



UNIFORM LIST

BALLET

Tots

Regulation I.S.T.D. Sky blue ruched or plain fronted leotard
Sky blue circular chiffon skirt
Pink socks & pink leather ballet shoes with elastic
Optional – pink, blue or black wrap over cardigan, blue headband

Primary

Regulation I.S.T.D. Sky blue ruched or plain fronted leotard
Sky blue circular chiffon skirt
Pink socks, pink leather ballet shoes with satin ribbons
Optional – Pink, Blue or black wrap over cardigan, blue headband

Grade 1, 2, 3, 4

Regulation I.S.T.D. Sky blue ruched or plain fronted leotard
and blue belt
Pink seamed tights, pink leather ballet shoes with satin ribbons

Grade 5/Grade 6/Intermediate/Advanced

Black leotard (any style with standard straps not cross over straps)
Senior Acro Bra-Tek leotard can be worn.
Pink seamed ballet tights, pink leather ballet shoes with satin ribbons
Pink pointe shoes

TAP

Tots

Same as ballet uniform, black tie tap shoes with front tap only

Primary/Grade 1

Catsuit (Lycra, any colour, sleeveless with stirrups)
White socks, black tie tap shoes with Teletone taps (heel & toe)

Grade 2

Catsuit (Lycra, any colour, sleeveless with stirrups)
White socks, black tie tap shoes with Teletone taps or black low heel Oxford Tap shoes with
Teletone taps(needed for exams)

Grade 3, 4, 5, 6, Intermediate & Advanced

Any colour keyhole leotard, black lycra leggings
White socks, black low heel Oxford tap shoes with Teletone Taps

MODERN

Grade 1, 2 & 3

Catsuit (Lycra, any colour, sleeveless with stirrups)
bare feet

Grade 4,5,6,Intermediate & Advanced

Any colour keyhole leotard and black lycra leggings
bare feet

INSTEP DANCE SHED Stocks Farm Ln, Rayne, Braintree CM77 6SY

COMMERCIAL

All levels

CSOD t-shirt or CSOD crop top.

CSOD shorts or CSOD leggings or CSOD joggers or your own plain black shorts/Nike pro shorts, black leggings or black joggers.

Trainers

MUSICAL THEATRE

All levels

CSOD t-shirt.

CSOD shorts or CSOD leggings or CSOD joggers or your own plain black shorts, black leggings or black joggers.

Trainers

LAMDA

CSOD t-shirt

CSOD shorts or CSOD leggings or CSOD joggers or your own plain black shorts, black leggings or black joggers.

Trainers

BODYCON

CSOD t-shirt or CSOD crop top.

CSOD shorts or CSOD leggings or your own plain black shorts / Nike pro shorts or black leggings.

ACRO

Option 1: CSOD plain black leotard with CSOD shorts or CSOD leggings.

Option 2: CSOD plain black Bra-Tek leotard with CSOD shorts /Nike pro shorts or CSOD leggings.

Option 3: CSOD crop top with CSOD shorts/ Nike pro shorts or CSOD leggings or your own plain black shorts/black leggings.

BOYS

Ballet & Modern

White tight-fitting t-shirt with plain black cycle shorts. Black ballet shoes with elastic.

Black Jazz shoes for Grade 4 and over.

Tap

White tight-fitting t-shirt, black Jazz Trousers, black low heel Oxford or jazz tap shoes.

Acro

White tight-fitting t-shirt with CSOD shorts.

Commercial

CSOD t-shirt

Your own plain black shorts or black joggers.

Uniform and Grooming Reminder

Hair should be tied back for **ALL classes**, it is dangerous to have loose hair. In ballet, all students must have a bun, any other style hinders the ability for a child to dance correctly in this subject. A pony tail can flick in the face when doing turns for example. For modern and tap, younger students are allowed French plaits. For students with very short hair please make sure you have a blue headband.

Senior students please make sure that you have a correct ballet bun. This does not require a 'donut' and should NOT be right on top of your head. It should be in the middle of the back of your head (a pony tail twisted securely into a bun with a net).

Senior modern and tap students please make sure your hair is secure in plaits or pony tail (if shorter hair) BEFORE you enter the studio. Please do not do your hair right at the last minute whilst walking up to the studio or use the mirrors in the studio for this.

Any senior student not correctly groomed will be sent out and asked to change/style hair correctly.

For lower school parents, if you are unsure on how to style a bun then please contact the school office and a video link will be sent.

Our full uniform list is on our website and for any queries please contact Jo. We do recommend the following shop for uniform:

Instep Dancewear

Stocks Farm Ln, Rayne, Braintree CM77 6SY

Please find below a few reminders:

Acro classes

All students should be wearing tight fitted clothing for these lessons.

Please see uniform guide for correct CSOD uniform.

You must have at least one CSOD branded item of uniform.

Please do not wear any loose clothing/t shirts that can get in the way of movements and please make sure that your hair is tied back securely. Loose hair can be very dangerous when doing acrobatic movements!

Ballet, Tap and Modern

Grade 1 ballet and above students must wear light pink tights for class. Examinations require seamed tights but we allow non seamed or convertible ballet tights for class. Please do not wear tracksuit bottoms or loose fitting leggings.

Ballet shoes must be a TIGHT FIT like socks and not have growing room. Ballet shoes that are too big mean the student cannot dance correctly.

Please do not wear socks with pointe shoes! Thick socks may be required to wear OVER pointe shoes but tights (normal or convertible) must be worn underneath.

Blue, pink and black wrapover cardigans are allowed for ballet class. School logo hoodies, tops and joggers are allowed to be worn to arrive to classes but will need to be removed in class.