

The Dancers' Choice CT LLC

627 Main Street
Monroe, CT 06468

2026–2027 Class Attire Policy

Please review your dancer's class attire requirements below. Proper attire promotes safety, freedom of movement, and allows instructors to provide the most effective corrections and feedback.

Hair Policy — All Dancers

- The goal is for hair to be secure, professional, and non-distracting, while allowing dancers to choose styles that work with their individual hair type and texture.
- Examples include braids, ponytails, or buns. Ballet classes require a ballet bun.
- Should a dancer's hair interfere with the quality of movement they are able to give, they may be asked to fix their hair before continuing to participate. If the issue cannot be corrected, the dancer may be asked to sit out of class.

Reminders

- Please avoid street clothes or excessively baggy attire, as these can restrict movement and prevent instructors from properly assessing body alignment.
- Dancers should wear appropriate undergarments that provide adequate support and coverage.
- For safety reasons, watches, bracelets, necklaces, dangling earrings, and rings are not permitted during class.
- Please bring plenty of water. Hydration is essential!

Class Attire Policy Enforcement

1st Warning: Verbal reminder to the dancer and parent/guardian.

2nd Warning: Written warning. The dancer may be asked to sit out for the remainder of class.

3rd Warning & Beyond: The dancer will sit out of class. Continued non-compliance may result in removal from the class.

The Dancers' Choice CT LLC

627 Main Street
Monroe, CT 06468

3 Month Session/Full Year Options

My Very First Ballet Class

- Leotards, unitards, or fitted tops with shorts or leggings
- Tights optional
- Barefoot or pink leather ballet slippers

Twirling 2's

- Leotards, unitards, or fitted tops with shorts or leggings
- Tights optional
- Barefoot or pink leather ballet slippers

Sing-Along & Creative Movement

- Leotards, unitards, or fitted tops with shorts or leggings
- Barefoot

Little Movers

Little Movers I Ballet/Tap

- Fitted dance attire, such as leotards or dance tops with dance shorts or leggings
- Pink leather ballet slippers
- Black Mary Jane-style tap shoes

Little Movers II Ballet/Tap/Jazz

- Leotards, unitards, and tights (pink, tan, or black)
- Pink leather ballet slippers
- Black Mary Jane-style tap shoes
- Tan low-cut jazz shoes

Little Movers Acro/Hip Hop

- Leotards, unitards, or fitted tops with shorts or leggings
- No tights
- Clean athletic or hip-hop sneakers
- Bare feet

Little Movers Triple Threats

- Leotards, unitards, or fitted tops with shorts or leggings
- Tights optional
- Tan low-cut jazz shoes

The Dancers' Choice CT LLC

627 Main Street
Monroe, CT 06468

Young Artist, Emerging Artist & Elite Artist Classes

Please note: If a dancer is enrolled in a combo class, their attire should be appropriate for both styles. The only item they should need to change between classes is their shoes.

Pre-Pointe & Ballet

Female Dancers:

- Leotard
- Convertible Tights (pink, tan, or black)
- Pink canvas split-sole ballet shoes
- Hair secured in a ballet bun with no flyaways

Male Dancers:

- Fitted, solid-colored T-shirt or tank top
- Fitted, solid-colored dance pants
- Black canvas ballet shoes

Additional Ballet Requirements:

- Ballet skirts or ballet sweaters are optional.
- Shorts are not permitted.
- Dancers en pointe should bring their pointe shoes.
- All dancers will need yoga blocks and TheraBands.
- *Dancers enrolled in Ballet/Lyrical Combo Classes must follow the Lyrical Class Attire Guidelines as well.*

Lyrical

- Comfortable dancewear that allows freedom of movement, such as fitted tops, leggings, or dance shorts
- Tan leather turners

Jazz

- Fitted dance attire, such as leotards, jazz pants, or leggings
- Tan low-cut jazz shoes

Contemporary

- Comfortable dancewear that allows freedom of movement, such as fitted tops, leggings, or dance shorts
- Tan leather turners

The Dancers' Choice CT LLC

627 Main Street
Monroe, CT 06468

Triple Threats

- Fitted dance attire, such as leotards, jazz pants, or leggings
- Tan low-cut jazz shoes

Tap

- Fitted dance attire, such as leotards or dance tops with dance shorts or leggings
- Black tie-up tap shoes with wooden bottoms
 - Recommended: Bloch "Respect" tap shoes

Hip Hop

- Comfortable clothing that allows movement, such as T-shirts, tank tops, joggers, leggings, or shorts
- Clean, non-marking sneakers or dance sneakers
 - Recommended: Adidas Grand Court 2.0 Tennis - White Base with black stripes and heel

Acro

- Leotards, unitards, or fitted tops with shorts or leggings
- No tights
- Bare feet

Strength & Conditioning

- Leotards, unitards, or fitted tops with shorts or leggings
- All dancers will need ankle weights, TheraBands, and yoga blocks
- Dancers should bring all required dance shoes and athletic sneakers

The Dancers' Choice CT LLC

627 Main Street
Monroe, CT 06468

Adult Drop-Ins

Ballet Barre

- Tight-fitting athletic clothing that you are comfortable moving in
- Ballet slippers — pink canvas split-sole ballet shoes recommended
- Tights and leotards are not required

Adult Cardio & Conditioning

- Comfortable clothing that allows movement, such as T-shirts, tank tops, joggers, leggings, or shorts
- Clean, supportive athletic sneakers

Adult Triple Threats

- Comfortable clothing that allows movement, such as T-shirts, tank tops, joggers, leggings, or shorts
- Clean, supportive athletic sneakers or tan low-cut jazz shoes