

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 dance/cycling shorts (no pockets or padding)
- 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). We recommend Capezio or Bloch leotards. For students who are too small for the Capezio or Bloch leotards we recommend Tappers and Pointers Camisole Leotard (Duo Dance stock this).
- 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 and Grade 2 ballet may wear pink seamless ballet tights by Freed instead of socks if they prefer
- Pink leather full-sole ballet shoes with pink elastic (*Primary ballet classes only*)

- Pink canvas split-sole ballet shoes with thick matte cream 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 only*)
- Pink ballet non-convertible tights without seam by Freed (*Grade 1 upwards examinations*)
- NEW pink canvas split-sole ballet shoes with thick matte cream 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 dance leggings or cycling shorts (no pockets or padding)
- 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 only*)
- Black canvas split-sole ballet shoes with crossed black elastic (*Grade 1 ballet upwards classes*)
- Boxer shorts should not be worn under leggings or cycling shorts (only tight pants or dance support).

EXAMINATIONS

- White tight-fitting t-shirt or leotard (must not have RAD logo), new short white ballet socks and black cycling shorts (*Primary examinations only*)
- White leotard (must not have RAD logo), new short white ballet socks and black leggings with a soft buckle belt (*Grade 1 upwards examinations*)
- NEW WHITE canvas split-sole ballet shoes with crossed white elastic (*Primary upwards examinations*) (if split-sole ballet shoes do not fit your son's foot well, full sole shoes are acceptable)

GRADE 3 BALLETS 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*)

EXAMINATIONS

Uniform as above but please note the following:

- Please ensure leotards are new / almost new but not faded in colour and do not have any stains on them
- Wide vest straps are not permitted on a black leotard for any ballet examination.
- Ribbons must be sewn on really securely as they take a lot of strain when dancing. You need to burn the ends of the ribbons or double them over before sewing them into place - if you sew over a raw edge, the stitches will work their way loose

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

EXAMINATIONS

- White leotard (must not have RAD logo), new short white ballet socks and black leggings with a soft buckle belt (*Grade 1 upwards examinations*)
- **NEW WHITE** canvas split-sole ballet shoes with crossed white elastic (if split-sole ballet shoes do not fit your son's foot well, full sole shoes are acceptable)

PRIMARY - GRADE 2 NATIONAL

Girls' uniform (classes and examinations)

- **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). We recommend Capezio or Bloch leotards. For students who are too small for the Capezio or Bloch leotards we recommend Tappers and Pointers Camisole Leotard (Duo Dance stock this).
- **Pink ballet socks (Primary only)**
- **Pink ballet tights (Grades 1 & 2)**
- **Circular National skirt** - ask your administrator 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/clasp 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 or dance/cycling shorts (no pockets or padding)
- Dance support
- Short black socks
- Boys' national shoes

EXAMINATION (boys)

- For all national examinations, boys should wear black trousers, a black belt, their national shoes with black socks, and a plain white tight fitting t-shirt.

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)
- **Non-convertible pink ballet tights**
- **Circular National skirt** - ask your administrator 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
- **NEW pink canvas split-sole ballet shoes with thick matte cream ribbons (*Grade 4 national only*)**. If split-sole ballet shoes do not fit your daughter's foot well, full sole shoes are acceptable
- **Black ballet belt (*Grade 4 national examination only*)**

Boys Uniform

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

EXAMINATIONS (boys)

- For all national examinations, boys should wear black trousers, a black belt, their national shoes with black socks, and a plain white tight-fitting t-shirt.

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 (tap)**
- **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*
- *Tap shoes must NOT be worn with bare feet*
- *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 dance/cycling shorts (no pockets or padding)**
- **Short white ballet socks (for tap)**

- 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 Tic 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*
- *Tap shoes must NOT be worn with bare feet*
- *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 cycling shorts (no pockets or padding)
- Short white ballet socks
- Capezio Tic Tap Toe black leather tap shoes with laces, 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 a tight-fitting white t-shirt
- Black cycling shorts (no pockets or padding) or black dance leggings
- Short black 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). 'Older' girls in Grade 2 tap 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). We recommend Capezio or Bloch leotards. For students who are too small for the Capezio or Bloch leotards 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 and Grade 2 examination*)
- Purple full-length catsuit (*for Grade 3 modern examination only*)

- 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 (no pockets) 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 (no pockets) 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 e.g. 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*