

# NDAD DRESS CODE

## **MOMMY & ME / PREDANCE**

Pink leotard of choice  
Ballet pink tights  
Pink leather ballet slippers

### **Optional Items**

Matching dance skirt, dance shrug or wrap sweater (must be snug)

\* **Mommy can wear exercise clothes of choice - ballet slippers\***

## **PRESCHOOL BALLET**

Pink or black leotard of choice  
Ballet pink tights  
Pink leather ballet slippers

### **Optional Items**

Matching dance skirt, dance shrug or wrap sweater (must be snug)

## **TAP/JAZZ COMBO**

One or two piece leotard of choice  
Footed tights  
Black patent tap shoes (oxford for boys, Mary Jane for girls)  
Pink or black ballet slippers for jazz portion

## **BALLET**

Black one piece leotard tank style black bodysuit - high back (**EXAMS**)  
Ballet Pink seamless ballet tights

**Boys** - black or white tight tank top  
Black tight dance shorts or leggings

### **Ballet Footwear**

Pink leather or canvas slippers with elastics sewn  
Black or white leather or canvas for boys with elastics attached  
Competitive students require split-sole ballet slippers.

### **Optional Items**

Long-sleeve leotards are permitted as well during the winter months for younger students.  
Alternate black leotards are optional if not taking exams.  
Form fitting dance shorts, cropped sweaters, shrugs and sheer skirts are the only acceptable accessories worn in ballet.  
Skirts must be lightweight and see through, as it is important to visualize the alignment of the spine and turnout of the legs.

## **HIP HOP**

Dance and sportswear are still required. It can be baggy and layered.  
There should be no buckles, belts, zippers, or cords on students clothing.  
Proper coverage and support is required. Students tend to work up a sweat in this class, therefore T-shirts and tank style tops are preferable, and boys should wear soccer or basketball style shorts.

### **Footwear:**

Indoor running shoes or black jazz sneakers - black will be required for recital  
Competitive students may be required to purchase specific shoes for performance

## **LYRICAL/CONTEMPORARY & ACROBATICS**

Leotard or unitard of choice must be worn, with convertible or footless tights.

No baggy pants, shorts, shirts or cover-ups.

**Two piece items not allowed for acrobatics.**

Barefoot for acrobatics

Foot undies or thongs are allowed and preferred for lyrical/contemporary

### **Optional Items**

Snug fitting dance skirts, shorts and sweaters are allowed for lyrical/contemporary

## **TAP, JAZZ & MUSICAL THEATER**

One or two piece dance leotard must be worn in color and style of choice.

It must be form fitting and made of appropriate stretch material.

**Absolutely no tank tops or T-shirts of any kind allowed.**

### **Optional Items**

Dance shrug or wrap sweater (must be snug) -

Dance shorts for jazz and dance pants or capris for tap (must not be too long)

Knee pads

### **Boys -**

Athletic dance shorts or pants that are fitted and not oversized with pain fitted tank top or T-shirt

### **Tap Footwear:**

**Beginner & Junior Girls:** Black Mary-Jane style tap shoes.

**No oxfords for this level please**

**Boys:** Black Tap Oxford

**Int - Adv. Tap:** black split -sole tap oxfords.

### **Jazz Footwear:**

Black slip on jazz boot, or oxfords may be worn for beginners and juniors

Competitive students require the jazz boot.

## **COUPLES SWING**

Comfortable, lightweight clothing you can move freely in. You will get warm.

Clean indoor shoes you plan to dance in. Ladies should start with a canvas running shoe before attempting heels.



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