

# SLDS UPPER SCHOOL UNIFORM LIST (updated Sept 2025)

Continuing students are expected to be wearing the correct uniform from the start of term and by the half term break, new students must also be wearing the 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 - <https://duodance.co.uk/> 020 7274 4517.

We hold second hand uniform sales at the studios on the last Sunday before term starts in September. Please see our website for more information about our second-hand uniform sales.

## **Please note:**

- No jewellery is allowed (except very 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
- We are currently sourcing a new supplier for school sweaters (it will be a fitted zip-up top) which can be worn for warm ups in classes only (no other sweaters are permitted to be worn in classes)

## **PRE-PRIMARY BALLET (II)**

### Option 1 (suggested for girls)

- ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz)
- Roch Valley MATILDA style elasticated chiffon skirt in lavender - do not buy smaller than 22-24" as the length is too short - buy 22-24" and then sew tucks at the sides if it's too big for your child, to ensure it fits tightly on the waist, not hips - <https://drive.google.com/drive/folders/18dyWg749hrdz8qUxXR13NKz05aoOqpJ4>
- 'Nicky' style crossover by Roch Valley in lavender cotton lycra (optional)
- Ballet pink or skin tone ballet socks
- Ballet pink or skin tone leather full-sole ballet shoes with pink elastic

### *Uniform notes for option 1*

- *If your child is very cold in the studio, they may wear ballet pink or skin tone seamless ballet tights - no other tights though please! We do, however, prefer ballet pink or skin tone 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 child's left when they put 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*

### Option 2 (suggested for boys)

- 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)

## Option 1 (suggested for girls)

- 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 MATILDA style elasticated chiffon skirt in lavender (*Primary only*) - do not buy smaller than 22-24" as the length is too short - buy 22-24" and then sew tucks at the sides if it's too big for your child, to ensure it fits tightly on the waist, not hips - <https://drive.google.com/drive/folders/18dyWg749hrdz8qUxXR13NKz05aoOqpJ4> Bigger children may need a larger size.
- Lavender ballet belt (*Grades 1 & 2*) (comes with leotard as standard)
- 'Nicky' style crossover by Roch Valley in lavender cotton lycra (optional)
- Ballet pink or skin tone ballet socks (*Primary & optional for Grade 1*)
- Ballet pink or skin tone non-convertible ballet tights, without seam, by Freed (*Grade 2 and optional for Grade 1*)
- Ballet pink or skin tone leather full-sole ballet shoes with ballet pink or skin tone elastic (*Primary ballet classes only*)
- Ballet pink or skin tone canvas split-sole ballet shoes with crossed elastics (*Grade 1 ballet upwards classes*)
- Circular National skirt - please order a skirt for your child using the below link (*Primary & Grade 1*) <https://www.katz-dancewear.co.uk/products/girls-any-colour-ribbons-character-skirt-dance-ballet-all-sizes> National skirts are hand-made so please allow 3-4 working weeks for them to be made.
- Black canvas 'Syllabus "Accent" Character' shoes by Bloch (*Primary & Grade 1*)

## EXAMINATIONS

- NEW ballet pink or skin tone satin full-sole ballet shoes with one piece of pink or skin tone elastic over the arch of the foot (*Primary ballet examination only*)
- NEW ballet pink or skin tone ballet socks (*Primary ballet examination only*)
- NEW ballet pink or skin tone canvas split-sole ballet shoes with crossed elastics (*Grade 1 ballet upwards examinations*)
- NEW ballet pink or skin tone non-convertible ballet tights, without seam, by Freed (*Grade 1 ballet upwards examinations*)

## *Uniform notes for option 1*

- *If your child is very cold in the studio, they may wear ballet pink or skin tone seamless ballet tights - no other tights though please! We do, however, prefer ballet pink or skin tone 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 child's left when they put 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*

## Option 2 (suggested for boys)

- 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)
- National shoes (*Primary & Grade 1*)

## *Uniform notes for option 2*

- *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 BALLET PLUS

## Option 1 (suggested for girls)

- 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)
- Ballet pink or skin tone non-convertible ballet tights, without seam, by Freed
- Ballet pink or skin tone canvas split-sole ballet shoes with crossed elastics
- Ballet pink or skin tone Pointe shoes with wide matte cream (ballet pink) or skin tone ribbons (*when required*)- ask for information to be sent to you

### *Uniform notes for option 1*

- *Pants should not be worn under the leotard*
- *Hair which is long enough, should be neatly tied back in a classical ballet bun*

## EXAMINATIONS

- NEW ballet pink or skin tone canvas split-sole ballet shoes with crossed elastics
- NEW ballet pink or skin tone non-convertible ballet tights, without seam, by Freed
- Clean ballet pink or skin tone pointe shoes, plus a spare pair (*Grade 6 plus examinations*)

## Option 2 (suggested for boys)

- 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 option 2*

- *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)

## Option 1 (suggested for girls)

- 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
- Ballet pink or skin tone ballet socks
- Starlight black tap shoes with velcro fastening and standard ball and heel taps
- Bare feet for modern

### *Uniform notes for option 1*

- *If very cold, students can wear ballet pink or skin tone 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 child's left when they put 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*

## Option 2 (suggested for boys)

- 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 or Bloch lace up black tap shoes

### *Uniform notes for option 1*

- *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

### Option 1 (suggested for girls)

- **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)**
- **Ballet pink or skin tone ballet socks**
- **Katz 'buckle bar' or Bloch Merry Jane tap shoes in black with teletone ball and heel taps**
- **Bare feet for modern**

### *Uniform notes for girls*

- *If very cold, students can wear ballet pink or skin tone 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 child's left when they put 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*

### Option 2 (suggested for boys)

- **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 'premier' tap shoes in black** (note - the boys Primary level tap shoe (Capezio Tic Tap Toe or Bloch lace up) may be worn for Grade 1 tap classes but boys need to change to Capezio 'premier' at the latest at the start of the term of their Grade 1 tap examination)

### *Uniform notes for option 1*

- *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

### Option 1 (suggested for girls)

- **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)
- **Ballet pink or skin tone non-convertible ballet tights, without seam, by Freed**
- **Katz 'buckle bar' or Bloch Merry Jane tap shoes in black with teletone ball and heel taps**

### *Uniform notes for option 1*

- *Regarding the lavender leotard, please make sure the label is on your child's left when they put 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**

### Option 2 (suggested for boys)

- 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)

## GRADE 3 TAP PLUS

### Option 1 (suggested for girls)

- 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 or Roch Valley black hipster bootleg jazz pants
- Short black socks
- Capezio 'premier' tap shoes in black

#### *Uniform notes for option 1*

- 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

### Option 2 (suggested for boys)

- 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 option 2*

- 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

### Option 1 (suggested for girls)

- Cerise pink crushed velvet 'biketard' (for Grade 2 & 3 classes and Grade 2 examination)  
Year 9 plus students in Grade 3 modern can wear the Purple full-length catsuit if they prefer - <https://southlondondancestudios.co.uk/wp-content/uploads/2023/03/PURPLE-CATSUIT-ORDERING-INFORMATION-06032023.pdf>
- So Danca canvas split-sole jazz shoe in nude with the option to dye to skin tone (no socks)

#### *Uniform notes for option 1*

- 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, 2 small buns on the side of the head or a high bun.
- Any hair elastic should match hair colour

## EXAMINATIONS

- **Purple full-length catsuit (for Grade 3 modern examination only)** - <https://southlondondancestudios.co.uk/wp-content/uploads/2023/03/PURPLE-CATSUIT-ORDERING-INFORMATION-06032023.pdf>

### Option 2 (suggested for boys)

- **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)**
- **So Danca canvas split-sole jazz shoe in nude with the option to dye to skin tone (no socks)**

### *Uniform notes for option 2*

- *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

### Option 1 (suggested for girls)

- **Purple full length catsuit (Grades 4, 5 & 6 and Inter Found)** - <https://southlondondancestudios.co.uk/wp-content/uploads/2023/03/PURPLE-CATSUIT-ORDERING-INFORMATION-06032023.pdf>
- **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 instead, your child can wear the usual purple catsuit but in black - please refer to the above link and include in your order email that you need a black catsuit.
- **So Danca canvas split-sole jazz shoe in nude with the option to dye to skin tone (no socks)**

### *Uniform notes for option 1*

- *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, 2 small buns on the side of the head or a high bun.*
- *Any hair elastic should match hair colour*

### Option 2 (suggested for boys)

- **Black boys' unitard (own choice of short or long leg)**
- **Dance support**
- **So Danca canvas split-sole jazz shoe in nude with the option to dye to skin tone (no socks)**

### *Uniform notes for option 2*

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

## COMMERCIAL / STREET

### Uniform

- **Any top that feels funky in which you can easily move**
- **Tracksuit bottoms (the material must have stretch, no denim)**
- **Any socks**
- **INDOOR only trainers - for H&S reasons, your child must wear a pair of trainers which they ONLY use indoors (please do not wear dance, split-sole trainers)**

### ***Uniform notes***

- *Long hair should be neatly tied back off face, or styled as required by the class teacher to assist with the dance style*

## **JUNIOR STREET**

### **Uniform**

- **White t-shirt**
- **Black tracksuit bottoms or jazz pants**
- **Optional - plain black sweater (no hood) or SLDS sweater** - we are currently sourcing a new supplier for school sweaters (it will be a fitted zip-up top) which can be worn for warm ups in classes only (no other sweaters are permitted to be worn in classes)
- **Black socks**
- **INDOOR only trainers** - for H&S reasons, your child must wear a pair of trainers which they **ONLY** use indoors

### ***Uniform notes***

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

## **POWER & SKILLS**

### **Uniform**

- **Black cotton lycra leotard by Capezio** - own choice of style but without crossed straps
- **Black tights/leggings**
- **So Danca canvas split-sole jazz shoe in nude with the option to dye to skin tone** (no socks)
- **Can wear uniform from another class if the classes are consecutive e.g. ballet tights and leotard**

### ***Uniform notes***

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

## **STRETCH & TECHNIQUE**

### **Uniform**

- **Same ballet uniform as worn for ballet class but lower legs must be bare, so it must be possible to roll up ballet tights to just below the knee**
- **Bare feet**

### **Equipment**

- **Sticky yoga mat** - Duo Dance stock mats by Yoga Matters

### ***Uniform notes***

- *Long hair should be in a classical ballet bun which is high enough so that the back of the head can be lay on*

## **CONTEMPORARY**

### **Uniform**

- **Ballet or modern leotard/tights or catsuit**
- **Black tracksuit bottoms**
- **Black contemporary socks** - can be purchased from Duo Dance, or here: <https://uk.blochworld.com/products/blochsox-dance-socks-black-knit>

### ***Uniform notes***

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

# GYMNASTICS SKILLS

## Uniform

- Normal dancewear e.g. pink biketard, purple catsuit, ballet leotard and matching shorts / tights
- Bare feet

## *Uniform notes*

- *Long hair must be FULLY tied back with no loose hair - this is for H&S reasons*

# MUSICAL THEATRE

## Uniform

- Any leotard
- Any leggings
- **Optional - plain black sweater (no hood) or SLDS sweater** - we are currently sourcing a new supplier for school sweaters (it will be a fitted zip-up top) which can be worn for warm ups in classes only (no other sweaters are permitted to be worn in classes)
- **Jazz or ballet shoes**
- **INDOOR only trainers** - for H&S reasons, your child must wear a pair of trainers which they **ONLY** use indoors
- **Bring National shoes and full circular skirt if you have them** (when working on period pieces)

## *Uniform notes*

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