

CHILDREN + TEEN DRESS CODE

As with many sports, dance class has a special uniform. Dress code requirements are in place so that teachers can make sure students are working in proper alignment and to cut down on distractions in class. We do keep a stash of extra shoes and leotards in case a student leaves an item at home. Please check with your teacher or the front desk attendant 10 minutes before class if you need to borrow a uniform item.

General Guidelines

- Tutus and patterned leotards are not permitted in class. Skirts are not permitted in Creative Movement, Pre-Ballet or Beginning I, II, III.
- For all ballet classes, hair should be in a bun as length & texture allow (if not in a bun, hair should be pulled back away from face and secured to head). For all other classes, hair can be in a ponytail or secured away from face.
- No jewelry allowed except for small stud earrings.
- Please write your child's name in all dance shoes.
- Dance shoes should be purchased from a dancewear store such as or Bellissimo or website such as discountdance.com. Street shoes made to resemble dance shoes are not acceptable.
- Street shoes (shoes that are worn outside) are not permitted on the dance floor. Ballet booties should not be worn as outdoor shoes.
- Students should enter and exit the building in street shoes and with cover-ups over their dance clothes to prevent holes and tears in clothing, tracking dirt into the studios and onto the dance floor, and to protect their warm muscles after class.
- If you are on pointe, please do not put your pointe shoes on unless instructed to do so by your teacher. Do not put your pointe shoes on at home.

For the purposes of this document: "Girls" & "Boys" refer to anyone who identifies as such. Non-binary dancers may choose ANY of the approved dress code options for their level.

EARLY CHILDHOOD

Rainbowdance

Children & Grown-Ups: Clothing you feel comfortable sitting on the floor and moving in; comfortable shoes for outdoor classes, barefoot for indoor classes

Suggested for Outdoor Classes: Yoga mat or towel for wet grass; sun and bug protection if needed

Creative Movement

Girls: Solid cap-sleeve or long-sleeve leotard (any color); pink footed tights; no-tie pink ballet slippers*; *skirts and tutus not permitted*

Boys: Solid t-shirt (any color); shorts or sweatpants; black ballet slippers

Creative Ballet

Girls: Pink cap-sleeve or long-sleeve leotard; pink footed tights; no-tie pink ballet slippers*; *skirts, tutus & satin house slippers not permitted*

Boys: Fitted white t-shirt; black tights or shorts; black ballet slippers

BALLET PRIMARY DIVISION

*We have transitioned to “no-tie” ballet slippers for younger ballet classes to cut down on distractions in class. If your child already has ballet slippers with a tie, please make sure it is double-knotted and tucked in when class begins. No satin “house slippers”.



Primary Division: Pre-Ballet, Beginning I

Girls: Black cap-sleeve or long-sleeve leotard (no camisole or halter leotards); pink footed tights; no-tie pink ballet slippers*; *skirts and tutus not permitted*

Boys: White fitted t-shirt; black tights; black ballet slippers

Primary Division: Beginning II, III, Ballet Basics for Teens

Girls: Black cap-sleeve or long-sleeve leotard (camisole leotard acceptable for teens); pink footed tights; pink leather ballet slippers; *skirts and tutus not permitted*

Boys: White fitted t-shirt; black tights; black ballet slippers

BALLET SECONDARY DIVISION & CENTENNIAL YOUTH BALLET

- Order leotards* through friendsofmetrodance.org (click link to purchase) and pick up at CPAS.
- Tights, skirts, and shoes can be purchased through a dancewear store or website.

Secondary Division: Intermediate Rose – Rose Pink

Girls: Weissman MT12128, MT12460, MT12129, MT12457, MT12456

Optional wrap skirt or bullet skirt (black or matching rose pink); pink or matching skin-tone convertible tights; pink or matching skin-tone ballet slippers. Tights and shoes should be the same color.

Boys: White fitted t-shirt; black tights; black ballet slippers

Secondary Division: Intermediate Sage – Deep Sage

Girls: Weissman MT12128, MT12460, MT12129, MT12457, MT12456, MT12070

Optional wrap skirt or bullet skirt (black or matching rose pink); pink or matching skin-tone convertible tights; pink or matching skin-tone ballet slippers. Tights and shoes should be the same color.

Boys: White or Deep Sage fitted t-shirt; black tights; black ballet slippers

Centennial Youth Ballet: Advanced I-Grape

Girls: Weissman MT12129, MT12457, MT12460, MT12128, MT12456

Optional wrap skirt or bullet skirt (black or matching rose pink); pink or matching skin-tone convertible tights; pink or matching skin-tone ballet slippers. Tights and shoes should be the same color.

Boys: White or Grape fitted t-shirt; black tights; black ballet slippers

Centennial Youth Ballet: Advanced II-Navy

Girls Weissman MT12129, MT12457, MT12460, MT12128, MT12456, CL7991

Optional wrap skirt or bullet skirt (black or matching rose pink); pink or matching skin-tone convertible tights; pink or matching skin-tone ballet slippers. Tights and shoes should be the same color.

Boys: White or Navy fitted t-shirt; black tights; black ballet slippers

Centennial Youth Ballet: Advanced III-Black

Girls: Weissman MT12129, MT12457, MT12099, MT12460, MT12128, MT12456, MT12623, CL7991

Optional wrap skirt or bullet skirt (black or matching rose pink); pink or matching skin-tone convertible tights; pink or matching skin-tone ballet slippers. Tights and shoes should be the same color.

Boys: White fitted t-shirt; black tights; black ballet slippers

*Orders will be placed with Weissman on Monday every week Aug/Sept/Jan. All other months: orders will be placed on the first Monday of the month. Contact Ms. Christen at christen.heilman@nashville.gov for questions regarding uniform.

CONTEMPORARY

Contemporary (ALL LEVELS)

Girls: Black leotard (camisole, cap-sleeve, or long-sleeve); black footless or convertible tights or leggings; black socks (ideally 50/50 cotton poly blend); Optional long-sleeve layer for floor work

Boys: Solid black t-shirt; black leggings, shorts, or sweatpants; black socks (ideally 50/50 cotton poly blend)

TAP

Tap Basics (5-7 yrs) & Tap: Beginning (7-10 yrs) & Tap: Intermediate (10 yrs+)

Girls: Black cap-sleeve or long-sleeve leotard; pink footed tights; black tap shoes

Boys: Solid white t-shirt; black shorts, leggings, or sweatpants; black socks; black tap shoes

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