

# Dress Code at a Glance

2024-2025 Season

Our mandatory dress code allows teachers to accurately monitor body alignment and coach proper movement.

## STUDIO-WIDE

**All students are** required to wear a black leotard and pink/tan tights (depending on class)

**Appropriate footwear** is required for ALL classes (see full dress code for reference)

**Hair must be** pulled back in a slick bun for all classes except hip-hop

**Spandex shorts**, wrap skirts and leggings are allowed in all classes for warm-up only.

## GENERAL NOTES

**If bras** visible with dancers attire, they must be black sports bras.

**No claw clips** or removable headbands permitted.

**Do not wear** underwear with tights and leotards (tights are the underwear)

**No rings, bracelets**, anklets, necklaces, or other jewelry allowed. Only small studd earrings are permitted, no hoops or dangling earrings.

**All students are** required to wear cover-ups coming in and out of ALIST Dance Company.

## HIP-HOP

**No street shoes** allowed. All black sneakers are required and are strictly for studio use only. Leotards are required under all hip-hop clothes. Dancers may wear sweatpants, t-shirts, tank tops and sweatshirts.

## BALLET

**123 Dance and** Creative Movement I & II are required to wear pink **leather** ballet slippers.

**Level I and up** are required to wear pink **canvas** ballet shoes with cross straps.

## ACRO

**No shoes required** for this class. Stirrup/convertible tights are required. No removable headbands allowed.

## BOYS

### Attire

Black athletic shorts and a solid white t-shirt for all classes. For hip-hop, boys may choose to wear sweatpants with a t-shirt, tank top or sweatshirt.

### Shoes

123 Dance - Black leather ballet shoes.  
Creative Movement - black leather ballet shoes & black tap shoes with elastic strap. All other classes - shoes as listed in full dress code.

### Hair

Boys with long hair must wear their hair pulled and out of their face for all classes.

## MORE DETAILS

**Find the exact** breakdown for each class in our full dress code. To shop for exactly what your class requires, scan the code to visit our Nimble Dance Shop.



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### GIRLS

#### 1-2-3 Dance

Pink Leather Ballet Shoes. Black leotard, pink tights. Hair secured tightly in a bun.

#### Creative Movement

Pink leather ballet shoes & black tap shoes with elastic strap. Black leotard, pink tights. Hair secured tightly in a bun.

#### Ballet (Level 1 and up)

Pink canvas ballet shoes with crossed straps. Black leotard, pink tights. Black wrap skirt or fitted black shorts are acceptable for warm-up. Hair secured tightly in a bun.

#### Pre-Pointe

Pink canvas ballet shoes. Black leotard, pink tights. Black wrap skirt or fitted black shorts are acceptable for warm-up. Hair secured tightly in a bun.

#### Pointe

Pink pointe shoes. Black leotard, pink tights. Black wrap skirt or fitted black shorts are acceptable for warm-up. Hair secured tightly in a bun.

#### Acrobatics

Bare feet only. Black leotard, fitted black shorts, tan stirrup or convertible tights. Hair secured tightly in a bun.

#### Hiphop

Black Converse/Van style shoes (Strictly for studio use only - **must not be worn outside.**)

#### Contemporary

Bare feet or tan slip-on Jazz shoes. Black leotard, black fitted shorts, tan stirrup or convertible tights.

#### Jazz/Musical Theater

Tan slip-on Jazz shoes. Black leotard, black fitted shorts, tan stirrup or convertible tights. Hair secured tightly in a bun.

#### Tap (Level 1 and up)

Black lace-up tap shoes. Black leotard, fitted dance shorts and tan tights. Hair secured tightly in a bun.

#### Strength & Conditioning

Pink canvas ballet shoes with crossed strap. Black leotard, black fitted shorts, tan stirrup or convertible tights. Hair secured tightly in a bun.

#### Workshops/Drop-ins

Sneakers (Strictly for studio use only - **must not be worn outside.**) Black leotard under leggings or sweatpants and t-shirt, tank top and sweatshirt are acceptable. Hair secured tightly away from face.

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## **2024-2025 Season**

Our mandatory dress code allows teachers to accurately monitor body alignment and coach proper movement.

### **BOYS**

#### **Attire**

Black athletic shorts and a solid white t-shirt for all classes. For hip hop, boys may choose to wear sweatpants with a t-shirt, tank top or sweatshirt.

#### **Shoes**

123 Dance - Black leather ballet shoes. Creative Movement - black leather ballet shoes & black tap shoes with elastic strap. All other classes - shoes as listed per each class.

#### **Hair**

Boys with long hair must wear their hair pulled and out of their face for all classes.

### **ADULTS**

#### **HipHop Cardio**

Sneakers (Strictly for studio use only - **must not be worn outside.**) Leggings or sweatpants and t-shirt, tank top and sweatshirt. Hair secured tightly away from face.

#### **Squat Squad**

Sneakers (Strictly for studio use only - **must not be worn outside.**) Leggings or sweatpants and t-shirt, tank top and sweatshirt. Hair secured tightly away from face.

#### **Total Mat Movement**

Socks or sneakers (Strictly for studio use only - **must not be worn outside.**) Leggings or sweatpants and t-shirts, tank top and sweatshirt. Hair secured tightly away from face. **Mats are recommended but not required.**

#### **Workshops/Drop-ins**

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### **GENERAL NOTES**

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