

MDA DRESS CODE FOR DANCE CLASS

(please ensure a proper fit for all dance wear)

Jazz

A black body suit, beige tights, **black slip on Jazz Shoes**, Dance shorts and bare legs optional, hair in bun or ponytail and off of face

Ballet

A black bodysuit, ballet pink convertible tights, **pink ballet slippers**, skirt optional for Saturday Ballet Classes only, hair in bun and off of face

Tap

A black body suit, beige tights, **black Tap Shoes**, dance shorts and bare legs optional, hair in bun or ponytail and off of face

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

Musical Theatre

Black body suit, black dance shorts, **black Jazz shoes**, hair in bun or ponytail and off of face

Acrobatics

Black bodysuit, beige footless tights or black dance shorts, bare feet, bare legs with shorts optional, hair in bun or ponytail and off of face

Contemporary

Black bodysuit, beige footless tights or black dance shorts no tights, Contemporary Socks (purchased at Studio), hair in bun or ponytail and off of face

Technique Class

Black bodysuit & black dance shorts or Black Unitard with attached shorts bare feet, bare legs, Toe Stretchers \$60.00, hair in bun and off of face, *Rental Fee of \$25.00 will be charged for use of Studio Equipment (Ring, Yoga Block, Theraband, Sticks, Elastic Bands, Etc)

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.