

## Dress Code

We believe that dancing should be fun, welcoming, and a chance to express yourself!

For your convenience, we have provided the links where you can purchase the required class materials we recommend such as dance shoes. You can also find these items online or in person at a dancewear store such as Dancewear Corner in Orlando, FL. Please use the contact form on our website if you have any questions, we are happy to help and provide additional support!

Feel free to download or print this out and use it as a class checklist for the class(es) you signed up for!

### What to Wear:

- **Ballet Classes:**
  - Pink, Black, or Nude ballet shoes
    - Ballet shoes can be canvas or leather, depending on your preference.
  - Pink, Black, or Nude tights
  - Leotard
  - **Alternative option:** You can also wear a fitted tank top and fitted leggings/workout pants.
  
- **Worship Dance Classes:**
  - **Comfortable Clothing:** Whether it's your favorite workout gear, leggings, biker shorts, or an old t-shirt you love—just make sure it's something that lets you move freely. For women, we recommend wearing a leotard under your shirt or an undershirt and tucking it into your pants.
  - **Form fitting** clothes are preferred. This allows your instructor to easily see your body alignment and make corrections and adjustments to ensure your safety and proper technique.
  - **Choose from any of these options:** Barefoot, Dance socks, Pink or Nude Split Sole Canvas Ballet Slippers, Black Split Sole Jazz Shoes, Tan or Nude Footundeez/Undies,
    - Depending on your needs, we recommend going barefoot or if you can wear split sole jazz shoes as they provide a little extra support.
  
- **Lyrical/Contemporary Dance Classes:**
  - **Comfortable Clothing:** Whether it's your favorite workout gear, leggings, biker shorts, or an old t-shirt you love—just make sure it's something that lets you move freely. For women, we recommend wearing a leotard under your shirt or an undershirt and tucking it into your pants.
  - **Form fitting** clothes are preferred. This allows your instructor to easily see your body alignment and make corrections and adjustments to ensure your safety and proper technique.

- **Choose from any of these options:** Barefoot, Black Soft Sole Jazz Shoes, Tan or Nude Footundeez/Undies, Pink Split Sole Canvas Ballet Slippers
  - Depending on your needs, we recommend going barefoot or if you can wear split sole jazz shoes as they provide a little extra support.
  
- **What Not to Wear:**
  - **Jewelry:** Big, dangly jewelry can be distracting or get in the way when you're dancing. Keep it simple and safe—especially during fast-paced moves! If our instructors notice jewelry that may inhibit your movement, they will ask you to remove it during class.
  - **Street Shoes:** Please avoid wearing shoes that you wear outside in class (like heavy boots or shoes covered in dirt). We want to keep the studio clean and safe for everyone.
  - **Anything Too Restricting:** You want to be able to bend, stretch, and shimmy without restriction, so avoid anything that's too tight or stiff.
  - **Avoid:** Please avoid wearing booty shorts, crop tops, bra tops, or shirts with low necklines.
  - Dancewear should provide adequate coverage and support to allow for comfortable movement without distraction.
  - Fitted tops, leotards, leggings, or dance pants paired with a cover-up when needed are recommended.
  - Keep in mind our classes will explore a variety of movements that include jumps, leaps, floor work, etc.
  
- **General Tips:**
  - **Bring a Water Bottle:** Staying hydrated is key! Be sure to bring your own covered water to class so you can stay refreshed while you move.
  - **Hair Up:** It's best to tie it up or pull your hair back so it's not in your face while you're dancing.

We want you to focus on having fun, being creative, and enjoying your time with us. Come ready to dance, move, and enjoy yourself!

If you have any questions or aren't sure what to wear, feel free to reach out to us before class. We're happy to help!