

SLDS UPPER SCHOOL UNIFORM LIST (updated Oct 2020)

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 Heme 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 (except small stud earrings when ears have just been pierced)
- 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 can be ordered by contacting your administrator and they may be worn for warm ups in classes only (no other sweaters are permitted to be worn in classes, except girls' dance crossover cardigan to match leotard colour)

PRE-PRIMARY BALLET (II)

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)
- 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!*
- *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)*
- *Vests and pants should not be worn under the leotard*
- *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 tight fitting vest/T-shirt or leotard (must not have RAD logo)
- Black dance/cycling shorts (no pockets or padding)
- Short white ballet socks
- Black leather full-sole ballet shoes with crossed black elastic

Uniform notes for boys

- *Boxer shorts should not be worn under dance/cycling shorts (only tight pants)*

PRIMARY (I) TO GRADE 2 BALLET (including PRIMARY & GRADE 1 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 cotton lycra leotard (own choice of style with THIN straps that are NOT 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 then we recommend **Tappers & Pointers Camisole Leotard** (Duo Dance stock these)

- **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)
- **Pink ballet socks (*Primary & optional for Grade 1*)**
- **Pink non-convertible ballet tights, without seam, by Freed (*Grade 2 and optional for Grade 1*)**
- **Pink leather full-sole ballet shoes with pink elastic (*Primary ballet classes only*)**
- **Pink canvas split-sole ballet shoes with wide matte cream (ballet pink) ribbons (*Grade 1 ballet upwards classes*)**
- **Circular National skirt** - ask your administrator for information about how you can 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 (*Primary & Grade 1*)
- **Black leather National shoes by Freed** - low heel with button fastening for small feet and higher heel with buckle fastening for bigger feet (*Primary & Grade 1*)

EXAMINATIONS

- **NEW pink satin full-sole ballet shoes with one piece of pink elastic over the arch of the foot (*Primary ballet examination only*)**
- **NEW pink ballet socks (*Primary ballet examination only*)**
- **NEW pink canvas split-sole ballet shoes with wide matte cream (ballet pink) ribbons (*Grade 1 ballet upwards examinations*)**
- **NEW pink non-convertible ballet tights, without seam, by Freed (*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!*
- *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)*
- *Vests and pants should not be worn under the leotard*
- *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 vest/T-shirt or leotard (must not have RAD logo) (*Primary only*)**
- **Black cotton dance/cycling shorts (no pockets or padding) (*Primary only*)**
- **Short white ballet socks (*Primary only*)**
- **Black leather full-sole ballet shoes with crossed black elastic (*Primary classes only*)**
- **White leotard (must not have RAD logo) (*Grade 1 upwards*)**
- **Black cotton dance leggings with soft buckle belt (*Grade 1 upwards*)**
- **Long white ballet socks (*Grade 1 upwards*)**
- **Black canvas split-sole ballet shoes with crossed black elastic (*Grade 1 upwards classes*)**
- **Dance support (if required)**
- **Boys' National shoes**

Uniform notes for boys

- *Boxer shorts should not be worn under leggings or dance/cycling shorts (only tight pants or dance support if required)*

EXAMINATIONS

- **NEW WHITE canvas split-sole ballet shoes with crossed white elastic**

GRADE 3 BALLETS PLUS

Girls Uniform

- **Black cotton lycra leotard** - own choice of style with **THIN straps** that are **NOT 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 then we recommend **Tappers & Pointers Camisole Leotard** (Duo Dance stock these)
- **Black cotton lycra crossover** (optional)
- **Pink non-convertible ballet tights, without seam, by Freed**
- **Pink canvas split-sole ballet shoes with wide matte cream (ballet pink) ribbons**
- **Pointe shoes with wide matte cream (ballet pink) ribbons** (*when required*)

Uniform notes for girls

- *Pants should not be worn under the leotard*
- *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.*

EXAMINATIONS

- **NEW pink canvas split-sole ballet shoes with wide matte cream (ballet pink) ribbons**
- **NEW pink non-convertible ballet tights, without seam, by Freed**
- **Clean pointe shoes, plus a spare pair** (*Grade 6 plus examinations*)

Boys Uniform

- **White leotard** (must not have RAD logo)
- **Black cotton dance leggings with soft buckle belt**
- **Long white ballet socks**
- **Black canvas split-sole ballet shoes with crossed black elastic**
- **Dance support**

Uniform notes for boys

- *Boxer shorts should not be worn under leggings (only a dance support)*

EXAMINATIONS

- **NEW WHITE canvas split-sole ballet shoes with crossed white elastic**

PRE-PRIMARY TAP (III), PRIMARY TAP AND PRIMARY MODERN (III)

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**
- **Tappers & Pointers black 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)*
- *Vests and pants should not be worn under the leotard*
- *Long hair should be neatly tied back in a pony tail or ballet bun*
- *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 tight fitting vest/T-shirt or leotard (must not have RAD logo)
- Black dance/cycling shorts (no pockets or padding)
- Short white ballet socks
- Capezio Tic Tap Toe black tap shoes with teletone ball and heel taps

Uniform notes for boys

- *Boxer shorts should not be worn under dance/cycling shorts (only tight pants)*
- *Vest/T-shirt must be ironed and long enough to stay tucked into shorts when arms are lifted up above the head*

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)
- 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

- *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)*
- *Vests and 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 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 tight fitting vest/T-shirt or leotard (must not have RAD logo)
- Black dance/cycling shorts (no pockets or padding)
- Short white ballet socks
- Capezio Tic Tap Toe black tap shoes with teletone ball and heel taps

Uniform notes for boys

- *Boxer shorts should not be worn under dance/cycling shorts (only tight pants)*
- *Vest/T-shirt must be ironed and long enough to stay tucked into shorts when arms are lifted up above the head*

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 are NOT 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 then we recommend **Tappers & Pointers Camisole Leotard** (Duo Dance stock these))
- 'Nicky' style crossover by Roch Valley in lavender cotton lycra (or a black cotton ballet crossover cardigan if wearing back leotard) (optional)
- Pink non-convertible ballet tights, without seam, by Freed
- Katz 'character' or 'buckle bar' tap shoes in black with teletone ball and heel taps

Uniform notes for girls

- *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)*
- *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*

EXAMINATIONS

- **Tappers & Pointers black hipster bootleg jazz pants**
- **Short black socks**

Boys Uniform

- **Plain white tight-fitting t-shirt**
- **Black jazz pants or trousers**
- **Dance support** (if required)
- **Short black socks**
- **Capezio Tic Tap Toe black tap shoes with teletone ball and heel taps, or Capezio 'premier' tap shoes in black**

Uniform notes for boys

- *T-shirt must be ironed and long enough to stay tucked into trousers when arms are lifted up above the head*
- *Boxer shorts should not be worn under jazz pants (only tight pants or dance support if required)*

GRADE 3 TAP PLUS

Girls Uniform

- **Black cotton lycra leotard - own choice of style with THIN straps that are NOT 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 then we recommend **Tappers & Pointers Camisole Leotard** (Duo Dance stock these)
- **Black cotton lycra crossover** (optional)
- **Tappers & Pointers black hipster bootleg jazz pants**
- **Short black socks**
- **Capezio 'premier' tap shoes in black**

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** (if required)
- **Short black socks**
- **Capezio 'premier' tap shoes in black**

Uniform notes for boys

- *T-shirt must be ironed and long enough to stay tucked into trousers when arms are lifted up above the head*
- *Boxer shorts should not be worn under jazz pants (only tight pants or dance support if required)*

GRADES 2 AND 3 MODERN

Girls Uniform

- **Cerise pink crushed velvet 'biketard' (for Grade 2 & 3 classes and Grade 2 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

- *Pants should not be worn under the biketard or catsuit*
- *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*

EXAMINATIONS

- **Purple full-length catsuit (for Grade 3 modern examination only)** - you will be contacted by your administrator several weeks before your daughter's examination to order this item through the school

Boys Uniform

- **White tight fitting vest/T-shirt or leotard (must not have RAD logo)**
- **Black cotton dance/cycling shorts (no pockets or padding)**
- **Dance support** (if required)
- 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 boys

- *T-shirt must be ironed and long enough to stay tucked into trousers when arms are lifted up above the head*
- *Boxer shorts should not be worn under leggings or dance/cycling shorts (only tight pants or dance support if required)*

GRADE 4 MODERN PLUS

Girls Uniform

- **Purple full length catsuit (Grades 4, 5 & 6 and Inter Found)** - contact your administrator to order this item through the school
- **Black full length catsuit (Intermediate modern plus classes and Grade 6 & Inter Found plus examinations)** - we recommend Capezio (CC820) <https://www.movedancewear.com/capezio-camisole-unitard-black-p290/> (please ensure you check the size chart when you order and bear in mind that they come up small - the small fits a size 6-8 adult). However, a bra cannot be worn with this catsuit, so if a bra is required, then please search for a suitable black catsuit / unitard with THIN straps which are NOT crossed.
- 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

- *Pants should not be worn under the catsuit*
- *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

- **Black boys' unitard** (own choice of short or long leg)
- **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)

Uniform notes for boys

- *Boxer shorts or pants should not be worn under the unitard (only dance support)*

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

- *Long hair and fringes must be tied back off face*