



Northern Lights School of Dance DRESS CODE 2025-26

Class Uniform

Proper attire and grooming are considered to be an essential part of dance training and helps the dancer feel correctly prepared for their class.

We wear a uniform at NLSD for a few reasons:

- Uniforms encourage discipline and preparedness in students.
- Consistent attire enhances equality and unity in the group.
- Instructors can better see the students' form and technique without any wardrobe interference.

Students who are inappropriately dressed may not be permitted to participate in class.

Where two options are given, students must choose either Option A or B in their entirety for all styles. Previously, Option A was previously known as the girl uniform, while Option B was for boys.



Class Uniform: Primary and First Steps

Hair must be secured back off the face and neck, in a very tidy ballet bun if long enough.

Option A

- Pink ballet slippers with elastics across the top of the foot
- Solid color bodysuit (no graphics, or patterns)
- ballet skirt mid thigh/just above the knee length
- Pink or skin toned ballet tights

Option B

- Black ballet shoes with elastics across the top of the foot
- Solid colored fitted t-shirt (with no pattern or graphics)
- Black or white socks
- Black shorts or leggings

*First Steps TAP STUDENTS WILL ALSO NEED TAP SHOES

Class Uniform: Ballet

Ballet

Hair must be secured back off the face and neck, and in a bun if long enough.

Option A

- Skin color or pink ballet slippers with elastics across the top of the foot
- Solid dark toned bodysuit (no graphics, or patterns)
- Skin toned or pink convertible ballet tights (no shine)

Option B

- Black ballet shoes with elastics across the top of the foot
- White fitted t-shirt (with no patterns or graphics)
- Black or white socks
- Black shorts or leggings (dance belts maybe require for older dancers)

**Dancers on pointe should bring their pointe shoes to all ballet classes

Intensive Ballet

All dancers will need character shoes. Please do not purchase these shoes until your instructor confirms with the class.

- Intensive 1 & 2: Canvas character shoes, low heel
- Intensive 3 & 4: Canvas character shoes, Cuban heel



Weekend Rehearsals (Nutcracker, etc.)

During weekend rehearsals, dancers must follow the uniform requirements above. However, dancers may add a wrap shirt or wear a more brightly colored bodysuit. Dancers are encouraged to bring warm clothing such as sweatpants and hoodies to layer over their dance clothing during breaks.

Class Uniform: Jazz, Broadway, Contemporary, Acro, Street Styles

Jazz/Broadway

- Hair secured off the face and neck (ponytail or bun)
- Black jazz shoes (not jazz runners)
- Solid color leotard or fitted t-shirt that doesn't flip up when going upside- down
- Solid color jazz pants, leggings or shorts

Contemporary/Acro

- Hair secured off the face and neck (no bun for Acro!)
- Bare feet or thin socks
- Solid color leotard or fitted t-shirt that doesn't flip up when going upside- down
- Solid color jazz pants, leggings or shorts

Tap

- Hair secured off the face and neck (ponytail or bun)
- Black tap shoes
- Solid color leotard or fitted t-shirt
- Solid color jazz pants, leggings or shorts

Street Styles

- Hair secured off the face
- Looser fitting comfortable clothes
- Clean indoor runners

Jewelry

Only small stud earrings are allowed in class. Other jewelry and valuables should be left at home where they are safe!



What to Bring in Your Dance Bag

Having a designated dance bag will help dancers be prepared. Here is a list of ideas of what should be in your dancers' bag.

- Hair Kit: elastics, hair pins, bobby pins, hair net, brush, comb, etc.
- Safety pins of various sizes
- Pointe Shoe Kit: scissors, needle and thread, tape, spacers, ouch pouches, lamb's wool, second skin, etc.
- Clear nail polish (for runs in tights and ribbons)
- Body deodorant
- All dance shoes
- Extra change of dance clothing
- Warm up clothing
- Note book and pen
- Small first aid kit: ice pack, Band-Aids, hand sanitizer, etc.
- Water bottle
- Healthy snacks

