



INSTITUTE FOR CONTEMPORARY THEATRE

BA (Hons) Performing Arts – Uniform and Kit lists

Contemporary Musical Theatre – Dance

All dance classes at ICTheatre require black or coloured form fitting dance wear. Please find some examples of form fitting dance wear below that can be worn in combination to all classes:

Leotard

Unitard

Biketard

Shorts

Jazz Pants

Form Fitting/Loose T-Shirt (not baggy) - short sleeved / long sleeved

Form Fitting/Loose Vest (not baggy)

Leggings - full length / ankle length / 3/4 length

Tights - convertible / cut off / full length when worn with dance shoes

Additional compulsory/optional genre specific requirements:

Traditional Jazz / Jazz Focus Classes

Jazz shoes - compulsory if footwear is required in response to

Covid-19

Hair up, secured and off the face - compulsory

Half jazz shoes – optional

Traditional Ballet / Ballet Focus

Ballet bun for hair – compulsory – (*here is a video tutorial for how to do a ballet bun: <https://www.youtube.com/watch?v=3yG7Hcozrf8>*) / short hair off the face / long dreadlocks up / short dreadlocks off face / afro hair headband – optional

Ballet shoes - compulsory - *canvas split soles with elastics are recommended*

Skin colour ballet tights – optional

Ballet skirt – optional

Progressing Ballet Technique (PBT) Classes

Ballet bun for hair – compulsory – (*here is a video tutorial for how to do a ballet bun: <https://www.youtube.com/watch?v=3yG7Hcozrf8>*) / short hair off the face / long dreadlocks up / short dreadlocks off the face / afro hair headband – optional

Cycling shorts or knee length tights/leggings are required – compulsory

Exercise mat - compulsory

Exercise ball - compulsory - *height 4'8" to 5'3" require small ball (55cm), height 5'4" to 5'10" require medium ball(65cm), height 5'10" to 6'4" require large ball (75cm)*

Resistance band - compulsory - *3m in length of medium strength band (the colour of the strength changes depending on the supplier)*

Tap Classes

Tap shoes - compulsory - *Capezio taps are recommended*

Hair up, secured and off the face - compulsory

Loose-fitting T-shirt - optional

Tracksuit bottoms – optional

Contemporary Classes

Sports socks - compulsory if footwear is required in response to Covid-19

Hair up, secured and off the face - compulsory

Loose fitting t-shirt -optional

Tracksuit bottoms –optional

World Dance / Jazz Styles Classes / Commercial

Any different/additional requirements will be communicated to you prior to class

All Dance Classes

Appropriate dance underwear – *for example dance bra, dance belt, sports bra etc...*

Useful Links for examples of recommended uniform and kit

Dance belt - <https://dancewear.co.uk/male-dancewear/dancebelts.html>

Sports socks - <https://www.sportsdirect.com/champion-3-pack-logo-socks-413079#colcode=41307903>

Capezio taps - <https://dancewear.co.uk/tele-tone-toe-taps-5.html> + <https://dancewear.co.uk/tele-tone-heel-taps-6.html>

Exercise ball - <https://www.argos.co.uk/browse/sports-and-leisure/fitness-and-gym-accessories/exercise-balls/c:30624/>

Stretch band - <https://www.healthandcare.co.uk/resistance-band-range/rolyan-resistive-exercise-band-roll.html>

Exercise mat - <https://www.sportsdirect.com/fitness-and-training/fitness-equipment/gym-mats>

General Rules for dance classes:

Have a filled water bottle for every class (water only)

No jewellery

No make-up

No nail extensions

No branded clothing

Contemporary Musical Theatre – Acting/Vocals

Acting for the 21st Century

Plain movement clothes, no logos

Below are movement and specialist items

Biketard/unitard/Leotard

Black tights/leggings

Character shoes (can be plain black shoes, oxfords or similar)

Jazz shoes

Suitable supporting underwear

Hip Hop Artistry

Plain black movement clothes, no logos

Suitable supporting underwear

Suitable black dance attire to include leotard,

Jazz pants and tracksuit

Jazz shoes

Trainers (clean for indoor use only)

Ballet tights, leotard

Split sole ballet shoes