**Student and Staff Dress Code**

The Diva Dive is a Dance and Aerial Fitness Studio, and we expect our students and staff to dress in a manner that allows freedom of movement and ability to work easily with and on their apparatus during class, while representing themselves and the studio respectfully.

**Street clothes and street shoes are not acceptable to wear while taking or teaching a class. Please review and follow the dress code outlined below:**

1. **Pole Fitness Classes** – fitness shorts and a sports bra are a great combination; Pole Fitness brands specifically made for pole are recommended. A tank top or warm up top may be worn over your sports bra top. In some pole fitness classes that include floorwork, you may also want to bring leggings, knee pads, leg warmers, or tall socks.   
   * Thong or cheeky bottoms that are made for pole fitness (i.e. Cleo the Hurricane, Creatures of XIX, or other pole fitness brands) **are acceptable**. However, your Victoria’s Secret panties are not. Please do not come to class in clothing that is overtly lingerie.
   * If you are taking a heels class, your heels must be Pole Dance heels (i.e. Pleasers or Ellie’s). Street shoes are not allowed in dance class because they can damage the floor or worse, you!
2. **Lyra and Aerial Hammocks**. Aerial requires more skin coverage than pole. A form fitting top (long, short sleeved, or tank) and leggings are recommended to protect your skin.   
   * You may also wish to wear socks or workout gloves to protect your hands or feet.
3. **Ballet, Contortion, Aerobics, Yoga and other non-Pole or non-Aerial classes.** Generally, fitness attire like a sports bra or tank top, leggings, yoga pants, shorts, a leotard & tights, or even Pole Fitness attire will be fine in these classes.
   * Be sure to check the class description ahead of time for any specifics such as ballet slippers, heels, tall socks, knee pads, leg warmers, button-down shirt, or other items that may either be used to protect your body or for a prop in choreography.
4. **Coming and Going from the Studio.** You must be fully dressed when outside the studio and in the parking lot. When entering & exiting the building, wear street shoes and clothing or a cover up that is made to be worn as outer wear.
   * For safety, please make sure you are fully dressed even when you are just grabbing something from your vehicle or popping next door to Snack Lab or Sky Nails.   
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