

# **PMA Summer Dance Intensive Dress Code**

## **Ballet Technique**

Women: • Any solid single-color leotard and ballet pink or skin-toned convertible tights worn under the leotard. Tights need to be worn inside ballet technique shoes. Shoe color should match color of tights. Short, classical ballet skirt may be worn. PMA students may wear their class leotards.

Men: • Any solid single-color form fitting t-shirt, leotard or the like, tucked in, solid color tights. Shoe color should closely match color of tights or your skin tone.

## **Pointe/Variations**

Women: As above with Ballet. Pointe shoes if appropriate for your technical level. PMA levels 3 and 4 should wear their ballet technique shoes.

Men: As above with Ballet

## **Character/Folk**

Women: As above with Ballet. PMA will provide Character Skirts and Black Character Shoes with 1.5" Heel. However, if you already have your own character shoes, please bring them.

Men: As above with Ballet. Black Jazz pants or Similar Form Fitting Pant (no sweats), Black Jazz or Character shoes.

## **Modern/Contemporary**

Women & Men: As above with Ballet, minus shoes. Bare feet or sandal-soles only.

## **Jazz/Hip Hop**

Women and Men as above with Ballet with either Jazz shoes or danceable Sport sneakers.

## **Hair Styles and Jewelry**

For all dancers, hair should be pulled back away from the face. Long hair needs to be secured neatly in a bun and net or with a barrette. Short hair should be kept off the face with a headband or barrettes. No ponytails. Staff will assist as needed.

Jewelry such as watches, bracelets, dangling earrings and rings should be left at home and not worn in class. Flying hair or jewelry can cause injury and interferes with class work.

## **Where do I park?**

Our parking lot is behind the building. The main entrance is on 90th Avenue midway down the building. Please do not park in the diagonal spaces on 90th against the Filipino-American building. Those parking space is reserved for them.

## **How early should I arrive before class?**

Plan on arriving at least 15 minutes prior to class time to allow for heavy traffic and bathroom visits before class. We will be following the Covid protocol of handwashing for 20+ seconds upon entry into the building and after using the toilets, as well as any future Oregon Health Authority guidelines that may be issued.

**Please Remember Classroom Courtesy:**

- Refrain from using hairspray, body moisturizers or oils in the studios, it makes the floors slick.
- You may only bring into the studio what will fit in your dance bag. Everything else must be locked should stay in your dressing room locker. Bring your own lock.
- No cell phones in the studios during class time, without prior consent from teacher, due to special circumstances. Please turn them OFF, not just to vibrate only and put them in your dance bag.
- Please consider standing up when the instructor enters the room. This shows that you are prepared and ready to start class and historically is a sign of respect.
- Be open to correction. It will allow you to grow as a technician, artist and as a person.
- Be willing to try things in a new and different way.
- Be willing to embrace the thoughts and differences presented.
- It is an enlightening learning process and not just about immediate results.
- Help to create a culture of respect and inclusion inside and outside the studio.
- Respect for each other, Respect for yourself and Respect for our art form.