

# DRESS CODE FAQs

## **Why do you have a strict dress code?**

We ask our dancers to comply with our dress code for a lot of reasons, but the biggest one is because if you want to be a dancer, you must look like one. When adults are on the job hunt, they're told to dress for the job they want. The same rule applies in dance class! When dancers are dressed appropriately and according to the dress code, they feel more professional and therefore have a better class experience.

Having a required dress code also helps with injury prevention. When the teacher is able to see the alignment of the hips, knees, ankles, and feet in class, we can ensure that our dancers are practicing correctly to prevent injury. When extra items of clothing are worn in class, they prevent the teacher from seeing these mistakes. Additionally, when students are dressed uniformly in class, the teacher's eye is drawn to smaller mistakes (a hip too high, a dropped wrist) because they are not distracted by each student wearing something different.

## **Does hair have to be in a bun?**

For ballet and jazz classes - YES! Not only is it neat, but it helps dancers learn and perform better. When the hair is pulled up and centered on the head, the dancer can achieve a better sense of balance. Additionally, when dancers move their head quickly in a turn (called a spot), a bun allows them to snap the head more quickly (whereas a ponytail usually whacks them in the face), which results in a better turn.

## **Help! I don't know how to do a bun!**

Lucky for you, there are tons of tools out there to help. Some dancers prefer to use a donut or bun maker to help (you can find them on [Amazon](#) or in your local drugstore), and here are some handy dandy videos for how to do a perfect ballet bun [on your dancer](#) or [on yourself](#)!

## **I forgot my dress code leotard at home! What do I do?**

Drop by the front desk and we probably have an extra in your color that you may borrow for the day!

## **The shoes required for my class aren't sold at the front desk, what do I do?**

As our students get more advanced, we generally stop carrying all of the different styles of shoes in our pro shop. We recommend getting fitted by the professionals over at Kinney Dancewear (146th street and Hazel Dell in Noblesville or 62nd and Keystone

near Broad Ripple). If you know your sizes, you can also order from DiscountDance.com (use the teacher code 128259 so they know Interactive sent you) or any other reputable online retailer.

**My dress code leotard/tights/shoes have been ordered but they aren't here yet, what should I wear?**

If you're still waiting for your items to arrive, please wear the closest thing to dress code that you have. (Example, a leotard and tights even if they're the wrong color, ballet shoes in jazz class, etc.)

**Can I just buy all of this at once and not have to worry about it anymore?**

Absolutely! We offer dress code packages that include everything you need for your class at the front desk. Stop by and they'll gladly help you out!

**Can I buy things separately or is it only a package deal?**

Of course! You can buy any item you need at any time, as your dancer grows out of something, needs, an extra, etc.