



Academy of
Movement
and *Music*

DANCE

Class Attire

The Academy requires students to have uniform dancewear. Our uniforms must be worn for all class observations and recitals. For advanced students attending daily classes, we don't object to dancewear that might vary slightly in color and style. Very short or loose fitting athletic shorts and leotards with large cut-outs are not appropriate dancewear, nor are any baggy clothes.

Most of our required dancewear is available at Bloch in Oak Park and there are a number of online dancewear sellers.

Bloch
159 N. Marion St., Oak Park, IL 60301
(773) 745-5600
BLOCHWORLD.COM

Ballet

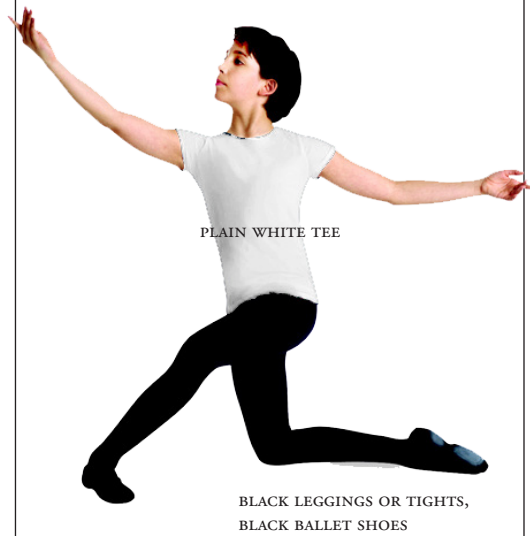
INTRODUCTION TO BALLET-GIRLS

- White, Long-Sleeved, Scoop-Neck Leotards
- Flesh-toned or Pink Tights
- Flesh-toned or Pink Ballet Shoes (leather preferred)
- White Bando Tutus



ALL LEVELS OF BALLET-BOYS

- Plain White T-shirt
- Black Leggings or Black Tights
- Black Ballet Shoes



BALLET LEVELS 1 AND 2 GIRLS

- Pink Long-Sleeved, Scoop-Neck Leotard
- Flesh-toned or Pink Tights
- Flesh-toned or Pink Ballet Shoes (leather preferred)
- Wrap Skirts are optional for class, but not required.



BALLET BASICS & BALLET 3 AND UP GIRLS

- Plain Black Tank Leotard in microfiber or cotton
- Flesh-toned or Pink Tights
- Flesh-toned or Pink Ballet Shoes
- Black Bike Shorts may be worn to class and are often used by dancers in recitals. They should have at least a 4" inseam.



Modern Dance

Jazz

MODERN DANCE ALL LEVELS

- Plain Black Tank Leotard in microber or cotton
- Black Ankle-length Leggings

BLACK TANK LEOTARD



BLACK LEGGINGS TO ANKLES



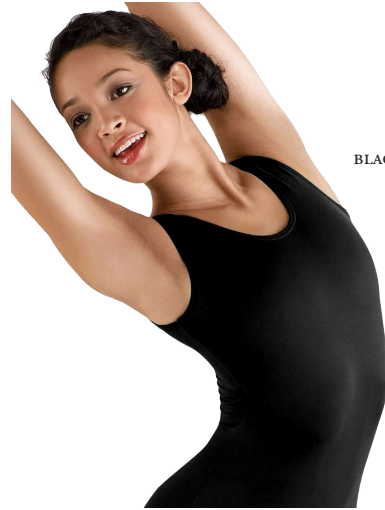
BARE FEET



JAZZ ALL LEVELS

- Plain Black Tank Leotard in microfiber or cotton
- Black Ankle-length Leggings
- Pulse Slip-on Jazz Shoes

BLACK TANK LEOTARD



BLACK LEGGINGS TO ANKLES



BLACK PULSE SLIP-ON JAZZ SHOES

Guidelines for Hair

Regardless of individual hairstyle or length, student hair for dance classes should be secured out of the eyes and face.

- For long hair, a bun secured to the head with bobby pins is best. Loose ponytails can get into eyes during turns and other movements. Short bangs or loose wisps should be held back with a headband or clips in addition to the bun.
- For any hair length, if bangs are long enough to cover eyes, they should be secured back by using a headband, bobby pins, clips, or barrettes.

