



Class Etiquette & Dress Code

2020-2021

Class Etiquette:

- Please arrive on time to class.
- Please contact MDA if your child will not be in class at least 1 hour prior.
- Gum chewing and food are not allowed in the dance studio.
- Please advise your teachers of any health concerns.
- Use the bathroom before entering the dance studio for classes.
- Please have your child bring a water bottle to class.
- It is fun to watch your child's progress but can be very distracting, so we ask that parents remain outside the dance studio when class is in progress. Parent observation weeks will be provided.
- Completely silence and stow your cell phone. Even vibration is often audible.
- Respect the personal space of others.
- Respect the dance space. Pick up trash, your clothes, and refrain from turning things on, off, up, or down in the space without permission.
- Ask your instructor permission before recording or taking photographs.
- Please refrain from "hanging" or slouching on the barre.
- Unless your opinions have been requested, please keep your opinion on choreography to yourself.
- Please refrain from correcting your fellow classmates (remember, that's the teacher's job).
- At the end of class, it's courteous to thank your instructor.



Dress Code

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Why a dress code?

- Allows teachers and dancers to see proper alignment of shoulders, center, back, hips, knees, and ankles resulting in proper teaching and execution of technique.
- Allows for free range of movement and maximum flexibility.
- Keeps dancers safe in the studio and helps prevent injuries.
- Creates uniformity in class and is part of the discipline of dance.
- Creates a class free of distractions.

General Tips/Reminders:

- Shoes: Please do not wear dance shoes outside. This can damage the studio floor, shoes, and cause a shorter shoe-life.
- Jewelry: Jewelry of any kind is not allowed, with the exception of small post earrings.
- Hair: For safety, all dancers should have their hair pulled away from their face. If a dancer has to stop and fix their hair, or a teacher has to stop class to fix hair that has fallen down, it takes precious time out of class. Please be respectful to the teacher and fellow classmates by having hair secured.
- Labeling: Please label your students dancewear and shoes. This will help if lost or misplaced.
- Undergarments: Are not to be visible.

Thank you for helping us create a professional learning environment that is safe and free from distractions.

Elementary and Teen Classes			
Class	Attire	Shoes	Hair
ACRO <i>All levels</i>	Form fitting clothing (bikers, leotards, leggings)	Bare feet	Secured out of face in ponytail or bun
BALLET <i>Beg, Int, Adv</i>	<u>Girls</u> : Any color leotard, pink tights <u>Boys</u> : White ballet shirt, black ballet tights	<u>Girls</u> : Pink leather or canvas ballet shoes (split sole) <u>Boys</u> : Black ballet shoes (split sole)	Secured in bun
BALLET <i>Monroe Dance Company (Wed)</i>	<u>Girls</u> : Black leotard, pink tights <u>Boys</u> : White ballet shirt, black ballet tights	<u>Girls</u> : Pink leather or canvas ballet shoes (split sole) <u>Boys</u> : Black ballet shoes (split sole)	Secured in bun
BALLROOM	<u>Girls</u> : Form fitting clothing, a skirt may be requested for some classes <u>Boys</u> : Comfortable athletic clothing	<u>Girls</u> : latin heels or character shoes <u>Boys</u> : Black leather jazz shoes (split sole)	Secured out of face
FITNESS - BARRE & YOGA <i>(Adult/Teen)</i>	Comfortable athletic clothing <u>Bring Your Own</u> : <ul style="list-style-type: none"> ● yoga mat ● 2-3 lb hand weights OR wrist weights	Bare feet or sticky socks	Your choice
FLIP HOP <i>(Acro/Hip Hop)</i>	Form fitting clothing (bikers, leotards, leggings, shorts)	*Clean pair of sneakers (for hip hop) and bare feet (for acro)	Secured out of face in ponytail or bun
HIP HOP & BREAKDANCE <i>All levels</i>	Comfortable athletic clothing	*Clean pair of sneakers	Secured out of face
INTRO TO HIP HOP & CONTEMPORARY	Form fitting clothing (bikers, leotards, leggings, shorts)	*Clean pair of sneakers (for hip hop) and bare feet (for contemporary)	Secured out of face in ponytail or bun

JAZZ <i>All levels</i>	<u>Girls</u> : leotards or form fitting tops, tights or leggings <u>Boys</u> : comfortable, form-fitting athletic clothing	Black leather jazz shoes (split sole)	Secured out of face in ponytail or bun
LYRICAL/ CONTEMPORARY <i>All levels</i>	<u>Girls</u> : leotards or form fitting tops, shorts, tights, or leggings <u>Boys</u> : comfortable, form-fitting athletic clothing	Bare feet	Secured out of face in ponytail or bun
MUSICAL THEATER <i>All levels</i>	<u>Girls</u> : leotards or form fitting tops, tights or leggings <u>Boys</u> : comfortable, form-fitting athletic clothing	<u>Beg, Int</u> : Black leather jazz shoes (split sole) <u>Adv</u> : Girls are encouraged to wear character heels	Secured out of face in ponytail or bun
POINTE/ PRE-POINTE	Any color leotard, pink tights	<u>Pre-Pointe</u> : Pink leather or canvas ballet shoes (split sole) <u>Pointe</u> : Pointe shoes	Secured in bun
TAP <i>All levels</i>	Comfortable athletic clothing	Black tap shoes (lace up)	Secured out of face
TEEN HIP HOP & CONTEMPORARY	Form fitting clothing (bikers, leotards, leggings, shorts)	*Clean pair of sneakers (for hip hop) and bare feet (for contemporary)	Secured out of face in ponytail or bun

*Clean = only used for dance class and do not travel outside. We recommend bringing your designated sneakers in a bag and changing prior to class.

Preschool Program			
Class	Attire	Shoes	Hair
BALLET/TAP/HIP HOP COMBO	<u>Girls</u> : leotards or form fitting tops, tights or leggings <u>Boys</u> : Comfortable athletic clothing	Black tap shoes and <i>either</i> ballet shoes (girls: pink; boys: black) or black leather jazz shoes (split sole)	Secured out of face in ponytail or bun
INTRO TO ACRO	<u>Girls</u> : leotards or form fitting tops, shorts, tights, or leggings <u>Boys</u> : comfortable, form-fitting athletic clothing	Bare feet	Secured out of face in ponytail or bun
INTRO TO MUSICAL THEATER	<u>Girls</u> : leotards or form fitting tops, tights or leggings <u>Boys</u> : Comfortable athletic clothing	Black leather jazz shoes (split sole)	Pulled away from face, secured in a ponytail or bun
ME AND MY MINI ME	Comfortable athletic clothing	Bare feet	Pulled away from face, secured in a ponytail or bun
SONG AND DANCE	Comfortable athletic clothing	Black leather jazz shoes (split sole)	Secured out of face
TUTUS, TAPPERS, AND TAILS	<u>Girls</u> : leotard (any color), tights, skirts (encouraged) <u>Boys</u> : white top, black shorts	<u>Girls</u> : pink ballet shoes and black tap shoes <u>Boys</u> : black ballet shoes and black tap shoes	Pulled away from face, secured in a ponytail or bun