

**ADULT DANCE DRESS CODE**

(as of 9/28/11)

**FOR ALL CLASSES**

- Please refrain from wearing heavy perfumes in the studio that may adversely affect students with allergies
- Please refrain from using hair products that leave a residue for classes that use mats or involve floorwork

**AFRO-CARIBBEAN**

leotard, footless tights or sweat pants; full skirt and head scarf optional for women

**BALLET / BALLET FOR THE OLDER BODY**

Women: leotard & tights or unitard, ballet slippers, chiffon skirt if desired

Men: leotard or tee shirt & tights or unitard, ballet slippers

Both: ankle/leg warmers or thin nylon sweats are acceptable layering

**BOLLYWOOD**

comfortable dance clothing and bare feet or soft slippers

**CAPOEIRA**

t-shirt and loose-fitting athletic pants

**FLAMENCO**

Women: long sleeve, black leotard; full black skirt; flesh colored tights; black character shoes;  
pair of castanets; hair pulled back

Men: black pants, boots, white shirt, vest, pair of castanets

**ISADORA DUNCAN**

solid color leotard and flowing silk skirt, or silk tunic (consult teacher)

**HIP-HOP**

comfortable dance clothing and dance sneakers or clean athletic sneakers

**HULA**

Comfortable dance clothing and bare feet or soft slippers

**JAZZ FUNK**

leotard or fitted tee shirt, footless tights or jazz pants, rubber-soled jazz shoes or jazz sneakers

**MIDDLE EASTERN DANCE/FLUID BELLY DANCE**

leotard or close fitting midriff top and tights;

hip-hugger skirt or harem pants, or Middle Eastern hip scarf with jingles (ask instructor)

**MODERN**

leotard, footless tights, or footless unitard; light sweatpants or dance pants are acceptable layering

**SOCIAL DANCE CLASSES – BALLROOM, SWING, SALSA, TANGO, ENGLISH COUNTRY DANCE**

comfortable unrestrictive street clothes and smooth-soled shoes

**TAP**

unrestrictive clothing (i.e. leotard or tee shirt, shorts, comfortable pants, dance pants or sweatpants), tap shoes

**THEATER DANCE / BROADWAY BASICS**

leotard, jazz pants, tights or leggings; character shoes and rubber-soled jazz shoes

**DANCE FOR LIFE CLASSES:**

**ALEXANDER TECHNIQUE / BODY ALIGNMENT & FITNESS / HEART & SOUL/MODERN FOR THE OLDER DANCER**

leotard, footless tights; or unrestrictive clothing (i.e. tee shirt, sweatpants); jazz shoes acceptable

Many of these items can be purchased at [www.discountdance.com](http://www.discountdance.com) or at one of the following stores:

**Capezio**

1650 Broadway at 51st Street, 2nd fl  
212.245.2130

**Capezio**

201 Amsterdam Ave at 69th Street  
212.262.1747

**Danskin**

2282 ½ Broadway b/t 82nd & 83rd  
212.769.2923

92nd Street Y ♦ School of the Arts ♦ Harkness Dance Center

1395 Lexington Ave at 92nd Street ♦ NY, NY 10128 ♦ [www.92Y.org/Dance](http://www.92Y.org/Dance) ♦ (P) 212.415.5552 ♦ (F) 212.415.5549

