

# SLDS UPPER SCHOOL UNIFORM LIST BY CLASS LEVEL

After an initial period of half a term, your child must be wearing correct uniform.

Most uniform items and all dance shoes must be purchased from a specialist dance shop. 'Duo Dance' in Herne Hill is the closest - 020 7274 4517. 'Dancia' in Covent Garden and 'Julienne' in Beckenham also stock some items of our uniform.

We hold second hand uniform sales at the studios usually at the start of each term, please visit our website or refer to newsletter for more information about forthcoming sale dates.

## **Please note:**

- No jewellery is allowed (including earrings)
- Dance shoes should not be worn outdoors
- Please ensure your child's name is on each piece of clothing
- Body or hair oil should not be worn (it makes the floor slippery and dangerous)
- No pants should be worn underneath any leotard, biketard or catsuit - they look unsightly and spoil the line of the body
- SLDS sweaters may be worn for warm ups only

## **PRE-PRIMARY BALLET**

### Girls Uniform

- **ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz)**
- **Roch Valley wrap around chiffon skirt in lilac** - please ensure the ballet skirt fits tightly on the waist, not hips
- **'Nicky' style crossover by Roch Valley in lavender cotton lycra** (optional for colder months)
- **Pink ballet socks**
- **Pink leather full-sole ballet shoes with pink elastic**

### *Uniform notes for girls*

- *If your daughter is very cold in the studio, she may wear pink seamless ballet tights - no other tights though please! We do, however, prefer pink ballet socks. Children should not wear socks and tights at the same time!*
- *Vests and pants should not be worn under the ballet dress*
- *Regarding the lavender leotard, please make sure the label is on your daughter's left when she puts it on (i.e. the front 'scoop' is higher than the back which is the opposite way around to a normal vest)*
- *Hair which is long enough, should be neatly tied back in a classical ballet bun*
- *Any hair band should match the leotard and should be kirby gripped on otherwise the band will slide off*

### Boys Uniform

- **White Royal Academy of Dance leotard or plain white vest/tight fitting t-shirt**
- **Black shorts**
- **Short white ballet socks**
- **Black leather full-sole ballet shoes with crossed black elastic**

## **PRIMARY TO GRADE 2 BALLET**

### Girls Uniform

- **ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz)** 'Older' girls in Grade 2 ballet may be asked by their teacher to wear a black leotard (own choice of style with thin straps that aren't crossed and has a built in bra-lining)
- **Roch Valley wrap around chiffon skirt in lilac (Primary only)** - please ensure the ballet skirt fits tightly on the waist, not hips
- **Lavender ballet belt (Grades 1 & 2)** (comes with leotard as standard)
- **'Nicky' style crossover by Roch Valley in lavender cotton lycra** (optional for colder months)
- **Pink ballet socks (Primary & Grade 1)** - students in Grade 1 ballet may wear pink seamless ballet tights instead of socks if they prefer
- **Pink leather full-sole ballet shoes with pink elastic (Primary ballet classes)**
- **Pink canvas split-sole ballet shoes with thick matte ribbons (Grade 1 ballet upwards classes)**

## **EXAMINATIONS**

- **Pink satin full-sole ballet shoes with one piece of pink elastic over the arch of the foot and brand new pink ballet socks (*Primary ballet examination*)**
- **Pink ballet non-convertible tights without seam by Freed (*Grade 1 upwards examinations*)**
- **NEW pink canvas split-sole ballet shoes with thick matte ribbons (*Grade 1 ballet upwards examinations*)**

### ***Uniform notes for girls***

- *If your daughter is very cold in the studio, she may wear pink seamless ballet tights - no other tights though please! We do, however, prefer pink ballet socks for Primary. Children should not wear socks and tights at the same time!*
- *Vests and pants should not be worn under the leotard*
- *Regarding the lavender leotard, please make sure the label is on your daughter's left when she puts it on (i.e. the front 'scoop' is higher than the back which is the opposite way around to a normal vest)*
- *Hair which is long enough should be neatly tied back in a classical ballet bun*
- *Any hair band should match the leotard and should be kirby gripped on, otherwise the band will slide off*
- *If your daughter is in Grade 1 ballet plus and therefore has ribbons on her shoes, please make sure the knots are tight and tucked in properly as otherwise the ribbons keep coming undone in class which wastes so much valuable lesson time. The teacher can cut the ribbons at the first lesson to ensure they are the correct length.*

### **Boys Uniform**

- **White tight fitting T-shirt or leotard (must not have RAD logo) A white leotard must be worn for examinations from Grade 1 upwards.**
- **Black cotton leggings**
- **Soft buckle belt (*Grade 1 upwards*)**
- **Dance support**
- **Short white ballet socks**
- **Black leather full-sole ballet shoes with crossed black elastic (*Primary ballet classes*)**
- **Black canvas split-sole ballet shoes with crossed black elastic (*Grade 1 ballet upwards classes*)**
- **NEW white canvas split-sole ballet shoes with crossed white elastic (*Primary upwards examinations*)**

## **GRADE 3 BALLET PLUS**

### **Girls Uniform**

- **For older students: Black cotton lycra leotard - own choice of style with thin straps that aren't crossed and has a built in bra lining. We recommend Capezio or Bloch leotards.**
- **For younger students: Black cotton lycra leotard - own choice of style with thin straps that aren't crossed. We recommend Tappers and Pointers Camisole Leotard (Duo Dance stock this)**
- **Black cotton lycra crossover (optional for colder months. No other jumpers or sweaters are allowed in class).**
- **Pink non-convertible ballet tights, without seam, by Freed**
- **Pink canvas split-sole ballet shoes with thick matte cream ribbons (*for ballet classes*)**
- **NEW pink canvas split-sole ballet shoes with thick matte cream ribbons (*for ballet examinations*)** If split-sole ballet shoes do not fit your daughter's foot well, full sole shoes are acceptable
- **Demi pointe and pointe shoes with thick matte cream ribbons (*when required*)**

### ***Uniform notes for girls***

- *Hair which is long enough, should be neatly tied back in a classical ballet bun*
- *If your daughter is in Grade 1 ballet plus and therefore has ribbons on her shoes, please make sure the knots are tight and tucked in properly as otherwise the ribbons keep coming undone in class which wastes so much valuable lesson time. The teacher can cut the ribbons at the first lesson to ensure they are the correct length.*

### **Boys Uniform**

- **White Royal Academy of Dance leotard or plain white vest/tight fitting t-shirt**
- **Black cotton leggings and soft belt**
- **Dance support**
- **Short white ballet socks**
- **Black canvas split-sole ballet shoes with crossed black elastic (*for ballet classes & examinations*)**

## PRIMARY - GRADE 2 NATIONAL

### Girls' uniform

- **ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz)** 'Older' girls in Grade 2 ballet may be asked by their teacher to wear a black leotard (own choice of style with thin straps that aren't crossed and has a built in bra-lining)
- **Pink ballet socks (Primary)**
- **Pink ballet tights (Grades 1 & 2)**
- **Circular National skirt** - ask Helen for information about how to order a National skirt in the correct school colours for your daughter - please note that you may need to adjust the button on the National skirt so that it fits tightly on the waist, not hips
- **Black leather National shoes by Freed** - low heel with button fastening for small feet and higher heel with buckle fastening for bigger feet

### Boys Uniform

- **White tight fitting T-shirt or leotard (must not have RAD logo)**
- **Black cotton leggings**
- **Dance support**
- **Black socks**
- **White tight-fitting T-shirt with black trousers and black belt (for examinations)**
- **Boys' national shoes**

## GRADES 3 & 4 NATIONAL

### Girls' uniform

- **For older students: Black cotton lycra leotard** - own choice of style with thin straps that aren't crossed and has a built in bra lining. We recommend Capezio or Bloch leotards.
- **For younger students: Black cotton lycra leotard** - own choice of style with thin straps that aren't crossed. We recommend Tappers and Pointers Camisole Leotard (Duo Dance stock this)
- **Circular National skirt** - ask Helen for information about how to order a National skirt in the correct school colours for your daughter - please note that you may need to adjust the button on the National skirt so that it fits tightly on the waist, not hips
- **Black leather National shoes by Freed** - low heel with button fastening for small feet and higher heel with buckle fastening for bigger feet
- **Brand new non-convertible black tights (Grade 3 & 4 National examinations)**
- **Black canvas ballet shoes with crossed elastic and black ballet belt (Grade 4 National)**

### Boys Uniform

- **White tight-fitting T-shirt or white leotard (must not have RAD logo)**
- **Black cotton leggings and soft belt**
- **Dance support**
- **Black socks**
- **White tight-fitting T-shirt with black trousers and black buckle belt (for examinations)**
- **Men's National shoes**

## PRE-PRIMARY TAP AND PRIMARY MODERN

### Girls Uniform

- ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz)
- 'Nicky' style crossover by Roch Valley in lavender cotton lycra
- Pink ballet socks
- Roch Valley black leather tap shoes with laces or Tappers & Pointers black leather tap shoes with velcro fastening and standard ball and heel taps
- Bare feet for modern

### *Uniform notes for girls*

- *If very cold, girls can wear tights but must be convertible (i.e. feet can pull up over ankles) so can have bare feet for modern*
- *Regarding the lavender leotard, please make sure the label is on your daughter's left when she puts it on (i.e. the front 'scoop' is higher than the back which is the opposite way around to a normal vest)*
- *Long hair should be neatly tied back in a pony tail*
- *Any hair band should match the leotard and should be kirby gripped on otherwise the band will slide off*
- *Any hair elastic should match hair colour*

### Boys Uniform

- White Royal Academy of Dance leotard or plain white vest/tight fitting t-shirt
- Black shorts
- Short white ballet socks
- Pre-Primary tap (I) and (II) - Boys Roch Valley Oxford style black canvas tap shoes with laces and standard ball taps
- Pre-Primary tap (III) and above - Capezio Tick Tap Toe black leather tap shoes with teletone ball and heel taps

## PRIMARY TAP AND PRIMARY MODERN

### Girls Uniform

- ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz)
- 'Nicky' style crossover by Roch Valley in lavender cotton lycra
- Pink ballet socks
- Roch Valley black leather tap shoes with laces or Tappers & Pointers black leather tap shoes with velcro fastening and standard ball and heel taps
- Bare feet for modern

### *Uniform notes for girls*

- *If very cold, girls can wear tights but must be convertible (i.e. feet can pull up over ankles) so can have bare feet for modern*
- *Vests and pants should not be worn under the leotard*
- *Regarding the lavender leotard, please make sure the label is on your daughter's left when she puts it on (i.e. the front 'scoop' is higher than the back which is the opposite way around to a normal vest)*
- *Hair which is long enough, should be neatly tied back in a style suitable style for tap and modern dancing*
- *Any hair band should match the leotard and should be kirby gripped on otherwise the band will slide off*
- *Any hair elastic should match hair colour*

### Boys Uniform

- White Royal Academy of Dance leotard or plain white vest/tight fitting t-shirt
- Black shorts
- Short white ballet socks
- Capezio Tick Tap Toe black leather tap shoes with teletone ball and heel taps

## GRADE 1 TAP AND GRADE 1 MODERN

### Girls Uniform

- ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz)
- 'Nicky' style crossover by Roch Valley in lavender cotton lycra (optional for colder months)
- Pink ballet socks
- Katz 'character' or 'buckle bar' tap shoes in black with teletone ball and heel taps
- Bare feet for modern

### *Uniform notes for girls*

- *Vests and pants should not be worn under the leotard*
- *Regarding the lavender leotard, please make sure the label is on your daughter's left when she puts it on (i.e. the front 'scoop' is higher than the back which is the opposite way around to a normal vest)*
- *Hair which is long enough, should be neatly tied back in a style suitable style for tap and modern dancing*
- *Any hair band should match the leotard and should be kirby gripped on otherwise the band will slide off*
- *Any hair elastic should match hair colour*

### Boys Uniform

- White leotard (must not have RAD logo) or tight fitting white t-shirt
- Black dance shorts
- Short white ballet socks
- Capezio Tic Tap Toe black leather tap shoes with teletone ball and heel taps

## GRADE 2 TAP

### Girls Uniform

- ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz)
- For older students: Black cotton lycra leotard - own choice of style with thin straps that aren't crossed and has a built in bra lining. We recommend Capezio or Bloch leotards.
- For younger students: Black cotton lycra leotard - own choice of style with thin straps that aren't crossed. We recommend Tappers and Pointers Camisole Leotard (Duo Dance stock this)
- 'Nicky' style crossover by Roch Valley in lavender cotton lycra
- Pink ballet tights without seam
- Black hipster bootleg jazz pants by Tappers and Pointers and black socks (*only required for examination*)
- Katz 'character' or 'buckle bar' tap shoes in black with teletone ball and heel taps

### *Uniform notes for girls*

- *Pants should not be worn under the leotard*
- *Hair which is long enough, should be neatly tied back in a style suitable style for tap dance*
- *Any hair band should match the leotard and should be kirby gripped on otherwise the band will slide off*
- *Any hair elastic should match hair colour*

### Boys Uniform

- Plain white tight fitting t-shirt
- Black Jazz pants or trousers
- Dance support
- Black socks
- Capezio Tic Tap Toe black leather tap shoes with teletone ball and heel taps or Capezio 'premier' tap shoes in black

## GRADE 3 TAP PLUS

### Girls Uniform

- For older students: Black cotton lycra leotard - own choice of style with thin straps that aren't crossed and has a built-in bra lining. We recommend Capezio or Bloch leotards.
- For younger students: Black cotton lycra leotard - own choice of style with thin straps that aren't crossed. We recommend Tappers and Pointers Camisole Leotard (Duo Dance stock this)
- Black cotton lycra crossover
- Black hipster bootleg jazz pants by Tappers and Pointers
- Black socks
- Capezio 'premier' tap shoes in black

### ***Uniform notes for girls***

- *Long hair should be neatly tied back in a pony tail or other suitable style for tap dancing*
- *Any hair band should match the leotard and should be kirby gripped on otherwise the band will slide off*
- *Any hair elastic should match hair colour*

### **Boys Uniform**

- **Plain white tight-fitting t-shirt tucked into:**
- **Black Jazz pants or black trousers**
- **Dance support**
- **Black socks**
- **Capezio 'premier' tap shoes in black**

## **GRADES 2 AND 3 MODERN**

### **Girls Uniform**

- **Cerise pink crushed velvet 'biketard'** (For classes)
- **Purple full length catsuit** (*for Grade 3 modern examination*)
- Bare feet - if children are finding their feet are sticking to the floor in some exercises then they are permitted to wear foot thongs - the style of foot thong we recommend is 'Bloch foot thong 3' (code: S0675)

### ***Uniform notes for girls***

- *Please try to create a suitable hairstyle for girls with long hair who are in Grade 2 modern and upwards. Hair should be tied back so suitable for turning movements but also possible to lie down with the back of the head flat on the floor. Two plaits or french plaits tucked underneath at the base of the head works well, as does a side bun or 2 small buns on the side of the head.*
- *Any hair elastic should match hair colour*

### **Boys Uniform**

- **Plain white tight-fitting t-shirt tucked into black dance shorts OR black boys' unitard**
- **Dance support**
- Bare feet - if children are finding their feet are sticking to the floor in some exercises then they are permitted to wear foot thongs - the style of foot thong we recommend is 'Bloch foot thong 3' (code: S0675)

## **GRADE 4 MODERN PLUS**

### **Girls Uniform**

- **Purple full length catsuit** (*Grades 4, 5 & 6 and Inter Found*)
- **Black full length catsuit** (*Inter Found examinations & Intermediate modern plus*) - own choice of style but check with teacher first for restrictions)
- Bare feet - if children are finding their feet are sticking to the floor in some exercises then they are permitted to wear foot thongs - the style of foot thong we recommend is by Bloch foot thong 3 (code: S0675)

### ***Uniform notes for girls***

- *Please try to create a suitable hairstyle for girls with long hair who are in Grade 2 modern and upwards. Hair should be tied back so suitable for turning movements but also possible to lie down with the back of the head flat on the floor. Two plaits or french plaits tucked underneath at the base of the head works well, as does a side bun or 2 small buns on the side of the head.*
- *Any hair elastic should match hair colour*

### **Boys Uniform**

- **Plain white tight fitting t-shirt tucked into black dance shorts OR black boys' unitard**
- **Dance support**
- Bare feet - if children are finding their feet are sticking to the floor in some exercises then they are permitted to wear foot thongs - the style of foot thong we recommend is 'Bloch foot thong 3' (code: S0675)

## COMMERCIAL / STREET

### Girls & Boys Uniform

- Any top that feels funky in which you can easily move
- Jazz pants or tracksuit bottoms or leggings (the material must have stretch, no denim)
- Any socks
- Normal trainers (not muddy!)

### *Uniform notes*

- *Long hair should be neatly tied back*

## BODY CONDITIONING

### Girls & Boys Uniform

- Black cotton lycra leotard by Capezio - own choice of style but without crossed straps
- Black tights/leggings
- Bare feet
- Can wear uniform from another class if the classes are back to back eg. ballet tights and leotard (please make sure ballet tights are convertible so they can have bare feet)

### *Uniform notes*

- *Long hair should be neatly tied back off face*

## ACTING

### Girls & Boys Uniform

- Leggings or stretchy trousers
- Top you can move in
- SLDS sweater (preferred)
- Trainers
- Bring National shoes if you have them (when working on period pieces)

### *Uniform notes*

- *Hair must be tied back off face*