



*Frankfort School of Ballet
Dance Class Attire Requirements
(2021-2022 School Year)*

We invite you to shop in FSB's Boogie Boutique any time the studio is open. We carry all of your dance attire needs in the brands and styles we recommend, plus we offer consignment of used dance attire.

*****Reminders: 1) Do not wear jewelry (except stud earrings and wedding rings), 2) For girls, do not wear underwear (except dance unders), and 3) Do not wear dance shoes outside the building.**

Youth (ages 18 months through 9 years) including Boys Only Class

Girls

Leotard – any color and style; attached skirts are permitted

Tights – footed are preferred, any color and style; ankle socks are permitted (panties are not worn under tights)

Unders – only required as necessary per student; if needed they should be dance unders rather than panties and bras

Ballet Shoes – pink full-sole leather technique slippers

Tap Shoes – black with elastic bands (no ribbons)

Cover-Ups – not required; dance sweaters and leg warmers are permitted

Hairstyle – ages 18 months through 4 years: secured away from face in any style; ages 5-8: bun

Dance/Acro:

Same as above except Tights should be transition or stirrup, as gymnastics is done in bare feet.

Boys

T-shirt – fitted, any color and sleeve length; no words or pictures

Shorts or Pants – tight and stretchy dance or bike styles, any color; no words or pictures

Unders – only required as necessary per student

Socks – not required; any color and style

Ballet Shoes – ages 18 months through 4 years (or 5 years in 3-5 year old class): white ballet shoes; ages 5-8: black ballet shoes

Tap Shoes – black lace-up shoes

Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted

Hairstyle – secured away from face if applicable

Dance/Acro:

Same as above but be prepared to do gymnastics in bare feet.

Acro Circus

Girls:

Leotard – any color and style

Tights – any color; transition, stirrup, or footless

Unders – only required as necessary per student; if needed they should be dance unders rather than panties and bras

Shoes – not required

Cover-Ups – not permitted unless approved by instructor
Hairstyle – long hair tied in ponytail; shorter hair secured away from face

Boys:

T-shirt or Leotard – fitted, any color and sleeve length; no words or pictures
Shorts, Pants, or Tights – tight and stretchy dance or bike styles, any color; no words or pictures
Unders – as necessary per student
Socks – not required; any color and style
Shoes – not required
Cover-Ups – not permitted unless approved by instructor
Hairstyle – secured away from face if applicable

Percussive Dance

Girls:

Clothing – any color and style that allows freedom of movement; leotards and tights are strongly preferred, but some dancers are happiest in yoga or workout clothes
Unders – only required as necessary per student; if needed they should be dance unders rather than panties and bras
Shoes – black tap shoes with elastic bands (no ribbons) or lace-up tap shoes
Cover-Ups – not required; any color and style
Hairstyle – ponytail for long hair; shorter hair secured away from face

Boys:

Clothing – any color and style that allows freedom of movement; tight and stretchy shirt and pants are strongly preferred, but some dancers are happiest in workout clothes
Unders – as necessary per student
Socks – not required; any color and style
Shoes – black lace-up tap shoes
Cover-Ups – not required; any color and style
Hairstyle – secured away from face if applicable

Advanced Track (ages 9-18 years)

Acro

Girls:

Leotard – any color and style
Tights – any color; transition, stirrup, or footless
Unders – only required as necessary per student; if needed they should be dance unders rather than panties and bras
Shoes – not required
Cover-Ups – not permitted unless approved by instructor
Hairstyle – long hair securely tied back away from face; shorter hair secured away from face

Boys:

T-shirt or Leotard – fitted, any color and sleeve length; no words or pictures
Shorts, Pants, or Tights – tight and stretchy dance or bike styles, any color; no words or pictures
Unders – as necessary per student; dance belts required for students 12 years and up
Socks – not required; any color and style
Shoes – not required

Cover-Ups – not permitted unless approved by instructor

Hairstyle – secured away from face if applicable

Ballet Levels I-II and Ballet Technique

Girls:

Leotard – any color and style; attached skirts are NOT permitted

Tights – pink or skin tone; any style

Unders – only required as necessary per student; dance unders are strongly preferred rather than panties and bras

Ballet Shoes – pink full-sole technique slippers; leather or canvas

Cover-Ups – not required; removable dance skirts or shorts, dance sweaters, and leg warmers are permitted but your teacher may ask you to remove them if she needs to see how your muscles are working to ensure you are using proper technique

Hairstyle – slick, fully-secured bun; shorter hair may be worn in another style secured out of face

Boys:

T-shirt – white fitted; any sleeve length; no words or pictures

Shorts or Pants – black tight and stretchy dance or bike styles; no words or pictures

Unders – as necessary per student; dance belts required for students 12 years and up

Socks – not required; any color and style

Ballet Shoes – black full-sole leather technique slippers

Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted but your teacher may ask you to remove them if she needs to see how your muscles are working to ensure you are using proper technique

Hairstyle – secured away from face if applicable

Ballet Levels III-VI

Girls:

Leotard – any color and style; attached skirts are NOT permitted

Tights – pink or skin tone transition

Unders – only required as necessary per student; dance unders are strongly preferred rather than panties and bras

Ballet Shoes – pink, any style

Pointe Shoes – any shade of pink and any style; each of your first three pairs must be approved by your instructor before you sew on the elastics and ribbons

Cover-Ups – not required; removable dance skirts or shorts, dance sweaters, and leg warmers are permitted but your teacher may ask you to remove them if she needs to see how your muscles are working to ensure you are using proper technique

Hairstyle – slick, fully-secured bun; shorter hair may be worn in another style secured out of face

Boys:

T-shirt or Leotard – white fitted; any sleeve length; no words or pictures

Shorts, Pants, or Tights – black tight and stretchy dance or bike styles; no words or pictures

Unders – as necessary per student; dance belts required for students 12 years and up

Socks – not required; any color and style

Ballet Shoes – black, any style

Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted but your teacher may ask you to remove them if she needs to see how your muscles are working to ensure you are using proper technique

Hairstyle – secured away from face if applicable

Circus Flow Arts

Girls:

Leotard – any color and style

Tights – any color; transition, stirrup, or footless

Unders – only required as necessary per student; if needed they should be dance unders rather than panties and bras

Shoes – not required

Cover-Ups – not permitted unless approved by instructor

Hairstyle – long hair tied in ponytail; shorter hair in any style secured away from face

Boys:

T-shirt or Leotard – fitted, any color and sleeve length; no words or pictures

Shorts, Pants, or Tights – tight and stretchy dance or bike styles, any color; no words or pictures

Unders – as necessary per student; dance belts required for students 12 years and up

Socks – not required; any color and style

Shoes – not required

Cover-Ups – not permitted unless approved by instructor

Hairstyle – secured away from face if applicable

Conditioning

Girls:

Leotard – any color and style

Tights – any color; transition, stirrup, or footless

Unders – only required as necessary per student

Shoes – not required

Cover-Ups – not permitted unless approved by instructor

Hairstyle – long hair tied in ponytail; shorter hair in any style secured away from face

Boys:

T-shirt or Leotard – fitted, any color and sleeve length; no words or pictures

Shorts, Pants, or Tights – tight and stretchy dance or bike styles, any color; no words or pictures

Unders – as necessary per student; dance belts recommended for ages 12 and up

Socks – not required; any color and style

Shoes – not required

Cover-Ups – not permitted unless approved by instructor

Hairstyle – secured away from face if applicable

Contemporary

Girls:

Leotard – any color and style

Tights – pink or skin tone; transition, stirrup, or footless

Unders – only required as necessary per student; if needed they should be dance unders rather than panties and bras

Shoes – flesh tone half sole modern shoes

Cover-Ups – not required; removable dance skirts or shorts, dance sweaters, and leg warmers are permitted but your teacher may ask you to remove them if she needs to see how your muscles are working to ensure you are using proper technique

Hairstyle – bun; shorter hair may be worn in another style secured out of face

Boys:

T-shirt – white fitted; any sleeve length; no words or pictures

Shorts or Pants – black tight and stretchy dance or bike styles; no words or pictures

Unders – as necessary per student; dance belts required for students 12 years and up

Socks – not required; any color and style

Shoes – flesh tone half sole modern shoes

Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted but your teacher may ask you to remove them if she needs to see how your muscles are working to ensure you are using proper technique

Hairstyle – secured away from face if applicable

Jazz

Girls:

Leotard – any color and style

Tights – pink or skin tone; any style

Unders – only required as necessary per student; if needed they should be dance unders rather than panties and bras

Shoes – tan slip-on jazz shoes

Cover-Ups – not required; removable dance skirts or shorts, dance sweaters, and leg warmers are permitted but your teacher may ask you to remove them if she needs to see how your muscles are working to ensure you are using proper technique

Hairstyle – bun; shorter hair may be worn in another style secured out of face

Boys:

T-shirt or Leotard – white fitted; any sleeve length; no words or pictures

Shorts, Pants, or Tights – black tight and stretchy dance or bike styles; no words or pictures

Unders – as necessary per student; dance belts required for students 12 years and up

Socks – not required; any color and style

Shoes – black slip-on jazz shoes

Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted but your teacher may ask you to remove them if she needs to see how your muscles are working to ensure you are using proper technique

Hairstyle – secured away from face if applicable

Modern

Girls:

Leotard – any color and style

Tights – pink or skin tone; transition, stirrup, or footless

Unders – only required as necessary per student; if needed they should be dance unders rather than panties and bras

Shoes – flesh tone modern

Cover-Ups – not required; removable dance skirts or shorts, dance sweaters, and leg warmers are permitted but your teacher may ask you to remove them if she needs to see how your muscles are working to ensure you are using proper technique

Hairstyle – bun; shorter hair may be worn in another style secured out of face

Boys:

T-shirt or Leotard – white fitted; any sleeve length; no words or pictures

Shorts, Pants, or Tights – black tight and stretchy dance or bike styles; no words or pictures

Unders – as necessary per student; dance belts required for students 12 years and up

Socks – not required; any color and style

Shoes – flesh tone half sole modern shoes

Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted but your teacher may ask you to remove them if she needs to see how your muscles are working to ensure you are using proper technique

Hairstyle – secured away from face if applicable

Praise Dance

Girls:

Clothing – any color and style that allows freedom of movement; leotards and tights are strongly preferred, but some dancers are happiest in yoga or workout clothes

Unders – only required as necessary per student; dance unders are sometimes recommended rather than panties and bras

Shoes – any color and style of dance shoe or bare feet —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon

Cover-Ups – not required; any color and style

Hairstyle – ponytail or bun for long hair; shorter hair secured away from face

Boys:

Clothing – any color and style that allows freedom of movement; tight and stretchy shirt and pants are strongly preferred, but some dancers are happiest in workout clothes

Unders – as necessary per student; dance belts are recommended for ages 12 and up

Socks – not required; any color and style

any color and style of dance shoe or bare feet —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon

Cover-Ups – not required; any color and style

Hairstyle – secured away from face if applicable

Tap

Girls:

Leotard – any color and style

Tights – pink or skin tone; transition, stirrup, or footless; socks and bare feet are permitted

Unders – only required as necessary per student; if needed they should be dance unders rather than panties and bras

Tap Shoes – 1½" heeled caramel-colored leather tap shoes (Capezio Tap Jr. Footlights preferred)

Cover-Ups – not required; removable dance skirts or shorts, dance sweaters, and leg warmers are permitted

Hairstyle – bun; shorter hair may be worn in another style secured out of face

Boys:

- T-shirt – white fitted; any sleeve length; no words or pictures
- Shorts or Pants – black tight and stretchy dance or bike styles; no words or pictures
- Unders – as necessary per student; dance belts required for students 12 years and up
- Socks – not required; any color and style
- Tap Shoes – black lace-up
- Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted
- Hairstyle – secured away from face if applicable

Adults

Adult Ballet

Women:

- Clothing – any color and style that allows freedom of movement; leotards and tights are strongly preferred, but some dancers are happiest in yoga clothes
- Unders – only required as necessary per student; dance unders are sometimes recommended rather than panties and bras
- Ballet Shoes – pink is preferred; any style —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon
- Cover-Ups – not required; any color and style
- Hairstyle – bun is preferred for long hair, shorter hair secured away from face

Men:

- Clothing – any color and style that allows freedom of movement
- Unders – as necessary per student; dance belts recommended
- Socks – not required; any color and style
- Ballet Shoes – any color and style —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon
- Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted
- Hairstyle – secured away from face if applicable

Adult Tap

Women:

- Clothing – any color and style that allows freedom of movement
- Unders – only required as necessary per student; dance unders are sometimes recommended
- Tap Shoes – any color and style—speak with the instructor regarding preferred color and style if you anticipate performing with the class soon
- Cover-Ups – not required; any color and style
- Hairstyle – secured out of face

Men:

- Clothing – any color and style that allows freedom of movement
- Unders – as necessary per student; dance belt recommended
- Socks – not required; any color and style
- Tap Shoes – any color and style—speak with the instructor regarding preferred color and style if you anticipate performing with the class soon
- Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted
- Hairstyle – secured away from face if applicable

Circus Flow Arts

Women:

- Clothing – any color and style that allows freedom of movement; loose fitting clothing discouraged
- Unders – only required as necessary per student; dance unders are sometimes recommended
- Shoes – not required
- Cover-Ups – not required; any color and style
- Hairstyle – secured out of face

Men:

- Clothing – any color and style that allows freedom of movement; loose fitting clothing discouraged
- Unders – as necessary per student
- Socks – not required; any color and style
- Shoes – not required
- Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted
- Hairstyle – secured away from face if applicable

Conditioning

Women:

- Clothing – any color and style that allows freedom of movement
- Unders – only required as necessary per student; dance unders are sometimes recommended
- Shoes – not required
- Cover-Ups – not required; any color and style
- Hairstyle – secured out of face

Men:

- Clothing – any color and style that allows freedom of movement
- Unders – as necessary per student
- Socks – not required; any color and style
- Shoes – not required
- Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted
- Hairstyle – secured away from face if applicable

Contemporary

Women:

- Clothing – any color and style that allows freedom of movement; leotards and tights are strongly preferred, but some dancers are happiest in yoga clothes
- Unders – only required as necessary per student; dance unders are sometimes recommended rather than panties and bras
- Shoes – not required; any color ballet, jazz, or modern shoes —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon
- Cover-Ups – not required; any color and style
- Hairstyle – bun is preferred for long hair, shorter hair secured away from face

Men:

- Clothing – any color and style that allows freedom of movement
- Unders – as necessary per student; dance belts recommended

Socks – not required; any color and style
Shoes – not required; any color ballet, jazz, or modern shoes —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon
Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted
Hairstyle – secured away from face if applicable

Jazz

Women:

Clothing – any color and style that allows freedom of movement; leotards and tights are strongly preferred, but some dancers are happiest in yoga clothes
Unders – only required as necessary per student; dance unders are sometimes recommended rather than panties and bras
Shoes – not required; any color ballet, jazz, or modern shoes —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon
Cover-Ups – not required; any color and style
Hairstyle – bun is preferred for long hair, shorter hair secured away from face

Men:

Clothing – any color and style that allows freedom of movement
Unders – as necessary per student; dance belts recommended
Socks – not required; any color and style
Shoes – not required; any color ballet, jazz, or modern shoes —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon
Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted
Hairstyle – secured away from face if applicable

Modern

Women:

Clothing – any color and style that allows freedom of movement; leotards and tights are strongly preferred, but some dancers are happiest in yoga clothes
Unders – only required as necessary per student; dance unders are sometimes recommended rather than panties and bras
Shoes – not required; any color ballet, jazz, or modern shoes —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon
Cover-Ups – not required; any color and style
Hairstyle – bun is preferred for long hair, shorter hair secured away from face

Men:

Clothing – any color and style that allows freedom of movement
Unders – as necessary per student; dance belts recommended
Socks – not required; any color and style
Shoes – not required; any color ballet, jazz, or modern shoes —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon
Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted
Hairstyle – secured away from face if applicable

Praise Dance

Women:

Clothing – any color and style that allows freedom of movement; leotards and tights are strongly preferred, but some dancers are happiest in yoga clothes

Unders – only required as necessary per student; dance unders are sometimes recommended rather than panties and bras

Shoes – any color and style of dance shoe or bare feet —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon

Cover-Ups – not required; any color and style

Hairstyle – bun is preferred for long hair, shorter hair secured away from face

Men:

Clothing – any color and style (fitted styles preferred) that allows freedom of movement

Unders – as necessary per student; dance belts recommended

Socks – not required; any color and style

Shoes – any color and style of dance shoe or bare feet —speak with the instructor regarding preferred color and style if you anticipate performing with the class soon

Cover-Ups – not required; removable sweatshirt jacket (etc.) permitted

Hairstyle – secured away from face if applicable