

A uniform enables instructors to ensure that dancers are using proper alignment and correct muscles, thereby lowering the risk of injuries. It also provides a standard, professional appearance for the School. It is not necessary for families to purchase the exact brands of dance wear listed below; however, these brands are recommended because they are of high quality and are very suitable for SSD's purposes. Having a list of brands can also simplify the shopping process for families. **It is important to follow the recommended colours and styles.**

General Uniform Guidelines
Hair off the face and in a tight bun for girls. Boys with longer hair should wear a bandana. See the website or app for the bun process.
No jewelry or watches (smart watches such as Fitbits included).

PRE-BEGINNER, BEGINNER [Female]

Uniform Outline				
Pink convertible tights for dance class.				
Light tan fully-footed tights for performances.				
Black short sleeve bodysuit with rounded neckline.				
Black pull-on skirt.				
Red full sole leather dance slipper.				
Hair off the face and in a tight bun.				
Water bottle.				
Dress Wear Item Options				
TIGHTS	BODYSUIT	SKIRT	FOOTWEAR	ACCESSORIES
<ul style="list-style-type: none"> ◆ BLOCH Endura Adaptatote Tights Pink OR ◆ MONDOR Convertible Tights Ballerina Performances: ◆ BLOCH Endura Footed Tights Light Tan 	<ul style="list-style-type: none"> ◆ MONDOR Short Sleeve Leotard Black OR ◆ MONDOR Nylon Short Sleeve Black OR ◆ MOTIONWEAR Short Sleeve Leotard Black OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ BODYWRAPPERS Pull-On Skirt Black OR ◆ CAPEZIO Pull-On Circular Skirt Black OR ◆ MONDOR CH Skirt (Pull-On) Black OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ BLOCH Dansoft Ballet Slipper Red 	<ul style="list-style-type: none"> ◆ BUNHEADS 3" Tipped Hair Pins ◆ BUNHEADS Hair Nets ◆ Extra hair ties

PRE-BEGINNER, BEGINNER [Male]

Uniform Outline		
Plain white t-shirt (summer camp, logo-wear accepted).		
Black dance pants.		
Black full sole leather dance slipper.		
Black socks for all classes and performances (knee-length for performances).		
T-shirt tucked into pants.		
Water bottle.		
Dress Wear Item Options		
SHIRT	PANTS	FOOTWEAR
<ul style="list-style-type: none"> ◆ MOTIONWEAR T-Shirt White OR ◆ BODYWRAPPERS Boys T-Shirt White OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ MOTIONWEAR Jazz Pants Black OR ◆ BODYWRAPPERS Boys Jazz Pant Black OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ BLOCH Dansoft Ballet Slipper Black ◆ BODYWRAPPERS Totalstretch Dance Sock Black OR ◆ Other brands of socks

GRADES 1D, 2C, 2D, 3 [Female]

Uniform Outline				
Pink convertible tights for all classes.				
Light tan fully-footed tights for performances.				
Black high-neck tank bodysuit for all classes.				
Black pull-on skirt for all classes.				
Red full sole leather dance slipper for Core and Ballet.				
Black Elastabootie shoe (no laces) for Intensive.				
Hair off the face and in a tight bun for all classes.				
Water bottle.				
Dress Wear Item Options				
TIGHTS	BODYSUIT	SKIRT	FOOTWEAR	ACCESSORIES
<ul style="list-style-type: none"> ◆ BLOCH Endura Adaptatoe Tights Pink OR ◆ MONDOR Convertible Tights Ballerina Performances: ◆ BLOCH Endura Footed Tights Light Tan 	<ul style="list-style-type: none"> ◆ CAPEZIO High-Neck Tank Leotard Black OR ◆ MONDOR Essentials Tank Leotard Black OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ BODYWRAPPERS Pull-On Skirt Black OR ◆ CAPEZIO Pull-On Circular Skirt Black OR ◆ MONDOR CH Skirt (Pull-On) Black OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ BLOCH Dansoft Ballet Slipper Red ◆ BLOCH Elastabootie Shoe Black 	<ul style="list-style-type: none"> ◆ BUNHEADS 3" Tipped Hair Pins ◆ BUNHEADS Hair Nets ◆ Extra hair ties

GRADES 1D, 2C, 2D, 3 [Male]

Uniform Outline			
Plain white t-shirt for all classes (summer camp, logo-wear accepted).			
Black fitted dance pants for all classes except Ballet.			
Black shorts for Ballet-only (logo-wear accepted).			
Black full sole leather dance slipper for Core and Ballet.			
Black Elastabootie shoe (no laces) for Intensive.			
Black socks for all classes and performances (knee-length for performances).			
T-shirt tucked into pants/shorts.			
Water bottle.			
Dress Wear Item Options			
SHIRT	PANTS	SHORTS	FOOTWEAR
<ul style="list-style-type: none"> ◆ MOTIONWEART-Shirt White OR ◆ BODYWRAPPERS Boys T-Shirt White OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ MOTIONWEAR Jazz Pants Black OR ◆ BODYWRAPPERS Boys Jazz Pant Black OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ MONDOR Cotton Classic Short Black OR ◆ ADIDAS Locker Room Boys Knit Shorts Black OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ BLOCH Dansoft Ballet Slipper Black ◆ BLOCH Elastabootie Shoe Black ◆ BODYWRAPPERS Totalstretch Dance Sock Black OR ◆ Other brands of socks

GRADES 4, 5 [Female]

Uniform Outline					
Pink convertible tights for all classes.					
Light tan fully footed tights for performances.					
Black high-neck tank bodysuit for all classes.					
Black pull-on skirt for Grade 4 students, and Grade 5 Core class.					
Black shorts for Grade 5 Intensive students (logo-wear accepted).					
Black Elastabootie shoe (no laces) for all classes except Ballet.					
Pink full sole leather slipper for Ballet-only.					
Hair off the face and in a tight bun for all classes.					
Water bottle.					
Dress Wear Item Options					
TIGHTS	BODYSUIT	SKIRT	SHORTS	FOOTWEAR	ACCESSORIES
<ul style="list-style-type: none"> ◆ BLOCH Endura Adaptatote Tights Pink <p>OR</p> <ul style="list-style-type: none"> ◆ MONDOR Convertible Tights Ballerina <p>Performances:</p> <ul style="list-style-type: none"> ◆ BLOCH Endura Footed Tights Light Tan 	<ul style="list-style-type: none"> ◆ CAPEZIO High-Neck Tank Leotard Black <p>OR</p> <ul style="list-style-type: none"> ◆ MONDOR Essentials Tank Leotard Black <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands 	<ul style="list-style-type: none"> ◆ BODYWRAPPERS Pull-On Skirt Black <p>OR</p> <ul style="list-style-type: none"> ◆ CAPEZIO Pull-On Circular Skirt Black <p>OR</p> <ul style="list-style-type: none"> ◆ MONDOR CH Skirt (Pull-On) Black <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands 	<ul style="list-style-type: none"> ◆ BLOCH V-Front Short Black <p>OR</p> <ul style="list-style-type: none"> ◆ IVIVVA Rhythmic Short Black <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands <p>Note: Shorts cannot be worn for Ballet.</p>	<ul style="list-style-type: none"> ◆ BLOCH Elastabootie Shoe Black <ul style="list-style-type: none"> ◆ BLOCH Dansoft Full Sole Ballet Slipper Pink <p>Note: There may be an additional pair of different performance footwear needed.</p>	<ul style="list-style-type: none"> ◆ BUNHEADS 3" Tipped Hair Pins ◆ BUNHEADS Hair Nets ◆ Extra hair ties

GRADES 4, 5 [Male]

Uniform Outline			
Plain white t-shirt for all classes (summer camp, logo-wear accepted).			
Black fitted dance pants for all classes except Ballet.			
Black shorts for Ballet-only (logo-wear accepted).			
Black Elastabootie shoe (no laces) for all classes except Ballet.			
Black full sole leather dance slipper for Ballet-only.			
Black socks for all classes and performances (knee-length for performances).			
T-shirt tucked into pants/shorts.			
Water bottle.			
Dress Wear Item Options			
SHIRT	PANTS	SHORTS	FOOTWEAR
<ul style="list-style-type: none"> ◆ MOTIONWEAR T-Shirt White <p>OR</p> <ul style="list-style-type: none"> ◆ BODYWRAPPERS Boys T-Shirt White <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands 	<ul style="list-style-type: none"> ◆ MOTIONWEAR Jazz Pants Black <p>OR</p> <ul style="list-style-type: none"> ◆ BODYWRAPPERS Boys Jazz Pant Black <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands 	<ul style="list-style-type: none"> ◆ MONDOR Cotton Classic Short Black <p>OR</p> <ul style="list-style-type: none"> ◆ ADIDAS Locker Room Boys Knit Shorts Black <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands 	<ul style="list-style-type: none"> ◆ BLOCH Elastabootie Shoe Black ◆ BLOCH Dansoft Ballet Slipper Black ◆ BODYWRAPPERS Totalstretch Dance Sock Black ◆ Other brands

GRADES 6, 7 [Female]

Uniform Outline				
Pink convertible tights for all classes.				
Light tan fully footed tights for performances.				
Black high-neck tank bodysuit for all classes.				
Black shorts (no coloured waistbands) for all classes except Ballet (logo-wear accepted).				
Black Elastabootie shoe (no laces) for all classes except Ballet.				
Pink full sole leather slipper for Ballet-only.				
Hair off the face and in a tight bun for all classes.				
Water bottle.				
Dress Wear Item Options				
TIGHTS	BODYSUIT	SHORTS	FOOTWEAR	ACCESSORIES
<ul style="list-style-type: none"> ◆ BLOCH Endura Adaptatoe Tights Pink OR ◆ MONDOR Convertible Tights Ballerina Performances: ◆ BLOCH Endura Footed Tights Light Tan 	<ul style="list-style-type: none"> ◆ CAPEZIO High-Neck Tank Leotard Black OR ◆ MONDOR Essentials Tank Leotard Black OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ BLOCH V-Front Short Black OR ◆ IVIVVA Rhythmic Short Black OR ◆ Other brands <p>Note: Shorts cannot be worn for Ballet.</p>	<ul style="list-style-type: none"> ◆ BLOCH Elastabootie Shoe Black ◆ BLOCH Dansoft Full Sole Ballet Slipper Pink <p>Note: There may be an additional pair of different performance footwear needed.</p>	<ul style="list-style-type: none"> ◆ BUNHEADS 3" Tipped Hair Pins ◆ BUNHEADS Hair Nets ◆ Extra hair ties

GRADES 6, 7 [Male]

Uniform Outline			
Plain white t-shirt for all classes (summer camp, logo-wear accepted).			
Black fitted dance pants for all classes except Ballet.			
Black shorts for Ballet-only (logo-wear accepted).			
Black Elastabootie shoe (no laces) for all classes except Ballet.			
Black full sole leather dance slipper for Ballet-only.			
Black socks for all classes and performances (knee-length for performances).			
T-shirt tucked into pants/shorts.			
Water bottle.			
Dress Wear Item Options			
SHIRT	PANTS	SHORTS	FOOTWEAR
<ul style="list-style-type: none"> ◆ MOTIONWEAR T-Shirt White OR ◆ BODYWRAPPERS Boys T-Shirt White OR ◆ SODANCA Men's T-Shirt White OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ MOTIONWEAR Jazz Pants Black OR ◆ BODYWRAPPERS Boys Jazz Pant Black OR ◆ LULULEMON Discipline Pant Black OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ MONDOR Cotton Classic Short Black OR ◆ ADIDAS Locker Room Boys Knit Shorts Black OR ◆ LULULEMON Cross Chill Shorts Black OR ◆ Other brands 	<ul style="list-style-type: none"> ◆ BLOCH Elastabootie Shoe Black ◆ BLOCH Dansoft Ballet Slipper Black ◆ BODYWRAPPERS Totalstretch Dance Sock Black OR ◆ Other brands

GRADES 8, 9 [Female]

Uniform Outline

Pink convertible tights for all classes.

Light tan fully footed tights for performances.

Black camisole-style (two straps) bodysuit for all classes.

Black shorts (no coloured waistbands) for all classes except Ballet (logo-wear accepted).

Black Elastabootie shoe (no laces) for all classes except Ballet.

Pink canvas split sole slipper for Ballet-only.

Cats paws for Contemporary-only.

Hair off the face and in a tight bun for all classes.

Water bottle.

Dress Wear Item Options

TIGHTS	BODYSUIT	SHORTS	FOOTWEAR	ACCESSORIES
<ul style="list-style-type: none"> ◆ BLOCH Endura Adaptatoe Tights Pink <p>OR</p> <ul style="list-style-type: none"> ◆ MONDOR Convertible Tights Ballerina <p>Performances:</p> <ul style="list-style-type: none"> ◆ BLOCH Endura Footed Tights Light Tan 	<ul style="list-style-type: none"> ◆ MIRELLA Seamed Camisole Leotard Black <p>OR</p> <ul style="list-style-type: none"> ◆ CAPEZIO Princess Camisole Bodysuit Black <p>OR</p> <ul style="list-style-type: none"> ◆ CAPEZIO Contour Bodysuit Black <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands 	<ul style="list-style-type: none"> ◆ BLOCH V-Front Short Black <p>OR</p> <ul style="list-style-type: none"> ◆ IVIVVA Rhythmic Short Black <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands <p>Note: Shorts cannot be worn for Ballet.</p>	<ul style="list-style-type: none"> ◆ BLOCH Elastabootie Shoe Black ◆ BLOCH Pump Ladies Canvas Split Sole Pink ◆ SODANCA Cats Paws <p>Note: There will be additional pairs of different performance footwear needed (boots). The above footwear is for dance class training purposes.</p>	<ul style="list-style-type: none"> ◆ BUNHEADS 3" Tipped Hair Pins ◆ BUNHEADS Hair Nets ◆ Extra hair ties

GRADES 8, 9 [Male]

Uniform Outline			
Plain white t-shirt for all classes (summer camp, logo-wear accepted).			
Black fitted dance pants for all classes except Ballet.			
Black shorts for Ballet-only (logo-wear accepted).			
Men's dance belt for all classes and performances.			
Black Elastabootie shoe (no laces) for all classes except Ballet.			
Black canvas split sole slipper for Ballet-only.			
Cats paws for Contemporary-only.			
Black socks for all classes and performances (knee-length for performances), except Contemporary.			
T-shirt tucked into pants/shorts.			
Water bottle.			
No haircuts three weeks prior to major shows.			
Dress Wear Item Options			
SHIRT	PANTS	SHORTS	FOOTWEAR
<ul style="list-style-type: none"> ◆ CAPEZIO Fitted Tactel Crew Neck White <p>OR</p> <ul style="list-style-type: none"> ◆ SODANCA Men's T-Shirt White <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands 	<ul style="list-style-type: none"> ◆ BODYWRAPPERS Men's Pants Black <p>OR</p> <ul style="list-style-type: none"> ◆ LULULEMON Discipline Pant Black <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands 	<ul style="list-style-type: none"> ◆ ADIDAS Force Men's Shorts Black <p>OR</p> <ul style="list-style-type: none"> ◆ LULULEMON Cross Chill Shorts Black <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands ◆ MONDOR Men's Dance Belt 	<ul style="list-style-type: none"> ◆ BLOCH Elastabootie Shoe Black ◆ BLOCH Pump Men's Canvas Split Sole Black ◆ SODANCA Cats Paws ◆ BODYWRAPPERS Totalstretch Dance Sock Black <p>OR</p> <ul style="list-style-type: none"> ◆ Other brands of socks <p>Note: There will be additional pairs of different performance footwear needed (boots). The above footwear is for dance class training purposes.</p>

BUSINESS CASUAL WEAR

Dancers in Grade 8, 9, and Advanced I.D. must be dressed in business casual attire on any form of tour transportation (i.e. bus, plane) and when walking in and out of theatres and performance venues, including the School's own shows at the Jubilee Auditorium. The following outlines what constitutes "business casual:"

<p>GIRLS</p> <ul style="list-style-type: none"> ◆ SSD logo-wear jackets and non-apparel items are allowed. ◆ Anything other than jeans, lululemon pants, and sweats. Leggings must be paired with a longer tunic type top only.
<p>BOYS</p> <ul style="list-style-type: none"> ◆ SSD logo-wear jackets and non-apparel items are allowed. ◆ Collared long-sleeve or polo style short-sleeve shirts. Must have a collar. ◆ Khaki, chords, or other casual non-denim pants (no jeans, sweatpants, lululemon pants, shorts, dress shorts).