



# 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.

You will find most or all of the uniform requirements at [discountdance.com](http://discountdance.com) (code to our UFDA Dance Store - TP130178), [The Dance Shop](#) @ County Ballet & [Artistic Dance](#).

## YOUNG CHILDREN'S PROGRAM

### Introduction to Dance levels

**Girls:** Short sleeve or sleeveless pale pink leotard, optional elastic waistband (or attached skirt), pale pink tights full footed or transition (capezio style # 1916c) or white ankle socks (in warmer weather), pink leather ballet shoes

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

### Primary Ballet & Primary Ballet & Tap levels

**Girls:** Short sleeve or sleeveless pale blue leotard, pale pink tights full footed or transition (capezio style # 1916 c), pink leather ballet shoes (professional brands only), optional elastic waistband skirts. Black leather buckle style tap shoes.

**Boys:** White t-shirt (no decals), dance pants or black shorts, white ankle socks, white ballet shoes. Black leather tied style tap shoes.

### Ballet I & II

**Girls:** Short sleeve or sleeveless navy-blue leotard, pale pink tights full foot or transition (capezio style # 1916 c), pink leather ballet shoes (professional brands only), optional elastic waistband skirts.

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

### **CHILDREN'S BALLET PROGRAM**

#### **Ballet 3 & above:**

**Girls:** Black camisole or sleeveless leotard, pale pink tights full foot or transition (capezio style # 1916 ) pink leather ballet shoes\* (professional brands only), black camisole or sleeveless leotard

**Boys:** Level 3 - 5: Same as children's program. Level 6 & above: White t-shirt (no decals), dance pants, black ankle socks, black leather ballet shoes

### **ROYAL ACADEMY OF DANCE PROGRAM**

Student's instructor will order all leotards as a class

### **OPEN DANCE PROGRAM**

**The following dance forms may wear any style or color leotard or leotard with tights or leggings: Tan tights required for annual performance (capezio light suntan style #1916)**

- **Modern:** No shoes required
- **Musical Theater & Jazz:** Tan Jazz Shoes
- **Tap:** Black low-heeled "buckle style" taps (up to Tap 2), black lace-up tap shoes (Tap 3 & above)
- **Lyrical:** Nude/tan colored Capezio Pirouette leather lyrical shoes or similar in another brand
- **Hip Hop:** White soled black tennis shoe (only to be used in studio)
- **Pointe:** Any style pointe shoe (instructor approval)
- **Acro:** Any color leotard, any color footless tights (may wear spandex dance shorts)