



FLEX MANDATORY DRESS CODE 25'-26'

BALLET/TAP COMBO



- Solid Black Leotard (any sleeve length)
- Ballet Pink Tights (no bare legs)
- Black Ballet Skirt (optional)
- Long hair secured off face.
- Gentlemen in black shorts or pants with close fitting black or white t-shirt.



BALLET/POINTE



- Solid Black Leotard
- Ballet Pink Tights
- Black Ballet Skirt or Shorts (Optional)
- Long hair secured in bun.
- Gentlemen in black shorts or pants with close fitting black or white t-shirt.
- Ladies wear Pink Ballet Slippers.
- Gentlemen wear Black Ballet Slippers.



JAZZ, THEATER JAZZ, CONTEMPORARY, & CONDITIONING



- Solid Black Leotard (any sleeve length)
- Ballet Leggings or Bike Shorts
- Black Ballet Skirt (optional)
- Tan, Pink, or Black Tights
- Long hair secured off face.
- Black or Tan Jazz shoes.
- Bare feet okay for Contemporary & Conditioning



TAP



- Any color tap shoes can be worn.
- Comfortable sweatpants, shorts, or leggings.
- T-Shirts, Tank Tops, or Sweatshirts (no crop tops)
- Long hair secured out of face.



ACTING & MUSICAL THEATER



- Black sweatpants, shorts, or leggings.
- Black or white T-Shirt, or Tank Top
- Long hair secured off face.
- Bare feet or Jazz shoes.



ALL HIP HOP



- Comfortable sweatpants, shorts, or leggings.
- T-Shirts, Tank Tops, or Sweatshirts (no-crop tops)
- Long hair secured out of face
- Any colors may be worn.
- Tennis shoes or sneakers. **Shoes must be specific to dance and not worn outside.** Jazz shoes are okay.



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.COHESSION** - 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: 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.*

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, danceweareolutions.com, capezio.com, us.blochworld.com, dancewearcorner.com.*