

# School of Performing Arts in English **Dress Code**



**The  
Center**

# Young Kids

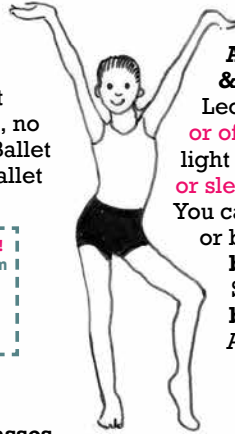
Dress Code for Students in Classes for Ages 3-5 & 5-7 yrs



## Ballet for ages 3-5 years

Leotard with attached skirt: **Sheddo 162C - Light Pink** & tights that match your skin tone, no tights, or tights in "Ballet Pink" & matching ballet slippers

Buy at Pro Danse & save 10%!  
Tell them you're coming from The Center and which class you're in. They will help you!  
**Alte Schönhäuser Str. 16  
10119 Berlin**



## Acrobatics & Musical Theater

Leotard: **Sheddo 101C in color of your choice** (black, pink, light blue or navy) **long sleeve or sleeveless**

You can add: black dance shorts or black leggings **Hair pulled back in a tight ponytail**  
Shoes for Musical Theater: **ballet shoes OR jazz shoes**  
Acrobatics: **barefoot**



**OR**

## Suitable for all classes

White tight-fitting dance shirt: **Santino white** & black dance shorts or leggings **Ballet & Musical:** with white or black socks or no socks & matching ballet slippers/ jazz shoes



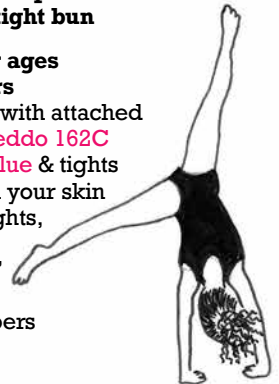
**Shoes for Ballet:** ballet slippers in canvas or leather that match the color of your tights or socks



## \*Longer hair pulled back in a tight bun

## Ballet for ages 5-7 years

Leotard with attached skirt: **Sheddo 162C Ciprian Blue** & tights that match your skin tone, no tights, or tights in "Ballet Pink" & matching ballet slippers



## Why does my young child need to wear a specific outfit?

There are many reasons why we ask our students to wear a uniform to class! We want to prepare your child for future classes to come. Whether your student is taking Ballet, Acrobatics or Musical Theater there will be a dress code as they get older and this transition is seamless when they are used to getting dressed for class. We also love a uniform for young movers to avoid jealousy. If

one student arrives in a sparkly tutu and the other is wearing the sandy jeans from the playground, hurt feelings can arise. In Ballet class, the leotard and skirt are not only to create a uniform look in the classroom but are actually tools used in the choreography of the class. At this age your child will use their skirt for curtsies and hand positioning which cannot be achieved with a tulle tutu.

In Acrobatics the outfit is important for your child's safety. Baggy clothing and ballet skirts can get caught or slip and prevent our teachers from spotting tricks safely. Lastly, changing clothes for class allows your child to mentally prepare for the activity they are about to engage in. If their pockets are still full of sand, their minds are still at the sandbox.

# Ballet

## Dress Code for Ballet Students

All Ballet students are required to wear the following to class:



### Classes for ages 8-10 years

Leotard: **Capezio CAD400 Light Blue** with elastic belt & tights matching your skin tone OR in "Ballet Pink" & ballet shoes that match the color of your tights & hair in a bun



## OR

### Suitable for all classes

White tight fitting dance shirt: **Santino white** & black dance shorts or leggings with white or black socks & matching ballet slippers



**Shoes for Ballet:** ballet slippers in canvas or leather that match the color of your tights or socks



**Classes for ages 10 years - Teens** freestyle black leotard & tights that match the tone of your skin OR in "Ballet Pink" & ballet shoes that match the color of your tights



**Pointe shoes:** If your teacher has asked you to purchase pointe shoes please get them fitted by professional (we recommend Pro Danse). Please do not purchase pointe shoes until your teacher has told you that you are ready to do so!

## Why so traditional?

Ballet has a long tradition of specific clothing, classroom etiquette & movement language that is extremely gendered. We at The Center strive to keep Ballet's rich history alive while simultaneously expanding its tight borders to make room for anyone and everyone who likes to dance! Traditional ballet attire consists of a leotard and tights for girls and women or a white dance shirt and black leggings for boys and men. The uniformity

of dress is mirrored in Ballet's movements as well. Having a group of dancers wearing the same outfits and moving in unison is all part of the magic. Matching tights and shoes elongate the line of the leg and long lines are an integral part of ballet technique. We have held onto the traditional outfits because they create a calm vision for our teachers and allow them to correct body alignment and posture efficiently. However, we leave the

choice of which outfit to wear up to the dancer, regardless of sex or gender expression! In the same way we teach both the men's and women's movement vocabulary and allow the student to choose or try both!

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Alte Schönhauser Str. 16, 10119 Berlin

# Acrobatics

Dress Code for our Students in

Acrobatics Classes

All students are required to wear the following to class:

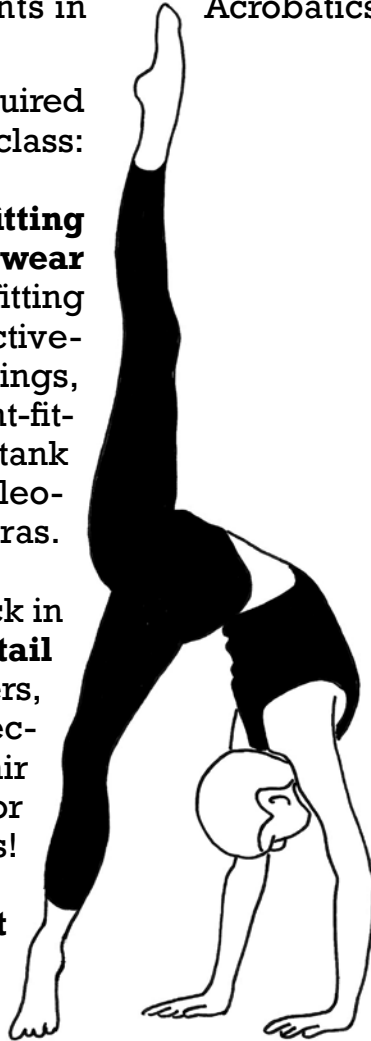
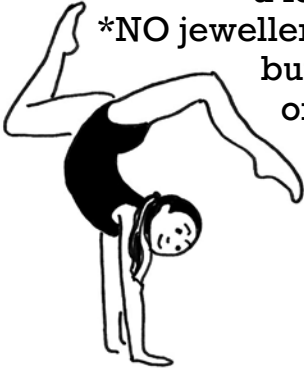
**black tight-fitting freestyle activewear**

Clothes should be tight-fitting and flexible. Freestyle activewear can include: leggings, bike shorts, hot pants, tight-fitted crop tops, tight-fitted tank tops, leotards, full body leotards, sports bras.

Longer hair pulled back in a **low ponytail**

**\*NO jewellery, zippers, buttons, decorative hair clips or bows!**

**barefoot**



## Why do we require black tight-fitting clothes?

We ask that you wear tight-fitting clothes to your acrobatics class both to show your beautiful lines and most importantly for safety! Our teachers need to be able to see the body clearly and spot their students safely and securely. Loose fitting T-shirts and baggy pants can get caught or slip and cause injury to both the student and the teacher. Sweatpants can be worn over

your clothes to warm up in, but must be taken off once training has begun. Loose T-shirts can rise up over the head when going upside down, leaving the belly free and obstructing the students line of sight. Jewelry, zippers, and buttons can potentially injure other students or the teacher and can damage our sports equipment.

The uniformity of an all black dress code helps our teachers see your alignment clearly and focus on your movement instead of your clothes. There are many activewear options available in this color, allowing the acrobat freedom to choose the style of clothes they feel most comfortable and confident moving in!

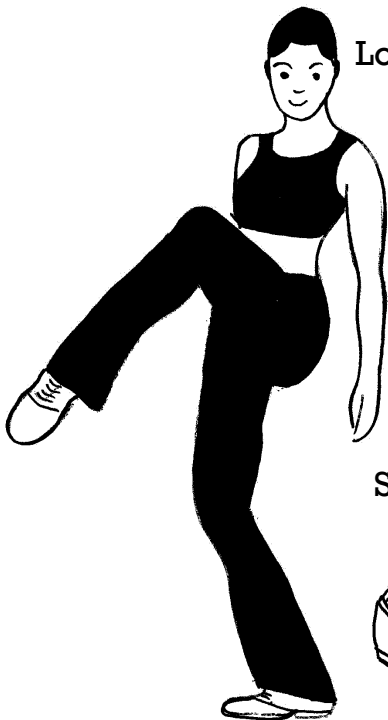
# Dance

Dress Code for Musical Theater, Jazz,  
Lyrical & Commercial Dance Students

All students are required  
to wear the following to class:

## **black tight-fitting freestyle activewear**

Clothes should be tight-fitting and  
flexible. Your outfit can include:  
leggings, jazz pants, bike shorts, hot  
pants, tight-fitted crop tops, tight-fitted  
tank tops, leotards, full body leotards,  
sports bras.



**Longer hair pulled  
back in a tight  
ponytail or bun**

**Shoes for  
Musical  
Theater, Jazz  
and Commer-  
cial Dance:  
jazz shoes or  
dance sneakers**

**Shoes for Lyrical:  
jazz shoes  
or barefoot**



## **Why all black?**

The uniformity of an all black tight-fitted dress code helps our teachers see your alignment clearly and focus on your movement instead of your clothes. We have chosen the color black because there are many activewear options available in this color, allowing the dancer freedom to choose the style of clothes they feel most comfortable and confident dancing in! This also makes it easier to switch classes if you choose, without having to purchase a whole new outfit. In order to train safely it is essential that the teacher sees your body and make corrections accordingly. Therefore, tight-fitted clothing is an important element in the classroom. Baggy T-shirts and sweatpants are only allowed during the warm-up phase of the class. Lastly, a uniform color will also help us take aesthetic pictures for promotional material if needed.



**Dance sneakers must have  
a split sole so you can point  
your feet! Outdoor sneakers  
are not permitted in the studio!**

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