

DRESS CODE 2022-2023

All Students are Required to Follow the AABD Dress Code

Leap 'N Learn (ages 3-5)

- **Ladies Ballet & Tap:**
 - **Leotard:** Girls Short Sleeve Dance Dress (purchased from AABD - one Leotard is included with registration)
 - **Tights:** Body Wrappers C39 Theatrical Pink or purchase from Studio Theatricals Convertible Microfiber Tights Ballet Pink Tights (T5515C) or skin tone tights.
 - **Ballet Shoes:** Pink leather or skin tone ballet slippers, or comparable split sole leather shoe.
 - **Tap Shoes:** Black patent leather ribbon tie tap shoes T9015C, or comparable shoe
 - **Hair:** Hair must be pulled back off the face in a bun.
- **Gentlemen Ballet & Tap:**
 - **Shirt:** Crew Neck Shirt Short Sleeve Dance Top – Body Wrappers Style B190 or B400 white fitted t-shirt (one Shirt is included with registration)
 - **Tights:** Body Wrappers Style B90 black tights or fitted bike shorts
 - **Socks:** Black socks
 - **Shoes:** Black ballet shoes
 - **Tap Shoes:** Black Lace up style tap shoes

Grades K – 1st

- **Ladies Ballet:**
 - **Leotard:** Uniform Leotard – Tropical Green (one Leotard is included with registration)
 - **Tights:** Body Wrappers Style C45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights
 - **Shoes:** Pink or skin tone, or comparable split sole leather shoe. No canvas shoes.
 - **Hair:** Hair must be pulled back in a bun or secured completely to the head
- **Gentlemen Ballet:**
 - **Shirt:** Crew Neck Shirt Short Sleeve Dance Top – Body Wrappers Style B190 or B400 white fitted t-shirt (one Shirt is included with registration)
 - **Tights:** Body Wrappers Style B90 black tights
 - **Dance belt:** Dance belt
 - **Shoes:** Black canvas ballet shoes
- **Ladies Musical Theater/Jazz/Tap:**
 - **Leotard:** Uniform Leotard -Tropical Green (one Leotard is included with registration)
 - **Tights:** Body Wrappers Style C45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone or black convertible tights
 - **Jazz Shoes:** Black slip-on jazz shoes
 - **Tap Shoes:** Black lace up style tap shoes
- **Gentlemen MT/Jazz/Tap:**
 - **Shirt:** Solid colored T-shirt
 - **Tights:** Convertible black tights or black jazz pants
 - **Dance Belt:** Dance belt
 - **Jazz Shoes:** Black slip on jazz shoes
 - **Tap Shoes:** Black lace up style tap shoes

Grades 2nd – 3rd

- **Ladies Ballet:**
 - **Leotard:** Uniform Leotard -Tropical Green (one Leotard is included with registration)
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights
 - **Shoes:** Theatricals footwear T2700C pink or skin tone leather ballet slippers, or comparable split sole leather shoe.
 - **Hair:** Hair must be pulled back in a bun.
- **Gentlemen Ballet:**
 - **Shirt:** Crew Neck Shirt Short Sleeve Dance Top – Body Wrappers Style B190 or B400 white fitted t-shirt (one Shirt is included with registration)
 - **Tights:** Body Wrappers Style B90 or M90 black tights
 - **Dance belt:** Dance belt
 - **Shoes:** Black canvas ballet shoes
- **Ladies Musical Theater/Jazz/Tap:**
 - **Leotard:** Any solid color leotard without embellishments
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights, or black convertible or footless tights (black tights worn over leotard)
 - **MT/Jazz Shoes:** Black slip-on jazz shoes
 - **Tap Shoes:** Black lace up style tap shoes
- **Gentlemen MT/Jazz/Tap:**
 - **Shirt:** Solid colored T-shirt
 - **Pants:** Black jazz pants
 - **Dance Belt:** Dance belt
 - **Jazz Shoes:** Black slip on jazz shoes
 - **Tap Shoes:** Black lace up style tap shoes
- **Hip Hop:**
 - **Ladies & Gentlemen:** Sweatpants or shorts, leotard or t-shirt, and non-marking tennis shoes without a black sole. Shoes may **not** be worn outside as street shoes and must only be used for dance inside!
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights
 - **Shoes:** non-marking tennis shoes without a black sole. Shoes may **not** be worn outside as street shoes and must only be used for dance inside!
- **Acro**
 - **Ladies:** Any solid color leotard with convertible tights or black cotton dance shorts (purchased from AABD – one Leotard is included with registration)
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights
 - **Gentlemen:** black cotton dance shorts and t-shirt
 - **Hair:** Long hair must be in a **LOW** bun, short hair may be placed in a **Low** pony tail as long as it is no longer than the base of the neck (this is for the teacher safety in spotting)

Grades 4th – 5th

- **Ladies Ballet:**
 - **Leotard:** Uniform Leotard -Tropical Green (one Leotard is included with registration)
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights
 - **Shoes:** Pink or skin tone leather ballet shoes, or comparable split sole leather shoe.
 - **Hair:** Hair must be pulled back in a bun.
- **Gentlemen Ballet:**
 - **Shirt:** Crew Neck Shirt Short Sleeve Dance Top – Body Wrappers Style B190 or B400 white fitted t-shirt (one Shirt is included with registration)
 - **Tights:** Body Wrappers Style B90 or M90 black tights
 - **Dance belt:** Dance belt
 - **Shoes:** Black canvas ballet shoes
- **Ladies Musical Theater/Jazz/Tap:**
 - **Leotard:** Any solid color leotard without embellishments
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) tights, or skin tone or black convertible or footless tights (black tights worn over leotard)
 - **MT/Jazz Shoes:** Black slip-on jazz shoes
 - **Tap Shoes:** Black lace up style tap shoes

- **Gentlemen MT/Jazz/Tap:**
 - **Shirt:** Solid colored T-shirt
 - **Pants:** Black jazz pants
 - **Dance Belt:** Dance belt
 - **Jazz Shoes:** Black slip on jazz shoes
 - **Tap Shoes:** Black lace up style tap shoes
- **Ladies Modern:**
 - **Leotard:** Uniform Leotard – Tropical Green (one Leotard is included with registration)
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh Theatrical Pink, skin tone tights, or black convertible or footless tights (black tights worn over leotard)
 - **Shoes:** Barefoot
- **Gentlemen Modern:**
 - **Shirt:** Solid colored T-shirt
 - **Tights:** Black convertible tights
 - **Dance belt:** Dance belt
 - **Shoes:** Barefoot
- **Hip Hop:**
 - **Ladies & Gentlement:** Sweatpants or shorts, leotard or t-shirt, and non-marking tennis shoes without a black sole. Shoes may **not** be worn outside as street shoes and must only be used for dance inside!
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights
 - **Shoes:** non-marking tennis shoes without a black sole. Shoes may **not** be worn outside as street shoes and must only be used for dance inside!
- **Acro**
 - **Ladies:** Any solid color leotard with convertible tights or black cotton dance shorts
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights
 - **Gentlemen:** black cotton dance shorts and t-shirt
 - **Leotard:** Any solid color leotard with black or pink convertible tights or black cotton dance shorts
 - **Hair:** Long hair must be in a **LOW** bun, short hair may be placed in a **Low** pony tail as long as it is no longer than the base of the neck (this is for the teacher safety in spotting)

Grades 6th – 12th

- **Ladies Ballet:**
 - **Leotard:** Uniform Leotard – Raspberry (one Leotard is included with registration)
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights
 - **Shoes:** Pink or skin tone leather ballet slippers or comparable split sole leather ballet slippers, and pointe shoes for those approved for Beginning Pointe or Pointe. Pre-pointe is done barefoot.
 - **Hair:** Hair must be pulled back in a bun.
- **Gentlemen Ballet:**
 - **Shirt:** Crew Neck Shirt Short Sleeve Dance Top – Body Wrappers Style B190 or B400 white fitted t-shirt (one Shirt is included with registration)
 - **Tights:** Body Wrappers Style B90 or M90 black tights
 - **Dance belt:** Dance belt
 - **Shoes:** Black canvas ballet shoes
- **Ladies Musical Theater/Jazz/Tap:**
 - **Leotard:** Solid colored plain leotard (no halters, zippers, or adornments)
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights, or black convertible or footless tights (black tights worn over leotard)
 - **MT/Jazz Shoes:** Tan Character shoes (1.5" heels for younger dancers, 2.0" heels for older dancers)
 - **Tap Shoes:** Black lace up style tap shoes
- **Gentlemen MT/Jazz/Tap:**
 - **Shirt:** Solid colored T-shirt
 - **Pants:** Black jazz pants
 - **Dance Belt:** Dance belt
 - **Jazz Shoes:** Black slip on jazz shoes
 - **Tap Shoes:** Black lace up style tap shoes

- **Ladies Modern/Lyrical:**
 - **Leotard:** Solid color leotard (no halters, zippers, or adornments)
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights, or black convertible or footless tights (black tights worn over leotard)
 - **Shoes:** Barefoot
- **Gentlemen Modern/Lyrical/Contemporary Ballet:**
 - **Shirt:** Solid colored T-shirt
 - **Tights:** Black convertible tights
 - **Dance belt:** Dance belt
 - **Shoes:** Barefoot
- **Hip Hop All:**
 - Sweatpants or shorts, leotard or t-shirt, and non-marking tennis shoes without a black sole. Shoes may **not** be worn outside as street shoes and must only be used for dance inside!
- **Progressing Ballet Technique Classes All:**
 - **Leotard:** solid colored leotard
 - **Pants:** Yoga, jazz pants, leggings or tights
 - **Shoes:** Barefoot
 - **Equipment:** Theraband and non-weighted, size appropriate exercise ball
- **Acro**
 - **Leotard:** Any solid color leotard with convertible tights or black cotton dance shorts
 - **Tights:** Body Wrappers Style C45 or A45 Back Seam Convertible Foot Mesh (Theatrical Pink) or skin tone tights
 - **Hair:** Long hair must be in a **LOW** bun, short hair may be placed in a **Low** pony tail as long as it is no longer than the base of the neck (this is for the teacher safety in spotting)

ADDITIONAL DRESS CODE NOTES FOR ALL:

- Hair must be pulled back in a bun (with matching hair net, no bun covers) bangs secured off the face for Ballet. Ponytails are allowed in other genres (NOT BALLET) but can be dangerous if hair whips in the face. Please make sure all hair décor is securely fastened to the head.
- No jewelry, stud earrings only.
- Students must put their names on all dance wear and shoes.
- Cover-ups are to be worn outside studio, please do not come in just your dance clothes and NEVER wear your dance shoes outside!
- Solid color leotard (no halters, zippers, or adornments) may be worn on Saturdays for Grades 6 and above.
- Studio Hip Hop Shoes may NOT be worn outside and No black soles as they leave marks on the dance floors.