

# PEABODY DANCE APPEARANCE GUIDELINES

The Peabody Dance Dress Code and Appearance Guidelines are intended to allow dancers to work free of distracting or inhibiting clothing or hairstyles, to help teachers see and correct the students' bodies, and to train students in how to present themselves in dance in a professional manner. Please thoroughly read the following information. Call the Peabody Dance office at 667-208-6648 or email [peabodydance@jhu.edu](mailto:peabodydance@jhu.edu) with any questions.

## GENERAL GUIDELINES

- Students must provide their own dance clothing and shoes.
- Dress Code regulations are strictly enforced. **Students who come to class out of dress code will not be permitted to take class.**
- No jewelry, elaborate hair accessories, nail polish or acrylic nails, skirts, or warm-up clothing may be worn in class.
- **NO eyeglasses may be worn in performances.**

## ADDITIONAL GUIDELINES FOR FEMALE DANCERS

- Leotards and tights are the only garments to be worn in class for girls and women - **NO undergarments should be worn.** Students should buy regulation leotards with a built-in shelf lining or built-in bra as appropriate. Students may wear a dance bra designed to be worn under leotards or an over/under nude leotard (straps must be pinned to the leotard as to not be visible). Sports or training bras are **NOT** allowed under leotards.
- Leotards may be cotton or nylon but must be in plain, traditional styles only, no decorations or attached skirts. See Dress Code for style and color requirements specific to each level.
- Ballet slipper information for female students:
  - **Young Children's Program** – leather, full sole ballet slippers with one elastic strap across the arch of the foot
  - **Primary Ballet Program** – leather, split sole ballet slippers with one elastic strap across the arch of the foot.
  - **Pre-Professional Program (Levels 3-6)** - **leather ballet slippers with one elastic strap across the arch of the foot required for performances and preferred for class.** Canvas slippers with two crossed elastic straps are permitted in class but NOT allowed for performances.
  - **Teen and Adult Open Program** – leather or canvas ballet slippers of the student's choice.
- **Hair** for girls and women should be worn in a classical ballet bun or similar style. Hair must be gathered together at the center of the crown and secured with hair and/or bobby pins. **Ponytails, bangs, decorative braiding, beading, and hair pieces are not permitted.** Very short hair should be pulled back away from the face with a headband secured with bobby pins.

## ADDITIONAL GUIDELINES FOR MALE DANCERS

- Boys should wear a dance belt underneath shorts or tights beginning around age 11.
- Boys and men may purchase footless tights to wear for contemporary dance.
- Boys wearing suspenders must wear them underneath the t-shirt so they are not visible; alternately, boys may wear an elastic belt.
- Ballet slipper information for male students:
  - Canvas slippers with two crossed elastic straps are permitted.
  - See level for specific color.
  - Summer Intensive: Levels A, B, C wear white shoes; Levels D, E wear white or black shoes.
- **Hair** for boys and men should be neatly combed back, off the face and secured with hairspray, bobby pins, or a headband.