

# Dance Dress Standards

## Ballet Classes

### Feminine

<b>Tiny Tots/ Beginning Ballet/ Pre-Primary</b>	Choice of leotard; footless tights optional; no shoes; no tutus (soft skirts ok) <b>Please Note:</b> <i>Students will need footed tights and shoes for performances</i>
<b>Primary</b>	Any <b>light pink</b> leotard; pink socks or tights; pink ballet shoes
<b>Grades 1 - 5</b>	Regulation RAD navy, marine blue (light blue if older), or lavender leotard; pink tights; pink ballet shoes; character shoes (except Grade 4). <a href="#">Regulation Style Leotards</a> - we use the "Freed Aimee" style of leotards
<b>Int. Foundation - Advanced 2</b>	Choice of plain, dark colored leotard (green, blue, purple, grey); pink tights; pink ballet shoes; character shoes; pointe shoes <b>Please Note:</b> <i>Intermediate Foundation students need to make an appointment with <a href="#">Barry's Dancewear</a> for pointe shoe fittings</i>
<b>Adult Ballet</b>	Choice of comfortable clothing; leotard and tights optional if comfortable; pointe shoes required for pointe class

### Masculine

<b>Tiny Tots/ Beginning Ballet/ Pre-Primary</b>	White shirt; dark shorts; white tights optional; ballet shoes optional <b>Please Note:</b> <i>Students will need footed tights and shoes for performances</i>
<b>Primary</b>	White T-Shirt; tight-fitting black shorts; white ankle socks; white or black ballet slippers <a href="#">Primary RAD Style Apparel</a>
<b>Grades 1 - 3</b>	White T-Shirt; tight-fitting black shorts; white ankle socks; white or black ballet slippers; black character shoes <a href="#">Grades 1-3 RAD Style Apparel</a>
<b>Grade 4 +</b>	Sleeveless or short-sleeved white leotard; boys footed or stirrup tights in navy (Grades 4 - Adv. Foundation) or black (Intermediate - Advanced 2); white ankle socks; white ballet shoes; character shoes (except Grade 4) <a href="#">Grades 4+ RAD Style Apparel</a>
<b>Adult Ballet</b>	Choice of comfortable clothing; shorts or stirrup tights optional if comfortable; pointe shoes required for pointe class

## Conditioning & Yoga Classes

Students are expected to wear either their standard dance uniform or comfortable but appropriate work-out attire for all conditioning and yoga classes. Students should be able to sit, stand, stretch, and move comfortably in whatever attire they choose to wear.

## Non-Ballet Dance Classes

Standard Dance Apparel: leotards or a tight-fitting bodice (tank-top or t-shirt); tights and/or tight-fitting pants/shorts; ballet or jazz shoes

## Non-Apparel Standards

All students with long hair should have it neatly tied back.

Students in RAD Primary - Advanced 2 are required to have hair in Classical Style buns with a hair net to keep fly-aways tucked and hair flat.

## Academy Leotard/Shoe Exchange

The Academy Office hosts a Leotard and Shoe Exchange, where students can donate or purchase RAD leotards, non-RAD leotards, ballet shoes and character shoes, and receive a credit to be used in exchange for the aforementioned items. We have shoes and leotards for almost every size, from our Tiny Tots up to our Adults, for both feminine and masculine gear.

Typical Exchange Rates:

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RAD Leotards (All)	= 3 Credits or \$15
Non-RAD Leotards (Youth)	= 1 Credit or \$5
Non-RAD Leotards (Adult)	= 2 Credits or \$10
Character Shoes	= 3 Credits or \$15
Ballet Shoes	= 2 Credits or \$10
RAD Men's Tights & Shirts	= 3 Credits or \$15

## Online Resources

The following are a list of online resources that we have gathered over the years for ordering dance gear, as ordering from RAD's store isn't always a viable option. Please check out some of the stores below to compare pricing and shipping options:

Company	Website
Freed of London	<a href="http://www.freedusa.com">www.freedusa.com</a>
Dance Supplies	<a href="http://www.dancesupplies.com">www.dancesupplies.com</a>
Imaginations Costumes	<a href="http://www.imaginationscostumes.com/dance/">www.imaginationscostumes.com/dance/</a>
Discount Dance	<a href="http://www.discountdance.com">www.discountdance.com</a>
Danzia	<a href="http://www.danzia.com">www.danzia.com</a>

# Class Policies

## Missed Class Policy

It is mandatory for all students to attend all assigned class times in their registered classes during the week. However, in the event of illness, injury, holidays, or required school activity, classes may be made up during the semester of absence.

Class may be made up by attending another section of the same class if available, or by attending a class one level above or below your currently enrolled class level. Students are not required to notify the teacher ahead of time. A full schedule of weekly meeting times can be found on the NAU Academy Dance page through the website.

## Being Prepared for Class

While attire and dance gear are vital parts to successful participation in class, there are additional guidelines that we ask ALL students to follow while attending class. This includes:

### BRINGING A WATER BOTTLE TO CLASS

All students should bring one, but Primary and above will not leave the studio for water breaks.

### BEING ENERGIZED/ HAVE A SNACK

Ballet and dance are full body, physically taxing activities, and students need to make sure they are ready for the full class. Older students will have class times that can last up to two hours. Please be sure to eat properly before class, or to pack a snack to eat for before or after class. Please note that food is not allowed in either studio or any classroom.

### BEING MENTALLY READY

Ballet, like all sports, requires a full presence for safety and success. We ask that students be just as mentally prepared as they are physically prepared for each class.

In the same way that student should take a break if they have a physical injury, students should be prepared to take a break if they are not mentally ready for class. Absence for mental health breaks are treated the same as physical injury - students should take the time they need, and are encouraged to work with teachers on plans for make-up classes. Please reach out with any questions or concerns.

### WHEN GEAR GOES MISSING

We understand that in the hectic day-to-day life of being a kid, things get lost, so we try to have you covered! The Leotard and Shoe Exchange in the Academy office is also available for temporary rentals of shoes and leotards. If gear is back-ordered, or lost to the depths of a car or closet, please have your student stop by the office, and we will let them rent out gear for the day, free of charge.

Any items left behind by students are placed in the **lost and found** outside of Studio A. Please also check with the office if you cannot find your item in lost and found, as some items are kept safe in the office.