

FLEX DRESS CODE

2026-2027
SEASON



BALLET/TAP COMBO

GIRLS

- Leotard (any sleeve length).
- Ballet Pink Tights.
- Pink Ballet Shoes & Black Tap Shoes
- *OPTIONAL* Ballet Skirt

BOYS

- Solid Colored T-Shirt
- Black Joggers
- Black Ballet Shoes & Black Tap Shoes

HAIR

Hair
secured
and out
of face.



BALLET/POINTE

GIRLS

- Leotard (any sleeve length).
- Ballet Pink Tights.
- Pink Ballet Shoes/Pointe Shoes
- *OPTIONAL* Ballet Skirt

BOYS

- Solid Colored T-Shirt
- Black Joggers
- Black Ballet Shoes

HAIR

Hair
secured in a
ballet bun.

No Loose
Hair.



JAZZ, THEATER JAZZ, CONTEMPORARY, & CONDITIONING

- Leotard or top you can easily move in.
(No Crops, Hoodies, Ultra Baggy or Inappropriate logos)
- Leggings, shorts with tights, or pants that you can move in.
(No jeans or bare legs.)
- Jazz shoes of any color.
- Contemporary may wear half-soles or bare feet.
- Hair secured out of face.



TAP

- Leotard or top you can easily move in.
(No Crops, Hoodies, Ultra Baggy or Inappropriate logos)
- Leggings, shorts with tights, or pants that you can move in.
(No jeans)
- Tap shoes of any color.
- Hair secured out of face.



HIP-HOP

- Leotard or top you can easily move in.
(No Crops, Hoodies, Ultra Baggy or Inappropriate logos)
- Leggings, shorts with tights, or pants that you can move in.
(No jeans)
- Jazz shoes of any color.
- Hair secured out of face.



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.COHERSIVENESS** - 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](https://www.amazon.com), [dancewearsolutions.com](https://www.dancewearsolutions.com), [capezio.com](https://www.capezio.com), [us.blochworld.com](https://www.us.blochworld.com), [dancewearcorner.com](https://www.dancewearcorner.com).