Mirella skirt, style **MS12** in Black and Periwinkle
- Pink tights, pink ballet and pointe shoes.
- White Tutu base to be ordered from 'Primadonna Tutus' through BalletMet.

- **Daily Class** - all other leotards, black (equal on both shoulders, no halters, turtlenecks, zippers, see through fabric, or color insets or stripes), pink tights (tights **must** be worn under the leotard and in the shoe), pink ballet slippers and/or pointe shoes (when appropriate). Ballet slippers must have elastic sewn across the instep and tights must cover the feet (not rolled up to the ankle). The only acceptable sweater for warmth is a black or pink Capezio wrap sweater is appropriate for students to wear to warm their upper body. No extraneous clothing (skirts, leg warmers, pants, sweatpants, etc.) is to be worn for class.

Male Students are required to have each of the following:

- Mirella Men's tights **MR607** in Black and Grey
- Snug fitting white t-shirts or white tank leotard, white socks, white ballet slippers, dance belt.
- Males must have tights that meet the top of their white socks, or slip into their shoes at all times. Rolled up tights with bare feet in the shoes are unhygienic and unacceptable.

Modern

Female Students:

- Any solid colored leotard or unitard, black footless tights and bare feet.

Males Students:

- White T-shirt, dance belt, black footless tights and bare feet.

Jazz and Modern Jazz

Female Students:

Any solid colored leotard or unitard, black tights **AND** black jazz pants (tight fitting), and regulation jazz shoes. Hair pulled back away from the face.

Male Students:

White T-shirt, any solid colored leotard or unitard, black tights or black jazz pants (tight fitting), and regulation jazz shoes (black preferred). Please, **NO jazz sneakers or jazz clogs.**

Flamenco and Character

Female Students:

- Black Character Skirt, (no ribbons), hook & eye closure, mid calf length, from: <http://www.characterskirt.com>
Email: lilly@characterskirt.com
- Black leotard and pink or black tights.
- Black character shoes.

Males Students:

- White T-shirt, black tights or tight fitting pants, dance belt, and character shoes

Pilates & Yoga

Leotard and tights, or any comfortable clothing if permitted by the instructor. Bare feet or socks. A mat is required.

Hair Requirements

Hair must be fixed in place close to the head, without exception. There are to be no hanging braids of any kind, or beads. No bangs or wispies.

E.G.

- French braided with the ends tucked in and pinned.
- High ponytail, ends tucked under, all placed in a hairnet and pinned to head.
- High ponytail, braid ponytail, tuck under, place in hairnet and pin to head.
- Hair too short for ponytail and above options can be held in place with a headband.
- French Twist

Additional requirements

- **Therabands will be used in some exercise and ballet classes.** A Theraband will be available to students at the front desk for \$4 each. Again, be sure that the student's name appears on the band.
- **Notebooks and pencils** should be brought to all classes to take notes.

Academic Classes

- History of Dance textbooks will be ordered directly through BalletMet.
- Notebooks will be required for academic classes. Printing of assignments may be done on the BalletMet photocopier when necessary.