



DRESS CODE

CURRENT 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 the 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)
- At dancewear boutiques:
 - **Ellman's**
19 S Belmont Ave, Richmond, VA 23221
<https://www.ellmansdancewear.com/>
 - **Heather's**
8759 Mathis Ave, Manassas, VA 20110
<http://hdbdancewear.com/>
 - **Liesl Dancewear**
14073 Crown Ct. Woodbridge, VA 22193
<https://www.lieslshop.com/>
 - **The Cinnamon Tree**
1108 Herndon Pkwy, Herndon, VA 20170
<https://danceatadiscout.com/>

Any additional questions about the dress code can be directed to Ashley Grider (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 their 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 GIRLS

Leotard	Tights	Ballet Shoes	Tap Shoes
Short sleeve leotard in PINK	Footed Ballet Pink tights	Bloch Dansoft FULL SOLE ballet shoes in PINK	Bloch Annie Tvette Tap Shoes in BLACK

BALLET/TAP BOYS

Shirt	Pants	Ballet Shoes	Tap Shoes
Athletic T-shirt in WHITE	Leggings or dance pants in BLACK	Bloch Dansoft FULL SOLE ballet shoes in BLACK	Full Sole Tap Shoes in BLACK

HIP HOP GIRLS

Leotard	Tights	Shoes
Short sleeve leotard in PINK	Any color leggings or shorts	WHITE LOW TOP sneakers with white soles- NOT to be worn outside of the studio.

HIP HOP BOYS

Shirt	Pants	Shoes
Athletic T-shirt in WHITE	Any color leggings or shorts	WHITE LOW TOP sneakers with white soles- NOT to be worn outside of the studio.

- Dancers may wear short sleeve leotard with an **attached** skirt if they would like to wear a skirt. Separate skirts will not be permitted
- Dancers may wear 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
- Shoes listed above must be worn for recital

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 their 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.

Style	Leotard	Tights	Shoes
Acro	Short sleeve leotard in BLACK	No Tights Leggings or shorts	No Shoes
Ballet/Jazz	Short sleeve leotard in BLACK	Footed Ballet Pink tights	Bloch Dansoft FULL SOLE ballet shoes in PINK Bloch Super jazz jazz shoes in TAN
Ballet/Tap	Short sleeve leotard in BLACK	Footed Ballet Pink tights	Bloch Dansoft FULL SOLE ballet shoes in PINK Bloch Annie Tyette tap shoes in BLACK
Hip Hop	Short sleeve leotard in BLACK	Leggings or shorts	WHITE LOW TOP sneakers with white soles- NOT to be worn outside of the studio.
Musical Theater/Jazz	Short sleeve leotard in BLACK	Leggings or shorts	Bloch Super jazz jazz shoes in TAN

- Dancers may wear dance skirts that match their leotard 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
- Shoes listed above must be worn for recital

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	Leotard	Tights	Shoes
1	Any short sleeve leotard in BLACK	Capezio transition Ballet Pink tights (no seam)	Capezio Hanami or So Danca Bliss (SD-16) (PINK)
2	Any tank leotard in BLACK	Capezio transition Ballet Pink tights (no seam)	Capezio Hanami or So Danca Bliss (SD-16) (PINK)
3	Any camisole leotard in BLACK	Capezio transition Ballet Pink tights (no seam)	Capezio Hanami or So Danca Bliss (SD-16) (PINK)
4/5	Any style leotard in BLACK	Capezio transition Ballet Pink tights (no seam)	Capezio Hanami or So Danca Bliss (SD-16) (PINK)
Boys (all levels)	Men's dance t-shirt (WHITE) OR Boy's dance t-shirt (WHITE)	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 or So Danca Bliss (SD-16) (BLACK)
Adult	Any BLACK leotard	Transition Ballet Pink tights (no seam)	Canvas ballet shoe (PINK)

- 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

ALL LEVELS

The dress requirements for our classrooms are simple, elegant, and designed to emphasize the technique of the dancer. Every student in the classroom should be dressed in tight fitting dance or athletic wear to maintain the professional nature of learning any dance style. The pieces for each of the 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.

Style	Leotard	Tights	Shoes
Acro	Any style any color leotard	No tights required Athletic pants/leggings or shorts	Barefoot
Contemporary	Any style any color leotard	No tights required	Barefoot
Hip Hop	No leotard required Athletic or loose fitting top ideal– NO midriff or sports bras	No tights required Athletic pants/leggings or shorts	WHITE LOW TOP sneakers with white soles- NOT to be worn outside of the studio. Either the Nike Air or a similar looking shoe.
Jazz	Any style black leotard	Transition Light Tan Tights	Bloch Super Jazz jazz shoe (TAN)
Leaps & Turns	Any style any color leotard	Transition Light Tan Tights	Bloch Super Jazz jazz shoe (TAN)
Lyrical	Any style any color leotard	Capezio #1961 Light Suntan STIRRUP tights	Body Wrappers "Twyla" (NUDE) or Barefoot Boys: Footundeez or go barefoot
Musical Theater	Any style any color leotard	No tights required Athletic pants/leggings or shorts	Bloch Super Jazz jazz shoe (TAN)
Strength & Stretch	Any style any color leotard	No tights required Athletic pants/leggings or shorts	Barefoot

Tap	Any style black leotard	Transition Light Tan Tights OR socks Athletic pants/leggings or shorts	Bloch Respect Tap Shoe, Bloch Jason Samuel Smith Tap Shoe or any Full Sole Tap Shoe (BLACK)
Yoga	No leotard required Athletic or loose fitting top ideal– NO midriff or sports bras	No tights required Athletic pants/leggings or shorts	Barefoot
Boys	All classes require boys to wear any color athletic or snug fitting t-shirt	In all classes boys may wear any BLACK dance or athletic shorts or pants	In all classes, boys should wear the class required shoe or male equivalent
Company Rehearsals	All black dance attire Any color dance attire for solos	No tights required Athletic pants/leggings or shorts	Genre specified shoes

- Loose fitting attire will not be permitted during class; this excludes Hip Hop. Dancers wishing to stay warm during class may wear snug long sleeve athletic tops and leggings
- Hair must be pulled back and out of face for all classes; a bun, ponytail, or braid. Fly-aways must be pinned or sprayed down