

VSB Dress Requirements

Our dress requirements are designed to both prevent injury and assist the teachers in improving the technique of the dancers. It is important that all dancers arrive ready to dance, with hair up (bun for ballet, bangs back for all disciplines) and appropriate clothing and footwear. Only small stud earrings are acceptable for class, no other jewelry is permitted. A fitted sweater and fitted legwarmers are suggested for warm-up. Sweat Pants are great for a cover-up on colder days, but should be removed when class starts.

Girls	Boys
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Little Minis	
Bodysuit: pink for 3yrs, black for 4 & 5yrs Mondor tights in ballerina pink Bloch Bunny Hop Ballet slippers - pink	Bloch Dancesoft leather ballet slippers in Black Black Socks Black Dance Shorts White t-Shirt
<u>4yrs & 5 yrs also require:</u> Capezio "Tyette" Tap shoe in Tan Bloch tights in Light Tan	<u>4yrs & 5 yrs also require:</u> Capezio "Tapster" in Black
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Ballet	
Black bodysuit – Any Style (exams Capezio CC202 in Black) Optional: Black sheer ballet wrap skirt or fitted short-shorts Mondor convertible tights in ballerina pink Novice, Junio & Elementary - Bloch Dancesoft leather ballet slippers with elastic Intermediate & Advanced - Sansha Pro canvas <u>split-sole</u> ballet slipper in pink	Black Socks Black Dance Shorts White t-Shirt Novice, Junio & Elementary - Bloch Dancesoft leather ballet slippers in Black Intermediate & Advanced - Sansha Pro canvas <u>split-sole</u> ballet slipper in Black
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Tap	
Short black shorts or leggings - no long pants. Black fitted tank top Bloch, convertible tights in Light Tan Beginner – Bloch "Tap On" Tap shoe in Tan (style #SO 302 with a ½" heel) Advanced – Black Oxford Style full sole ie: Capezio Tic Tap Toe	Black Shorts White T-shirt Black socks Bloch "Jazz Tap" shoes in Black
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Jazz, Lyrical and Stretch & Tech	
Black, fitted short-shorts or leggings Black fitted tank top Bloch, convertible tights in Light Tan Bloch, Elastabootie jazz oxfords in Tan	Black Shorts White T-shirt Black socks Bloch, Elastabootie jazz oxfords in Black
Dancers in Stretch & Tech will also need: Yoga Block, Yoga Strap	
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Hip Hop	
Non-marking running shoes (white unless otherwise directed by teacher) T-shirt, leggings or sweat pants. No jeans.	
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Acro Dance	
Black, fitted short-shorts or leggings Black tank-style bodysuit (exams Capezio CC202 in Black) Mondor 317 tights in Light Tan (exams)	Black Shorts White T-shirt Black socks
Dancers in Acro Dance will also need 2 Yoga Blocks.	
Absolutely NO JEWELRY is permitted in Acro Dance classes. Hair must be pulled back and held tight against head (ie french braid).	
For the dancer's safety, dancers who are not dressed or groomed appropriately will not participate in class.	

Dance -Bag Essentials

In addition to being on time each week, dancers who are prepared for class are going to be able to work harder and achieve more in class. A great way to help your dancer be prepared for every class is to put together a dance bag. It doesn't have to be fancy, but it really can make a huge difference for dancers, especially those studying multiple genres. Here is a list of items that are great to have on hand:

- Hair brush
- Comb
- Hair elastics
- Hair Pins
- Bun form
- Hair spray
- Deodorant
- Lip balm
- Feminine Hygiene items
- Simple sewing kit
- Safety pins
- Extra tights
- Granola bar
- Band-Aids
- Liquid Band-Aid
- Breath mints
- Water bottle
- Hand sanitizer
- Thera-band
- Legwarmers
- Pen and notebook

Please note: CELL PHONES ARE NOT PERMITTED IN CLASS, but may be stored in the studio if left on silent and not used during class.

