

# TEEN GIRL'S DRESS CODE

## for BegInt, Int, IntAdv, & Adv Classes

**All Students in the TEEN Classes AGES 11 & up will need dance clothes and shoes for each class style listed below:**

**GIRL'S BALLET:** Any Color Leotard, Pink or Black Tights, Black form fitting athletic pants acceptable. Pink Ballet Shoes must be worn. Pointe Shoes for Pointe. No Jewelry.  
Hair is to be worn in a ballet bun with no stray hair in your face.

**GIRL'S JAZZ & CONTEMPORARY:** Any Color Leotard, Pink or Black Tights, Black form fitting athletic pants acceptable. Black or Dark Compression Socks for Contemporary. Bare Feet for Jazz. No Jazz shoes needed. Hair pulled back with no stray hair in your face. No jewelry.

**GIRL'S TAP:** Same as Jazz, but must have tap shoes.  
Hair is to be pulled back. No jewelry.

**GIRL'S HIP HOP:** Any clothes you can move in well.  
Black Dance Sneakers. Hair is to be pulled back. No jewelry.

**GIRL'S MUSICAL THEATRE DANCE:** Same as Jazz. Character Shoes (if you have them) or Bare Feet. Hair is to be worn back. No jewelry.

# TEEN BOY'S DRESS CODE

## for BegInt, IntAdv, & Adv Classes

**All Students in the TEEN Classes AGES 11 & up will need dance clothes and shoes for each class style listed below:**

**BOY'S BALLET:** Any Color Form fitting T-shirt (NO LOGOS), Black Men's Tights and/or Black shorts. Black ballet shoes and/or black compression socks. Hair is combed back with no stray hair in your face.

**BOY'S JAZZ & CONTEMPORARY:** Same as ballet. Bare Feet. No Jazz shoes needed. Hair is combed back with no stray hair in your face.

**BOY'S TAP:** Same as Jazz, but must have tap shoes.  
Hair is to be combed back.

**BOY'S HIP HOP:** Any clothes you can move in well.  
Black Dance Sneakers. Hair is to be combed back.

**BOY'S MUSICAL THEATRE:** Same as ballet. Jazz shoes needed.  
Hair is combed back with no stray hair in your face.

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## **TEEN CLASS SUPPLIES NEEDED**

**All Students in Saturday PBT TBA classes** will need a **YOGA MAT** and a **LARGE FITNESS BALL**. Students in company and higher level ballet/jazz classes will need **THERABANDS** (see below)

Please use chart below for the correct size of the LARGE FITNESS BALL

Student's Height under 4'8"	45 cm or 18' fitness ball
4'8" to 5'3"	55 cm or 22' fitness ball
5'4" to 5'10"	65 cm or 26' fitness ball
5'10" to 6'4"	75 cm or 30' fitness ball

### **List of Therabands needed**

A long "purple" PBT theraband (\$10)

A short "light blue" theraband (\$5)

A round "yellow" and "green" theraband (\$5/each)

We will cut the therabands from a bulk order to fit your child so thank you for purchasing these through us! If you already have therabands from us from summer 2024 then simply bring them with you to your classes. No need to purchase new ones! If you do not have therabands, you may order them from Melinda.

**THERABANDS & ROLLERS NEEDED FOR INT ADV & ADV  
JAZZ CLASSES!**