

# 2022-2023 DRESS CODES & CLASS SUPPLIES

## INT YOUNG DRESS CODE

**All Students in the CHILDREN & INT YOUNG Classes AGES 7-9 will need dance clothes and shoes for each class style listed below:**

**GIRLS:** Black Leotard, Pink Ballet Tights, and Pink split-sole Ballet Shoes.  
No shoes needed for jazz. Tap shoes needed for tap.  
Hair is to be worn in a ballet bun with no stray hair in your face for Ballet.

**BOYS:** Black or White Form fitting T-shirt, Black Men's Tights and/or Black shorts. Black ballet shoes needed for ballet, no shoes for jazz, and tap shoes for tap.  
Hair is combed back with no stray hair in your face.

## ADV YOUNG GIRL'S DRESS CODE

**All Students in the ADV YOUNG Classes AGES 9-11 will need dance clothes and shoes for each class style listed below:**

**GIRL'S BALLET:** Black Leotard, Pink Ballet Tights, and Pink split-sole Ballet Shoes. Hair is to be worn in a ballet bun with no stray hair in your face.

**GIRL'S JAZZ, CONDITIONING, & CONTEMPORARY:** Same as ballet with added layers of form fitting tops & black form fitting athletic pants or black biker shorts.  
Bare Feet. No Jazz shoes needed.  
Hair is to be pulled back with no stray hair in your face.

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

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

**GIRL'S MUSICAL THEATRE DANCE:** Same as Jazz. No jeans or regular school clothes. Hair is to be worn back.

## **BEG, INT, ADV GIRL'S DRESS CODE**

**All Students in the TEEN Classes AGES 12 & 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. Black or Dark Compression Socks. Pointe Shoes or Pink Ballet Shoes.

Hair is to be worn in a ballet bun with no stray hair in your face.

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

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

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

**GIRL'S MUSICAL THEATRE DANCE:** Same as Jazz. Character Shoes (if you have them) or Bare Feet. Hair is to be worn back.

## **YOUNG & TEEN BOY'S DRESS CODE**

**BOY'S BALLET:** Black or White Form fitting T-shirt, 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, CONDITIONING, & 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/FUSION:** 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.

## **CLASS SUPPLIES NEEDED**

**All Students in COMPANY SATURDAY PBT CLASS & INT, INT ADV, AND ADV BALLET & JAZZ CLASSES** will need a **YOGA MAT** and a **LARGE FITNESS BALL** that are held on **Rehearsal Saturdays** (see Yoga & PBT Calendar) and some **Conditioning Classes TBD throughout the 2022-2023 year.**

Please follow the chart below for the correct size.

### **LARGE FITNESS BALL SIZE CHART**

<u>Student's Height</u>	<u>Fitness Ball Size</u>
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

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In addition to the yoga mat and fitness ball, each student will need a  
A long **“purple” PBT theraband** (\$10)  
A long **“orange” theraband** (\$10) and  
A short **“light blue” theraband** (\$5)  
A round **“yellow” and/or “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 2022 then simply bring them with you to your classes. No need to purchase new ones!

**THERABANDS & YOGA MATS WILL BE USED EVERY WEEK IN CONDITIONING FOR DANCERS THERABANDS & ROLLERS FOR JAZZ CLASSES!**

*If you do not have therabands, you may order them by emailing [diamondtalentpro@gmail.com](mailto:diamondtalentpro@gmail.com) and letting us know what you need!*

*Thank you!*