



# Dress Code

Legacy Studios for the Performing Arts - 608 N. Duke St. - Durham, NC 27701 - 919.680.4363

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A dress code is important, not only because it is part of the tradition of formal dance training and creates uniformity, but also because putting on the "gear" helps the dancer mentally prepare for the class ahead. This is as true for small children as it is for young adults. Legacy Studios' dress code is not only designed to be in keeping with dress codes around the country and other parts of the world, it is also meant to accommodate the challenges of today's economy. The studio does have a connection with several NC retailers, and may be able to assist with ordering. **Students in Ballet Levels 2-4 will be participating in examinations this year. Therefore we are conforming to the dress code required by American Ballet Theatre's National Training Curriculum. Our recommended dance retailers have our dress code requirements and can assist you in finding the right garments for your dancer.**

A dancer's hair is as much a part of the dancer's uniform as the tights, leotard and shoes. For females with long hair, the hair must be placed securely in a bun. A hairnet may be helpful but is not required. If hair is too short for a bun, it must be pulled off the face. Males' hair must be neat. If it is long enough, hair should be pulled back into a ponytail. Hip Hop classes are the exception. As long as the hair does not interfere with dancing, students may wear whatever style they wish.

**\*\*If dress code requirements are not met, a reminder note will be sent home to the parents or guardians.\*\***



- Ballet Pink leotard, Capezio Style 1483C
- Ballet Pink tights with convertible feet Body Wrapper Style C45
- Pre-Ballet -- Ballet Pink skirt Capezio Style 1481C
- Pink ballet slippers (please do NOT purchase these at Wal-Mart as they are not flexible enough. Target's brand is more flexible)

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- Pre-Tap -- Same as above
- Black tap shoes

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- All leotards are Capezio ABT Academy Line
- Ballet 1 - Capezio Leotard #1481C & Skirt # 1483C Mint
- Ballet 2 - Capezio Leotard #1481C Lavender NO Skirt
- Ballet 3 - Capezio Leotard #1480C & Skirt #1471C Forget-me-not
- Ballet 4 -- Capezio Leotard #1469 & Skirt #1471 Dark Rose
- Ballet 5 - Capezio Leotard #1470 Damson Plum
- Body Wrappers Tights Style #45 (C45 Child sizes, A45 Adult Sizes) Ballet

Pink

Pink Leather ballet slippers (canvas ok but leather preferred)

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Pointe -- Same as the dress code for your level  
Pointe shoes that have been checked by your instructor  
Padding -- In order to correctly feel the floor you must not overload your shoes with padding. Pointe shoes are NOT comfortable but they are the tool we use to meet the challenges of the technique. There are many different options on the market. The only retail products that Legacy approves of are one of the following: Ouch Pouch Pro-Pad Small, Ouch Pouch Jelly Toes, toe tape or lambs wool.

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Jazz -- Same leotard as ballet level; or black  
Fitted black jazz pants  
Black jazz shoes (any type)

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Males -- White leotard or snug t-shirt or snug tank top  
Black or gray bike shorts or leggings  
Dance belt (when old enough, young boys can wear regular boy's briefs)  
White socks  
White ballet shoes  
Black tap oxfords  
Black jazz shoes (any type)

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Adults -- You may wear whatever you like but the teacher **MUST** be able to see your knees. Just remember the more of you we can see, the better we can help you become a stronger dancer!



Once a month, we will have a "Wear Anything Week" at which time all students may wear whatever dancewear they like. Dance shoes are still a requirement however!!!

Leg warmers and short-shorts may be worn by dancers in Levels 1-- Adult as long as it does NOT prevent the instructor from seeing your alignment.

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