

Inspire Dance Centre

2023-2024 DRESS CODE

Our dress code is in place to promote students' freedom of movement and teachers' observation of the correct technique. We have differentiated the Ballet levels by the color of the leotard. The color distinction gives the student a sense of accomplishment as the dancer moves up in levels and graduates to a new leotard color.

Undergarments are never worn beneath dance attire, much like a swimsuit.

Skirts and sweaters must be removed before entering class, with Pointe & Pre Pointe classes being the exception.

Mark all items with the dancer's first and last name, **especially shoes.**

Dance shoes should be put on once inside the studio, do not wear them outside.

Please wear clothes over dancewear when entering or exiting the studio.

Hair:

- A *neat, tidy bun* is required for ALL ballet levels, and pointe. A ponytail or bun is required for Ball, Jazz, Lyrical, Musical Theater, Tap, Hip Hop, Stretch and Tumble, Leaps and Turns, and all other styles of dance. You can find bun tutorials on YouTube, a floppy/messy bun with the hair pulled half way through a ponytail will not be allowed for class.
- Boys: Hair, and bangs must be groomed away from the face and eyes.

Jewelry:

- Please remove all jewelry, with the exception being small stud earrings.

Attire - Purchase dress code items from our [Studio Page](#) on Discount Dance. Be sure to select the appropriate class from the available options. Some attire is available in the front office. If the above link doesn't work, visit Discount Dance online at discountdance.com and use our studio code **102203**. If you prefer to shop in person at The Leotard on MLK, mention that your dancer goes to Inspire to receive a 5% discount off all regular-priced shoes, tights, and socks.

Balera leotard, Balera pointe skirt, Balera shorts can only be purchased through the office.

Purchase dress code items from our [Studio Page](#) on Discount Dance.

Ballet

Tiny Dancer Creative Ballet Primary Ballet	Burgundy leotard, pink tights, and pink canvas split-sole ballet slippers.
Intro to Ballet Ballet 1 Ballet 2	Royal blue leotard, pink tights, and pink canvas split-sole ballet slippers.
Ballet 3 Ballet 4	Navy blue leotard, pink tights, and pink canvas split-sole ballet slippers.
Ballet 5 Ballet 6	Black leotard, pink tights, and pink canvas split-sole ballet slippers.
Boys	Black tights/footless dance leggings, white ballet shirt (tucked in), white socks, and black canvas cross strap ballet slippers.
Pre-Teen/Teen Ballet	Eggplant leotard, pink tights, and pink canvas split-sole ballet slippers.
Adult Ballet/Pilates	Athletic attire, and ballet slippers of your choosing.

Shoes: Bloch “Synchrony” ballet slippers are required for all performances, you are welcome to use other brands during class but this shoe is to be used on stage.

Center Floor:

Ballet 3/4	Balera Emerald/Black cutout leotard, pink tights, and pink canvas split-sole ballet slippers.
Ballet 5/6	Solid color leotard of your choice, pink tights, and pink canvas split sole ballet slippers.

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Pointe:

Pointe 5/6	Class ballet attire & Balera Ombre Skirt in Dark Teal
Pointe 1/Pre-Pointe	Class ballet attire & Balera Ombre Skirt in Navy
Pre-Pointe	Class ballet attire & Balera Ombre Skirt in Black Cherry

Contemporary Ballet:

Contemporary Ballet 5/6	Athletic attire of your choosing and athletic socks (no novelty socks please). *required shoes may change at teacher discretion.
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Variations:

Variations 3/4	Ballet class attire & pointe skirt.
Variations 5/6	Ballet class attire & pointe skirt.

Contemporary

Contemporary 3/4	Balera Emerald/Black Cutout Leotard - no tights, barefoot Optional: Balera Woven Tech Waist Pocket Shorts in Black. Boys: Boys V-neck Shirt in Emerald and black pants.
Contemporary 5/6	Solid color leotard of your choosing, no tights, barefoot. Optional: Running shorts.

Lyrical

Intro to Lyrical	Royal blue leotard, no tights, Balera Woven Tech Waist Pocket Shorts in black, barefoot.
Lyrical 1	Balera Mulberry/Black Cutout Leotard, no tights & Balera Woven Tech Waist Pocket Shorts in Black, barefoot.
Lyrical 2	Balera Mulberry/Black Cutout Leotard, barefoot & Balera Woven Tech Waist Pocket Shorts in Black.

Leaps & Turns

Leaps & Turns 1/2	Balera Mulberry/Black Cutout Leotard. Ballet Slippers & Jazz Shoes
Leaps & Turns 3/4	Ballet class attire, and bring jazz shoes into class. Ballet Slippers & Jazz Shoes

Jazz

Intro to Jazz Jazz 1 Jazz 2	Athletic attire, no baggy t-shirts or baggy shorts, and Bloch Phantom jazz shoes in tan.
Jazz 3/4 Jazz 5/6	Athletic attire, no baggy t-shirts or baggy shorts, and barefoot.

Musical Theater

Musical Theater All Classes	Athletic attire, no baggy t-shirts or baggy shorts, and Bloch Phantom jazz shoes in BLACK.
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Hip Hop

All Levels Adult/Teen	Loose, baggy clothing to have free range of motion (no jeans). Clean sneakers, worn only for class and not used for regular everyday attire.
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Tap

SEE NEXT PAGE FOR TAP SHOE RECOMMENDATIONS BY LEVEL

All Levels	Athletic attire and tap shoes as recommended below.
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Balera leotard, Balera pointe skirt, Balera shorts can only be purchased through the office.

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Tap Shoe Recommendations

Intro to Tap - Level 1

Capezio Mary Jane Child Tap Shoe

Black (**NOT patent leather**)

Approximately \$43

eBay has a lot of these for \$10-\$20! Buy used!



Beginner Boys: Age 4-7 (approx.)

See the "Intermediate" shoe listed below.

** If a younger child is placed in a class with older kids, then a different shoe may be preferred. Please, check with the teacher before purchasing a new shoe.

** Girls can obviously also wear the intermediate shoe, in theory. However, at this age, Mary Jane is much more attractive with typical costumes, and the velcro strap eliminates the constant need to tie shoelaces. The Capezio also happens to be of outstanding quality and sounds terrific..

Level 2-6 & Company

Bloch Lace Up "Sync" Tap Shoe

Style No: S0321L

* Black full-grain leather (won't crack like similar looking shoes actually made with plastic)

* This shoe also has a solid toe box, which is vital for toe stand work. Most intermediate-level shoes do NOT have this type of support, and a student will be hindered in what they're able to do without a proper toe box.



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