



171 Cedar Arts Center  
**DANCE STUDENT CONDUCT, DANCE DESCRIPTIONS AND ATTIRE POLICY**

## **ATTIRE AND DESCRIPTION**

### **GENERAL REQUIREMENTS FOR ALL DANCERS**

- Please remove all jewelry prior to the start of class. Post earrings are permissible.
- Hair should be tied back away from the face and long bangs should be pinned.
- Street shoes are not permitted on 171's dance floors unless otherwise noted.
- No cargo pants or jeans are permitted in any 30-week course

### **BALLET**

Ballet is a graduated level course in classical dance technique. Emphasis is on alignment and centering. Each class begins with exercises at the barre where basic positions and vocabulary are mastered. The class proceeds to center floor work where the dancer executes more difficult patterns in training. Pointe is a positioning which the body is balanced on the extreme tip of the toe. Classes in pointe are offered only to advanced students with permission of the instructor.

#### **Attire:**

- Pre-Ballet I & II: Pink tights, pink leotard, pink ballet shoes
- Ballet I & II: Pink tights, black leotard, pink ballet shoes
- Ballet III & IV: Pink tights, solid color leotard, pink ballet shoes
- All other levels of Ballet: Tights, leotard and shoes in any color

### **BALLROOM AND SWING DANCE**

#### **Attire:**

- Street clothes, shoes with leather soles

### **BELLY DANCE**

#### **Attire:**

- Comfortable clothes and bare feet. Coin belt or sash recommended but not required.

### **CREATIVE MOVEMENT**

Creative Movement introduces the very young student to the elements of rhythm, coordination, spatial awareness, balance, physical control and self-expression. The basics of dance technique challenge the child's mental concentration and independence. A two-year program prepares the student for further dance training.

#### **Attire:**

- Comfortable clothes, leotards and footless tights recommended but not required; bare feet.

### **HIP HOP**

Hip Hop is a popular dance form that developed from urban street dance in the 70s. The movement is similar to Jazz Dance with an emphasis on isolation, rhythm, energy and self-expression.

#### **Attire:**

- Comfortable clothing allowing for mobility, jazz shoe or sneakers with tied laces.

### **JAZZ**

Jazz Dance has its roots in American Social Dance, vaudeville and musical theatre. Current influences include pop music and street dance.

#### **Attire:**

- Dance clothing or sweat pants with jazz shoe or lightweight sneakers.



CEDAR  
ARTS  
CENTER

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#### MODERN DANCE

Modern Dance is a form that encompasses traditional ballet technique as well as an expanded movement vocabulary for the torso and limbs. The technical content is a synthesis based heavily on the work of Doris Humphrey and Merce Cunningham. In addition, some improvisational and compositional skills are developed to encourage creativity and expression.

##### Attire:

- Dance pants that fully expose the foot and ankle and are form fitting. No gaucho/palazzo pants.
- Leotard or fitted top

#### TAP DANCE

Tap Dance is an American dance form that focuses on footwork and rhythm. Historically, Tap Dance is associated with Jazz music, but it also includes styles that are based in musical theater.

##### Attire:

- Dance pants that fully expose the foot and ankle and are form fitting. No gaucho/palazzo pants.
- Leotard or fitted top
- Tap shoes with low heels

### CONDUCT

- **TIMELINESS**
  - Students must be on time in order to properly warm-up to prevent injury. Instructors may bar a student from participating if more than 20 min. late.
    - Students are requested to notify the office of tardiness if possible
- **VISITORS**
  - Visitors will be invited to observe at specified open classes. To prevent distractions, 171 requests that parents/caregivers do not observe dance lessons.
- **FOOD**
  - Gum, candy and food may not be brought into the dance studios.
- **ABSENTEEISM**
  - Students are requested to notify the office if they will be absent.
  - Dance recital participation is subject to instructor discretion in the case of significant absence.
- **TIDINESS**
  - Clothes should be stored neatly in designated areas.
- **RESPECT**
  - Respect for faculty, staff, fellow students and property is required. Inappropriate language, threats, actions resulting in or intending to result in damage or injury to any individual(s) or property, theft, and etc. are grounds for removal from 171's programs.
- **VIOLATIONS**
  - 171 Faculty and Staff reserve the right to request that a student be removed from a class for violation of these policies.
- **PHOTOGRAPHY**
  - 171 requests that no photographs are taken during regular classes. Photography is permitted during 171's Open Classes and during the Spring Recital. Adult dancers and parents of younger dancers who do not wish to have photographs taken during an open class or during the recital may opt out of participating.