

DANCE UNIFORM AND KIT LIST (24/25)

General notes for dance classes:

- Please bring a filled water bottle for every class (water only)
- No jewellery
- Minimal make-up – no false eye lashes or excessive eye/face makeup
- NO NAIL EXTENSIONS (HEALTH & SAFETY REQUIREMENT)
- No branded clothing
- A non-slip exercise or yoga mat is helpful.
- Appropriate dance underwear is required for all dance training – *for example dance bra, dance belt, sports bra etc...*

Footwear:

- Ballet Shoes (Split sole, canvas ballet shoes, not pointe shoes)
- Tap Shoes
- Jazz Shoes
- Character Shoes (New Yorkers)
- Indoor only Trainers for commercial
- Foot thongs optional for contemporary

Clothing

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
- Shorts
- Jazz Pants
- Form Fitting T-Shirt (not baggy) - short sleeved / long sleeved
- Form Fitting Vest (not baggy)
- Leggings - full length / ankle length / 3/4 length
- Tights - convertible / cut off / full length when worn with dance shoes
- Comfortable loose clothes such as a track suit to put on over dancewear between classes.

Additional requirements:

- Hair up, secured and off the face / short hair off the face / long dreadlocks up / short dreadlocks off the face – compulsory, for ballet classes long hair should be in a bun ([how to make a perfect ballet bun](#)) or long dreadlocks secured.

Ballet

- For ballet classes you should have black leotard with flesh-coloured tights.
- Dancewear in various flesh tones is available from: www.shades-dancewear.com
- Male presenting students should wear vest and shorts, or a unitard in black with ballet socks and a dance belt.