

# **MDA DRESS CODE FOR SUNDRIDGE DANCE CLASSES**

(please ensure a proper fit for all dance wear)

## Intro to Dance

A Bodysuit, Beige, pink or white tights, Black or Pink dance slippers, hair in bun or ponytail and off of face

## Jazz/Hip Hop

Black Track or Yoga pants, tight fitting tank (boys wear T-Shirt) clean indoor black running shoes, hair in bun or ponytail and off of face

## Acro/Musical Theatre

Black body suit, black dance shorts, bare legs or footless tights, bare feet, hair in bun or ponytail and off of face

## Adult Classes

Comfortable exercise wear and appropriate dance shoes for each class

## PROHIBITED IN CLASS:

- 1) Jewellery of any kind for safety (watch, earrings, necklaces, rings, bracelets, body piercing jewellery, etc.)
- 2) Unsuitable clothing not designed for dance and that restricts the freedom of movement (sweaters, pants, hoodies, loose shirts, etc.) \* Leg Warmers and proper warm up wear is acceptable during the "Warm up" portion of a class

## WHY A PROPER DRESS CODE IS SO IMPORTANT?

The dancer's body is the instrument by which the dancer expresses the beauty of their art. Of equal importance to the actual physical training, is the care and respect that the dancers must practice in order to maintain and enhance this beautiful yet fragile instrument. When a dancer, be they a student or a practising artist, is properly groomed and dressed appropriately for class or rehearsal, they feel more focused and work productively.