



UPPER FALLS DANCE ACADEMY

An important aspect of dance discipline requires the uniformity of student dress in appropriate practice attire.

The proper dress not only enables freedom of movement and support, but also brings cohesion to the class and allows the instructor to observe the placement and muscular development of each participant.

Jewelry should not be worn on the neck or the arms and the hair should be pulled away from the face. (Ballet classes should have hair arranged in a bun if length permits). Oversized tee-shirts or sweatshirts are not allowed in class as well as outerwear such as pants or skirts. Chiffon skirts — matching the leotard color — are allowed in the ballet classes. Fitted outerwear, dance sweaters and leg warmers are allowed during the warm-up portion of class in colder weather.

YOUNG CHILDREN'S PROGRAM

Introduction to Dance & Primary

Girls: Short sleeve or sleeveless pale pink leotard, optional elastic waistband (or attached skirt), pale pink tights (non-shimmer) or white ankle socks (in warmer weather), pink ballet shoes

Boys: White t-shirt (no decals), dance pants or black shorts, white ankle socks, white ballet shoes

Level I & II Ballet

Girls: Short sleeve or sleeveless pale blue leotard, pale pink tights (non-shimmer), pink ballet shoes (professional brands only), optional elastic waistband skirts

Boys: White t-shirt (no decals), dance pants or black shorts, white ankle socks, white ballet shoes

Open Program

Girls: Pale pink tights (non-shimmer), full-sole pink leather ballet shoes* (professional brands only), black camisole or sleeveless leotard

**Level VI & above may wear split-sole pink leather ballet shoes (professional brands only).*

Boys: Level III - V: Same as children's program. Level VI & above: White t-shirt (no decals), dance pants, black ankle socks, black ballet shoes

ROYAL ACADEMY OF DANCE PROGRAM

Student's instructor will order all leotards as a class

Open Program

Girls Ballet levels 3 & above: Black camisole or sleeveless leotard, pale pink tights (non-shimmer), pink ballet shoes (professional brands only)

Boys: White t-shirt (no decals), dance pants, black ankle socks, black ballet shoes

The following dance forms may wear any style or color leotard or leotard with tights or leggings:

- **Modern:** No shoes required
- **Musical Theater & Jazz:** Tan Jazz Shoes
- **Tap:** Black low-heeled "Mary-Jane" taps (up to Tap III), black jazz style tap shoe (Tap IV and above)
- **Lyrical:** Lyrical sandal
- **Hip Hop:** Teacher's choice
- **Pointe:** Any style pointe shoe (instructor approval)