

FLEX Performing Arts Dress Code
Effective August 16th, 2021

Preschool and Kinder Classes

- Black leotard (any sleeve length)
- Pink tights
- Black ballet skirt (optional)
- Ballet slippers (leather or canvas, not satin)
- Tap shoes (for this age any style is acceptable)
- Long hair secured off face and neck, short hair secured off of face
- Gentlemen please wear black shorts or pants with a close fitting black or white t shirt
- Exception to this is Mini Hip Hoppers and Hip Hop/Jazz Combo (see hip hop dress code)

Ballet, Pre Pointe and Pointe

- Black leotard (any sleeve length)
- Pink tights
- Black ballet skirt or shorts (optional and at the discretion of the instructor)
- Close fitting warm up sweaters are allowed at the discretion of the instructor and must be removed after warm up
- Ballet slippers (leather or canvas) or pointe shoes for approved students
- Gentlemen please wear black shorts or pants with a close fitting black or white t shirt, black ballet shoes
- Long hair secured in a bun, short hair secured off of face

Jazz, Conditioning, Modern, Contemporary, Theater Jazz

- Black leotard (any sleeve length)
- Tan, black or pink tights all acceptable
- Black leggings, bike shorts or ballet shorts are acceptable
- Close fitting warm up sweaters are allowed at the discretion of the instructor and must be removed after warm up
- Jazz shoes for jazz and theater jazz (for class either black or tan are acceptable, however, keep in mind that depending on their costume we will require a specific color for performances, ultimately it may be beneficial to have a pair of each black and tan)
- Bare feet for conditioning, modern and contemporary
- For Theater Jazz ages 12+ character heels may be used with approval from the instructor
- Gentlemen please wear black shorts or pants with a close fitting black or white t shirt
- Long hair secured off face and neck, short hair secured off of face

Acting and Musical Theater

- Black sweatpants, shorts or leggings (no jeans)
- Black or white t shirt or tank top
- Jazz shoes or bare feet (please do not wear only socks)
- Long hair secured off face and neck, short hair secured off of face

Tap and Hip Hop

- Any color may be worn
- Comfortable sweatpants, shorts or leggings (no jeans)
- T shirts, tank tops, sweatshirts (no crop tops or bra tops)
- Hair secured off face (hair may be worn half up as long as it is secured off the face)
- Tap shoes for tap classes (no split sole tap shoes please, once feet have stopped growing we recommend investing in a high quality pair of Oxford style tap shoes)
- Tennis shoes/sneakers for hip hop classes (these shoes need to be specific to dance class, please do not wear your dance shoes outside)
- Historically and culturally speaking what you wear for tap and hip hop should be an expression of self, this is the reasoning for the relaxed dress code.

Adults

- Dress code does not apply to adult classes, adults please wear whatever you are comfortable dancing in with the appropriate footwear. However, if an adult is taking a non adult specific class please adhere to the dress code.

*At FLEX we support gender neutral dress, for any questions please email flexperformingarts@gmail.com

*Close fitting clothing is important for certain classes such as ballet and jazz in order for the instructor to make sure dancers have proper alignment and technique. Instructors need to make sure students are holding and moving their body in the proper way to support the health and safety of the dancers. For this reason our dress code is mandatory for all students. However, if dancers are uncomfortable with this for reasons of insecurity, body dysmorphia or body dysphoria please speak directly to Brianna or email her at flexperformingarts@gmail.com. Let's work together to figure out a solution. We don't want body image to be the reason someone doesn't dance. Any and all exceptions to the dress code need to be approved by Brianna.