



DRESS CODE

2018/2019 DANCE SEASON

The dress code here at Polaris is designed to provide a structured environment for our dancers. Some classes, such as our classical ballet classes, require a strict dress code to be maintained at all times. Other classes, such as our hip hop classes, emphasize the importance of personal expression through dance clothing, and therefore don't have many specifications.

Below you can find the specific dress code for each class offered at Polaris. Please be sure to follow the dress code at all times. Classes will have a "two strike" policy. Dancers will receive one warning if they break dress code, and on the second they will be required to sit and observe the class rather than participate. We don't want this to happen, so please be sure the dancer is well prepared for each class ahead of time.

Dancewear (leotards, tights, shoes, etc.) can be purchased at the following locations:

- Online (on websites such as Amazon or discount dance)
- Through the studio – if you know what items you need fill out a special order form for it and we'll order it through Dancer's Wardrobe for you!
- At local dancewear boutiques:
 - **Dancer's Wardrobe** is the closest dancewear store to our studio, and will have a copy of the dress code available at the store for your convenience. Business cards for Dancer's Wardrobe are located at the front desk of the studio, and if you present the business card at the checkout you will receive 5% off of your purchase (they also offer a 10% military and law enforcement discount for active duty and retired personnel).
 - **Heather's Dancewear Boutique** is located in Manassas, but does not have a copy of this dress code available at the store, so be sure to bring a copy with you.

Any additional questions about the dress code can be directed to Dana Saether (dsaether.polaris@gmail.com). Questions about ordering dancewear from the studio can be directed to Margaret Ferry (mferry.polaris@gmail.com). The Polaris team thanks you for your cooperation, and looks forward to a great dance year!

LITTLE DIPPERS

To minimize distractions and maximize a fun and educational time in the classroom, our Polaris little dippers are required to follow a simple dress code for each class. We also like to recommend that the dancer has a dance bag to keep his or her belongings in, especially their shoes. For classes with multiple styles of dance, dancers will wear the same leotard and tights for the duration of the class, but will change their shoes half way through.

BALLET/TAP

Leotard	Tights	Ballet Shoes	Tap Shoes
BLOCH CL5602 Cap-sleeve leotard in TURQUOISE	Footed EDGE Ballet Pink Tights	Bloch Dansoft FULL SOLE ballet shoes in Ballet Pink	Bloch Annie Tvette Tap Shoes in BLACK

HIP HOP

Leotard	Shorts	Hip Hop Shoes
BLOCH CL5602 Cap-sleeve leotard in TURQUOISE	Athletic Leggings (Preferably Black)	Any sneakers that are NOT worn outside of the studio (worn with any socks)

- Dancers may wear dance skirts or dancer sweaters (please be sure these are dance clothes, no regular street clothing will be allowed in class)
- Hair must be in a bun, with all loose pieces pinned or hair sprayed back away from the face (if hair is too short for a bun, be sure it is pinned away from face)
- Hip hop dancers may wear hair in a ponytail with all loose pieces pinned back

FUNDAMENTALS

To minimize distractions and maximize a fun and educational time in the classroom, our Polaris fundamentals are required to follow a simple dress code for each class. We also like to recommend that the dancer has a dance bag to keep his or her belongings in, especially their shoes. For classes with multiple styles of dance, dancers will wear the same leotard and tights for the duration of the class, but will change their shoes half way through.

BALLET/JAZZ

Leotard	Tights	Ballet Shoes	Jazz Shoes
BLOCH CL5602 Cap-sleeve leotard in AUBERGINE	Footed EDGE Ballet Pink Tights	Bloch Dansoft FULL SOLE ballet shoes in PINK	Bloch Neoflex Jazz Shoes in TAN

BALLET/TAP

Leotard	Tights	Ballet Shoes	Tap Shoes
BLOCH CL5602 Cap-sleeve leotard in AUBERGINE	Footed EDGE Ballet Pink Tights	Bloch Dansoft FULL SOLE ballet shoes in PINK	Bloch Annie Tyette Tap Shoes in BLACK

HIP HOP

Leotard	Shorts	Hip Hop Shoes
BLOCH CL5602 Cap-sleeve leotard in AUBERGINE	Athletic Leggings (Preferably Black)	Any sneakers that are NOT worn outside of the studio (worn with any socks)

- Dancers may wear **BLACK** dance skirts or dance sweaters (please be sure these are dance clothes, no regular street clothing will be allowed in class)
- Hair must be in a bun, with all loose pieces pinned or hair sprayed back away from the face (if hair is too short for a bun, be sure it is pinned away from face)
- Hip hop dancers may wear hair in a ponytail with all loose pieces pinned back

CLASSICAL BALLET

The ballet dress code for Polaris is particularly specific. The dress requirements for any ballet classroom are typically simple, elegant and designed to emphasize the technique of the dancer. Every student in the classroom should be dressed in the exact same uniform to maintain the professional nature of learning a classical art. The pieces for each of the ballet levels at Polaris are chosen carefully to provide the best learning environment for the dancer, in which dress is an important part of the curriculum.

Level	Tights	Shoes	Leotard
I	Transition EDGE Ballet Pink Tights (no seam)	Capezio Hanami stretch canvas ballet shoe (PINK)	Mirella M515CD PERIWINKLE
II	Transition EDGE Ballet Pink Tights (no seam)	Capezio Hanami stretch canvas ballet shoe (PINK)	Capezio TC0053C / TC0053W DEEP PURPLE
III	Capezio #18 Ballet Pink transition tights SEAMED	Capezio Hanami stretch canvas ballet shoe (PINK)	Mirella M207LD NAVY
IV	Primasoft Ballet Pink Tights (seamed)	Capezio Hanami stretch canvas ballet shoe (PINK)	Capezio TC0048W BLACK
BOYS (ALL LEVELS)	Capezio MD11 Men's tights in BLACK Capezio Men's dance belt in BLACK (required for levels III+, optional for levels I&II)	Capezio Hanami stretch canvas ballet shoe (BLACK)	Bodywrapper's M400 Men's dance t-shirt (WHITE) OR Bodywrapper's B400 Boy's dance t-shirt (WHITE)
ADULT	Transition EDGE Ballet Pink Tights (no seam)	Capezio Hanami stretch canvas ballet shoe (PINK)	Any BLACK leotard

- Hair must be worn in a neat bun, with all loose hairs and fly-aways pinned/hair sprayed back
- **NO** skirts or shorts will be permitted in class
- Dancers are permitted to have legwarmers or **dance** sweaters for the barre portion of the class (please no hoodies, sweatpants, t-shirts or any street clothes in class)
- Dancers' shoes must remain **on** for the duration of the class

Style	Tights	Shoes	Leotard	Other
JAZZ	Transition EDGE Light Tan Tights	Bloch Phantom Stretch canvas jazz shoe (TAN)	Any style black leotard	Hair must be in a bun or braid with all loose pieces pinned back (NO bangs in face) Dancers may wear tight fitting shorts/dancewear clothing over leotards (per instructor's permission)
TAP	Transition EDGE Light Tan Tights OR socks	Levels I-II Capezio Fluid Tap tap shoes (BLACK) or Bloch Tapflex tap shoes *slip- on preferred over lace up (BLACK) Levels III-IV Bloch Tapflex tap shoes *slip-on preferred over lace up (BLACK)	Any style black leotard	Hair must be in a bun or braid with all loose pieces pinned back (NO bangs in face) Dancers may wear shorts/dancewear clothing over leotards (per instructor's permission)
CONTEMPORARY (ALL LEVELS)	Capezio #1961 Light Suntan STIRRUP tights	Capezio Footundeez (closest to skin tone) Or Barefoot BOYS: Can wear footundeez or go barefoot	Any style any color leotard	Hair must be in a bun or braid with all loose pieces pinned back (NO bangs in face) Dancers may wear dance shorts or other tight fitting dance/athletic clothing over their leotard Loose fitting clothing may be worn for warm ups (per instructor's permission)

<p style="text-align: center;">CONTEMPORARY BALLET (ALL LEVELS)</p>	<p>Transition EDGE Ballet Pink Tights (no seam)</p>	<p>Capezio Hanami stretch canvas ballet shoe (PINK)</p> <p>BOYS: Capezio Hanami stretch canvas ballet shoe (BLACK)</p>	<p>Any style black leotard</p>	<p>Hair must be in a bun with all loose pieces pinned back</p> <p>Black skirts are optional (NO SHORTS)</p> <p>THIN Nude knee pads recommended for Mr. Philip Rosemond's classes</p>
<p style="text-align: center;">LYRICAL (ALL LEVELS)</p>	<p>Capezio #1961 Light Suntan STIRRUP tights</p>	<p>Capezio Footundeez Nude or Light Suntan (closest to skin tone) Or Barefoot</p> <p>BOYS: Can wear footundeez or go barefoot</p>	<p>Any style any color leotard</p>	<p>Hair must be in a bun or braid with all loose pieces pinned back (NO bangs in face)</p> <p>Dancers may wear dance shorts or other tight fitting dance/athletic clothing over their leotard Loose fitting clothing may be worn for warm ups (per instructor's permission)</p>
<p style="text-align: center;">MODERN (ALL LEVELS)</p>	<p>Capezio Ballet Pink Footless Tights preferred, transition rolled up if necessary</p>	<p>Capezio Footundeez Nude or Light Suntan (closest to skin tone) optional</p> <p>BOYS: Can wear footundeez or go barefoot</p>	<p>Any style black leotard</p>	<p>Hair must be in a bun with all loose pieces pinned back</p> <p>NO SHORTS OR SKIRTS</p> <p>THIN Nude knee pads recommended for Mr. Philip Rosemond's classes</p>
<p style="text-align: center;">MUSICAL THEATER (ALL Levels)</p>	<p>Transition EDGE Light Tan Tights</p>	<p>Bloch Phantom Stretch Canvas Jazz Shoe (TAN)</p>	<p>Any style any color leotard</p>	<p>Hair must be in a bun or braid with all loose pieces pinned back (NO bangs in face)</p> <p>Dancers may wear dance shorts or other tight fitting dance/athletic clothing over their leotard. Loose fitting clothing may be worn for warm ups (per instructor's permission)</p>

HIP HOP (ALL LEVELS)	No tights required Athletic pants/leggings or shorts ideal	Black sneakers with white soles- NOT to be worn outside of the studio	No leotard required Athletic or loose fitting top ideal- NO midriff or sports bras	Hair should be up and out of the face (a ponytail is recommended but not required)
IMPROV	No tights required	Capezio Footundeez Nude or Light Suntan (closest to skin tone) OR Bloch Phantom Stretch canvas jazz shoe (TAN) OR Capezio Pirouette Turners (NUDE)	Any style any color leotard	Hair must be in a bun or braid with all loose pieces pinned back (NO bangs in face) Dancers may wear dance shorts or other tight fitting dance/athletic clothing over their leotard Loose fitting clothing may be worn for warm ups (per instructor's permission)
ACRO	Capezio Light Suntan Footless Tights preferred, transition rolled up if necessary	Barefoot (no socks or tights covering feet to avoid risk of slipping)	Any style any color leotard	Hair must be in a bun or braid with all loose pieces pinned back (NO bangs in face) Dancers may wear dance shorts or other tight fitting dance/athletic clothing over their leotard (NO loose fitting clothing)
LEAPS AND TURNS	Any tights (footless or transition, tan) or leggings	Bloch Phantom Stretch canvas jazz shoe (TAN) (unless otherwise dictated by the instructor)	Any style any color leotard	Hair must be in a bun or braid with all loose pieces pinned back (NO bangs in face) Dancers may wear dance shorts or other tight fitting dance/athletic clothing over their leotard. Loose fitting clothing may be worn for warm ups (per instructor's permission)
POM	Transition EDGE Light Tan Tights	Bloch Phantom Stretch canvas jazz shoe (TAN)	Any style any color leotard	Hair must be in a bun or braid with all loose pieces pinned back (NO bangs in face) Dancers may wear dance shorts or other tight fitting dance/athletic clothing over their leotard. Loose fitting clothing may be worn for warm ups (per instructor's permission)

<p>CONDITIONING AND FLEXIBILITY</p>	<p>No tights required</p> <p>Athletic pants/leggings or shorts ideal</p>	<p>Sneakers that ARE NOT worn outside of the studio for the strength portion of the class</p> <p>Barefoot for the stretch portion of class</p>	<p>No leotard required</p> <p>Athletic or tight fitting top ideal- NO midriff or sports bras without shirts</p>	<p>Hair must be in a bun or braid with all loose pieces pinned back (NO bangs in face)</p>
<p>BOYS</p>	<p>Boys must wear tights for ballet classes (specified in classical ballet section)</p> <p>In all other classes boys may wear any BLACK dance or athletic shorts or pants</p>	<p>Boys will wear the shoes specified under each style above</p>	<p>All classes require boys to wear Bodywrapper's M400 Men's dance t-shirt (WHITE) OR Bodywrapper's B400 Boy's dance shirt (WHITE)</p>	<p>Hair should be out of the face</p>