

OVERVIEW

At FMDC, we have a dress code for all ages groups. Just like any team sport, you would not show up to the game without your jersey, and the same goes for dance class. Dressing appropriately in class gives the dancer confidence, helps lessen distractions, and helps teachers better see body lines.

Please Note - Students not in the proper attire could be asked to sit, watch, and take notes in class. No loose jewelry (stud earrings allowed) or gum chewing is permitted. All dance shoes (including sneakers for hip-hop) must NOT be worn outside. NO JEANS OR JEAN SHORTS are to be worn in any class, including tap and hip hop.

SHOP

All Twirl/Twist classes (pink, lilac, yellow, and blue) **will purchase their leotards through FMDC.** FMDC sells ballet shoes, tap shoes, tights, and other black apparel that can be worn in the classroom. Click [HERE](#) to view the FMDC apparel.

Boulder Body Wear is your local dance store, and they can help you find any dance shoes or other dance items you may need. They have fantastic customer service.

Boulder Body Wear
2850 Arapahoe Rd #104
Lafayette, CO 80026
Phone: (303) 447-9100

Part of **FMDC's dress code is to be inclusive of all skin tones.** For classes that are required to have tights, we welcome dancers to choose an option that best matches their skin tone. FMDC partners with a company that offers a variety of options for our dancers.

If wearing skin-tone tights, please choose shoes in a matching shade to maintain a clean, continuous line.

You will find FMDC's Dress Code and Shoe Requirements on the following pages.



DRESS CODE

CREATIVE CLUB

AGES 3-7 YEARS *GIRLS



PINK

TWIRL PINK BALLET/TAP

- Pink leotard *purchased through FMDC
- Pink tights
- Pink ballet shoes
- Black tap shoes
- Hair pulled back out of face (bun preferred)

LILAC

TWIRL LILAC BALLET/TAP

- Lilac leotard *purchased through FMDC
- Pink tights
- Pink ballet shoes
- Black tap shoes
- Hair pulled back out of face (bun preferred)

YELLOW

TWIRL YELLOW BALLET/TAP

- Yellow leotard *purchased through FMDC
- Pink tights
- Pink ballet shoes
- Black tap shoes
- Hair pulled back out of face (bun preferred)

TWIRL YELLOW JAZZ/HIP HOP

- Biketard (any color) or Twirl Yellow leotard
- Black jazz shoes
- Hip hop sneakers (any fun and stylish sneakers only worn inside)
- Hair pulled back out of face

YELLOW ACRO

- Biketard (any color) or Twirl Yellow leotard
- Bare feet (convertible tights if coming from a Twirl class)
- Hair pulled back out of face

BLUE

TWIST BLUE BALLET/TAP

- Blue leotard *purchased through FMDC
- Pink tights
- Pink ballet shoes
- Black tap shoes
- Hair pulled back out of face (bun preferred)

TWIST BLUE JAZZ/HIP HOP

- Biketard (any color) or Twist Blue leotard
- Black jazz shoes
- Hip hop sneakers (any fun and stylish sneakers only worn inside)
- Hair pulled back out of face

BLUE ACRO

- Biketard (any color) or Twist Blue leotard
- Bare feet (convertible tights if coming from ballet)
- Hair pulled back out of face

If your dancer wears a loose tank top or t-shirt please wear a leotard or sports bra underneath it. Many moves in dance go upside down.

DRESS CODE

CREATIVE CLUB

AGES 3-7 YEARS *BOYS

PINK

TWIRL PINK BALLET/TAP

- Solid Pink t-shirt
*purchased through FMDC
- Solid black shorts or tight-fitting pants.
- Black ballet shoes
- Black tap shoes
- Hair pulled back out of face



LILAC

TWIRL LILAC BALLET/TAP

- Solid Lilac t-shirt
*purchased through FMDC
- Solid black shorts or tight-fitting pants.
- Black ballet shoes
- Black tap shoes
- Hair pulled back out of face

YELLOW

TWIRL YELLOW BALLET/TAP

- Solid Yellow t-shirt
*purchased through FMDC
- Solid black shorts or tight-fitting pants.
- Black ballet shoes
- Black tap shoes
- Hair pulled back out of face

TWIRL YELLOW JAZZ/HIP HOP

- Biketard or Twirl Yellow t-shirt with solid black shorts or tight-fitting pants
- Black jazz shoes
- Hip hop sneakers (any fun and stylish sneakers only worn inside)
- Hair pulled back out of face

YELLOW ACRO

- Biketard or Twirl Yellow t-shirt with solid black shorts or tight-fitting pants
- Bare feet
- Hair pulled back out of face

BLUE

TWIST BLUE BALLET/TAP

- Solid Blue t-shirt
*purchased through FMDC
- Solid black shorts or tight-fitting pants
- Black ballet shoes
- Hair pulled back out of face

TWIST BLUE JAZZ/HIP HOP

- Biketard or Twirl Blue t-shirt with solid black shorts or tight-fitting pants
- Black jazz shoes
- Hip hop sneakers (any fun and stylish sneakers only worn inside)
- Hair pulled back out of face

ACRO BLUE

- Biketard or Twirl Blue t-shirt with solid black shorts or tight-fitting pants
- Bare feet
- Hair pulled back out of face

DRESS CODE

MAIN LOCATION

ACRO

- Black biketard or black leotard with either black jazz shorts or black leggings
- Bare feet
- Hair pulled back out of face

BALLET

- Black leotard--fully lined, with no sports bra underneath or
- No skirts are permitted
- Pink tights
- Pink split-sole ballet shoes
- Hair pulled back in a bun secured with a hairnet and bobby pins

BALLROOM

- Black biketard, black leotard or black tank top, paired with black shorts or leggings. Add a ballroom skirt for extra fun (any color allowed)
- Ballroom hoes (Very Fine, Copper Satin) are required with heel height between 1.25 in to 1.5 ins. Younger dancers are recommended to have 1.25 in heel height.
- Hair pulled back out of face

CONTEMPORARY

- Black biketard, black leotard, black tank top, or black t-shirt with either black jazz shorts or black leggings
- Bare feet
- Hair pulled back out of face

HIP HOP

- Comfortable athletic clothes that you can move and stretch in. No jeans or jean shorts.
- Sneakers only worn for hip-hop class. Any style...stylish and fun!
- Hair pulled back out of face

JAZZ, MUSICAL THEATRE

- Black biketard, black leotard, black tank top, or black t-shirt with either black jazz shorts or black leggings
- Black jazz shoes
- Hair pulled back out of face

TAP

- Black biketard, black leotard, black tank top, or black t-shirt with either black jazz shorts or black leggings
- Black tap shoes: Leos Ultra Tap black lace up full sole tap shoes
- Hair pulled back out of face

If your dancer wears a loose tank top or t-shirt please wear a leotard or sports bra underneath it. Many moves in dance go upside down.

DRESS CODE



MAIN LOCATION

BOYS

Have hair pulled back out of face

ACRO

- Black Slim-fitting clothes you can move in, such as joggers, shorts, t-shirts, tanks, etc. No baggy t-shirts or pants. No jeans.
- Bare feet

BALLET

- Solid white t-shirt or tank
- Solid black shorts or tight-fitting pants
- Black ballet shoes

CONTEMPORARY, STRETCH, TURNS AND LEAPS

- Black Slim-fitting clothes you can move in, such as joggers, shorts, t-shirts, tanks, etc. No baggy t-shirts or pants. No jeans.
- Bare feet

HIP HOP

- Comfortable athletic clothes that you can move and stretch fully in. Please no jeans.
- Sneakers only worn for hip-hop class. Any style...stylish and fun!

JAZZ, MUSICAL THEATRE

- Black slim-fitting clothes you can move in, such as joggers, shorts, t-shirts, tanks, etc. No baggy t-shirts or pants. No jeans.
- Black jazz shoes

TAP

- Black slim-fitting clothes you can move in, such as joggers, shorts, t-shirts, tanks, etc. No baggy t-shirts or pants. No jeans.
- Black tap shoes: Leos Ultra Tap black lace up full sole tap shoes

DRESS CODE

