



DRESS CODE

FALL/SPRING 2022-2023 SESSIONS

All Leotards can be purchased at InSpira. If size is not Available can be purchased at a Capezio Store. For shoes and tights, EXP & Centric Students can purchase Tights & Shoes at Capezio as well. All little InSpiration Shoes & Tights are purchased and shipped to your home through the studio.

Please contact us directly with any questions. admin@inspiraarts.com, (973) 922 - 3443

The InSpira Performing Arts and Cultural Center (IPACC) enforces strict dress code regulations that mandate all students attend class donning the standard InSpira uniform, which features the center's logo prominently displayed. Students must not wear any form of leg warmers, sweats, shorts, head coverings, or multicolored leotards, as they are not compatible with the center's professional atmosphere. Furthermore, jewelry poses a significant safety risk during dance practice and is therefore prohibited in class. We strongly advise students to refrain from wearing jewelry altogether and only permit stud earrings to be worn during class sessions. ***Additionally, students must maintain trimmed nails for optimal safety and hygiene.***

InSpira **EX**Perience students are permitted to wear warm-up clothing, particularly during colder months, but must remove these garments within 30 minutes of the commencement of class unless granted special permission. Suitable warm-up attire includes loose sweatshirts and sweatpants or more elegant knitwear found at dance attire shops. We encourage students to wear warm-up clothing while traversing the halls during winter months to maintain optimal warmth and comfort.

To ensure adequate hygiene and cleanliness, we recommend that older students possess multiple sets of the IPACC uniform and refrain from reusing garments across consecutive days. By adhering to these regulations, students can enjoy a safe, hygienic, and professional learning environment that optimizes their performance and progress.



InSpira Uniform Breakdown

Tights

All IPACC requires all female students in the Little InSpiration program must wear either suntan or pink tights, which can be purchased either at the Studio or Capezio. Ballet and Tap Shoes must only be purchased through InSpira. While Jazz & Hip Hop can be purchased outside of the studio. Please look at **Appendix A to see the codes for each required item.**

If this is your first experience at the InSpira Performing Arts & Cultural Center, please wait until you have consulted with our staff regarding proper fitting of the student's tights and shoes.

In accordance with IPACC regulations, it is mandatory for **all female students enrolled in the InSpira EXP program** to wear flesh-toned tights, slippers, and/or pointe shoes that match their natural skin tone as closely as possible. This measure is designed to maintain a seamless visual "line" from the top of their head to the tip of their toes, thereby enhancing the overall aesthetic of the performance. Thank you for your cooperation with this requirement.

Students taking Modern (Horton/Contemporary) or West African must take class in bare feet, so it is necessary to purchase "transitional tights" or "footed tights". Students are expected to wear tights without runs or holes.

***There is a grace period of 3 weeks to arrive to class in proper dress code attire.**

Leotards & Shoes – Females

At InSpira we recommend at least one full set of IPACC Leotard and Tights is required for all females. To ensure that the color of the students' leotards are consistent and will have the InSpira logo, we ask that they be purchased either at the Newark Location or at Capezio Clark which has our dress code. You can go to



any Capezio store but please look at **Appendix A** to see the codes for each required item.

Leotards are color coded according to IPACC Program and Level as follows:

** please remember all leotards must have an InSpira Logo.*

Little InSpiration's Pre-Primary Level (Baby Pink)

Little InSpiration's Primary Level (Lavender)

InSpira EXP Level 1 & 2 (Baby Blue)

InSpira EXP Level 3 & 4 (Royal Blue)

InSpira EXP Level 5 & 6 (Black)

Pre-Primary (Ages 2.5 - 4)

Primary (Ages 5 - 6)

Levels 1 & 2

Levels 3 & 4

Levels 5 & 6

African Dance:

For African Dance classes, it is compulsory that all female students wear a lapa, which can be acquired for a fee from your African dance teacher. Alternatively, students may purchase their fabric and tie it around their waist as an alternative. Male students, on the other hand, are required to wear their regular InSpira uniform shirt. By adhering to these dress code requirements, students can partake in an immersive and culturally-rich educational experience that both respects and celebrates the African heritage of the art form.

Tap:

All students should purchase black patent leather tap shoes for dance class, Capezio 3800 (Black). Tap shoes are available for order/purchase at Capezio. For our Intermediate & Advanced dancers they must wear the TA57 Footlight or So Danca TA55 (caramel), which also can be purchased at Capezio as well. Male students can purchase the Oxford leather lace-ups in black, as well.

Hip Hop

Students are permitted to wear an InSpira Hip Hop T Shirt with black pants (comfortable clothing please). Sneakers for this class are the Chuck Taylor (black and white high tops). The. All hair should remain out of the dancer's face.

Contemporary/ Horton: Modern

Students should wear the IPACC uniform assigned to their level and be barefoot with footed or transition tights.

***We recommend that all dance attire including shoes be labeled (inside) with the student's name, to prevent loss and allow for easy retrieval if misplaced or lost.**

IPACC Uniform – Males

The Male uniform for our Little InSpiration of a fitted white dance top with the InSpira Logo & comfortable black bottoms. No regular tee shirts. All InSpira EXP Male dancers much where dance top that is color coded according to IPACC Program and Level as follows: * please remember all dance shirts must have an InSpira Logo. For their bottoms they must wear Tights/Leggings must be black, coupled with a dance belt (older boys), and black Ballet shoes.

Pre-Primary (Ages 2.5 - 4)

Primary (Ages 5 - 6)

Levels 1 & 2

Levels 3 & 4

Levels 5 & 6

***We recommend that all dance attire including shoes be labeled (inside) with the student's name, to prevent loss and allow for easy retrieval if misplaced or lost.**

Additional Undergarments

To guarantee that all female students receive the appropriate unobtrusive support for both classwork and performances, we strongly advise purchasing the following recommended leotard. Additionally, we require that all undergarments, including bras and leotards, conform to the students' skin tone. Should any assistance be required in selecting the appropriate skin tone, please do not hesitate to make inquiries. By following these guidelines, students can optimize their comfort and aesthetic appeal while upholding the professional standards of the dance discipline. PLEASE BE ADVISED: Regular underwear is not to be worn under leotard and tights for all dancers!

- Camisole Leotard with Attached Bra
- InSpira Black Dance Shorts



Hair

To ensure a professional and safe learning environment, we kindly request that female students attending *InSpira EXP Ballet Classes wear their hair swept back and up in a secured ballet bun*. The bun placement should be at the crown and not forward close to the hairline at the forehead. While braids are acceptable, they should not exceed a length much lower than the shoulder. The thickness of the braids should allow for a safe, secure, and appropriately sized ballet bun that does not move. Female students with short hair should keep their hair neat, secure, and away from their face. We also require all students in other classes to have *their hair pulled back neatly* to ensure the safety and comfort of both the dancer and their peers. Thank you for your cooperation in maintaining a cohesive and professional appearance for all dance classes at InSpira.

Male students must wear their hair neat and short. Long hair must be secured back and away from the face without heavy facial hair.

To maintain a consistent uniform appearance, we require that all students wear the IPACC uniform base for every class. Any additional apparel should be worn over the existing uniform and should travel with the student to the classroom. We kindly request that students do not have to return to the dressing room/ bathroom to retrieve any part of their uniform. Thank you for your cooperation in maintaining a professional and cohesive appearance for all dance classes at InSpira.

Important Addresses:

InSpira Performing Arts at Teachers

Village

235 Halsey St.

Newark, NJ 07102

973-922-3443

Capezio Clark New Jersey

77 Central Ave

Clark, NJ 07066

Phone: 848.666.7756

InSpira Newark

Hours of Operation:

Sunday - Thursday: Closed

Friday: 4 PM - 8 PM

Saturday: 9 AM - 3 PM

Capezio Clark

Hours of Operation:

Sunday - Monday: Closed

Tuesday - Friday: 11am - 6pm

Saturday: 10am - 5pm

Appendix A

Uniform Item	Item Code	Where to Get
Little InSpirations Pre-Primary Leotard (Pink)	CC400C	InSpira or Capezio
Little InSpirations Primary Leotard (Lavender)	CC400C	InSpira or Capezio
Little InSpirations Male Shirt	White T-shirt 10358 & 10358B *With InSpira Logo*	Capezio
Little InSpirations Hip Hop T Shirt	N/A	InSpira
InSpira EXP Levels 1 & 2 Leotard (Baby Blue)	Capezio CC202C or CC202 *With InSpira Logo*	InSpira or Capezio
InSpira EXP Levels 3 & 4 Leotard (Royal Blue)	Capezio CC202C or CC202 *With InSpira Logo*	InSpira or Capezio
InSpira EXP Levels 5 & 6 Leotard (Black)	Capezio CC202C or CC202 *With InSpira Logo*	InSpira or Capezio
InSpira EXP Hip Hop T Shirt	N/A	InSpira
Little InSpiration Ballet Shoes	T2800C Neoprene leather split sole	InSpira
Little InSpiration Tap Shoes	T9050C Velcro Tap	InSpira
Little InSpiration Jazz Shoes	Capezio EJ2 SLIP-ON JAZZ (Black)	Capezio
Little InSpiration Hip Hop Shoes (ALL)	Black & White High-Top Converse Sneakers	Any Store: Journey's Foot Locker, Macy's, etc...
InSpira EXP Ballet Shoes (Female)	Capezio Hanami (Canvas) 2037W	Capezio
InSpira EXP Ballet Shoes (Male)	Capezio Hanami (Black Canvas) 2037W	Capezio
InSpira EXP Tap Shoes (Female) Levels 1 - 3	Capezio 3800 (Black)	Capezio
InSpira EXP Tap Shoes (Female) Levels 4 - 6	TA57 Footlight or So Danca TA55 (Caramel)	Capezio



IPACC 2022-2023 Studio Dress Code

InSpira EXP Tap Shoes (Male)	Capezio 442 black	Capezio
InSpira EXP Jazz Shoes (Female)	Capezio EJ2 SLIP-ON JAZZ (Black)	Capezio
InSpira EXP Jazz Shoes (Male)	Capezio EJ2 SLIP-ON JAZZ (Black)	Capezio
InSpira EXP Hip Hop Shoes (ALL)	Black & White High-Top Converse Sneakers	Any Store: Journey's Foot Locker, Macy's, etc...

***Please be advised it takes up to 3 weeks for the logo to be embroidered and is an additional \$10 from the leotard price if you get it directly from Capezio. If you get your leotard from InSpira there will be no wait time for the logo for all leotards in stock will have a Logo.**