**ICTHEATRE BRIGHTON - DANCE UNIFORM AND KIT LIST**

**BA1 MUSICAL THEATRE 21/22**

**All dance classes at ICTheatre require black or coloured form fitting dance wear. Please find some examples of proper dance attire 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 / Jazz Styles

Jazz shoes - compulsory if footwear is required in response to Covid-19

Hair up, and off the face – compulsory (see hair options for ballet).

Half jazz shoes – optional

Traditional Ballet

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

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

Ballet tights – your skin colour –optional

Ballet skirt – optional

Pilates

Ballet bun for hair – compulsory – *(here is a video tutorial for how to do a ballet bun:* [*https://www.youtube.com/watch?v=3yG7Hcozrf8*](https://www.youtube.com/watch?v=3yG7Hcozrf8)*)* /

short hair off the face / long dreadlocks up / short dreadlocks off the face / afro hair as is (headband – optional).

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

Exercise mat - recommended

Exercise balls are essential and compulsory for Pilates;

Here are two web-sites where you can purchase these balls and mats.

Sissel - <https://www.sisseluk.com/sissel-pilates-soft-ball>

OR

Core Ballance - <https://www.corebalancefitness.co.uk/>

You will need a 22cm Pilates ball.

**You will be informed before the term starts which groups will have Pilates on their timetable. So please DO NOT buy any specialist equipment until you are notified.**

Tap

Tap shoes - compulsory - *Capezio taps are recommended*

Hair up, and off the face - compulsory

Loose fitting t-shirt - optional

Tracksuit bottoms – optional

Contemporary

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

Hair up, and off the face – compulsory

Knee pads - Optional

Loose fitting t-shirt - Optional

Tracksuit bottoms – Optional

Jazz Styles

Any different/additional requirements will be communicated to you prior to class via Canvas (Your digital learning platform).

Other Notes

Appropriate dance underwear is required for all dance training – *for example - dance belt, sports bra etc...*

Character shoes (New Yorkers) – You will most likely be required to wear character shoes at points throughout the training, so would be encouraged to include them as part of your dance kit

**Useful Links for examples of recommended uniform and kit**

Dance belt - [*https://dancewear.co.uk/male-dancewear/dancebelts.html*](https://dancewear.co.uk/male-dancewear/dancebelts.html)

Shades Dancewear *-* [*https://www.tiredmovement.com/shades/*](https://www.tiredmovement.com/shades/)

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-toe-taps-5.html) *+* [*https://dancewear.co.uk/tele-tone-heel-taps-6.html*](https://dancewear.co.uk/tele-tone-heel-taps-6.html)

Pilates ball -<https://www.sisseluk.com/sissel-pilates-soft-ball>

Stretch band -[*https://www.healthandcare.co.uk/resistance-band-range/rolyan-resistive-exercise-band-roll.html*](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*

Exercise mat and Pilates balls - https://www.corebalancefitness.co.uk/exercise-mats.html

**General notes for dance classes:**

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

No jewellery

No make-up or very little, for example some mascara may be worn. No false eyelashes or heavily painted on eyebrows

No nail extensions (these can be very dangerous in class please have them removed before the start of term).

No branded clothing if possible (It is cheaper!).