

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).
SSD logo wear and summer camp items accepted.

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 Adaptatoe 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 tucked into pants.		
Black dance pants.		
Black full sole leather dance slipper.		
Black socks for all classes and performances (knee-length for performances).		
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

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 except ballet.				
Red full sole leather dance slipper for all classes.				
Hair off the face and in a tight bun for all classes.				
Water bottle.				
CORE: Tights, bodysuit, skirt, leather slippers.				
BALLET: Tights, bodysuit, leather slippers.				
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"> ◆ 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 	<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 tucked in for all classes.			
Black dance pants for all classes except Ballet.			
Black shorts for Ballet-only.			
Black full sole leather dance slipper for all classes.			
Black socks for all classes and performances (knee-length for performances).			
Water bottle.			
CORE: T-shirt, dance pants, socks, leather slippers.			
BALLET: T-shirt, shorts, socks, leather slippers.			
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 ◆ 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

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 all classes except ballet.

Red full sole leather dance slipper for Grade 4 girls only.

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

Black Paris Teaching shoe for Grade 5 girls only (performances).

Pink full sole leather slipper for Ballet-only.

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

Water bottle.

G4 CORE: Tights, bodysuit, skirt, leather slippers.

G5 CORE: Tights, bodysuit, skirt, Elastabootie shoe.

ID: Tights, bodysuit, skirt, Elastabootie shoe.

BALLET: Tights, bodysuit, leather slippers.

CONTEMPORARY & TRICKS: Relaxed uniform. Must be able to move freely. Hair in a bun and off the face.

Dress Wear Item Options

TIGHTS	BODYSUIT	SKIRT	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"> ◆ 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 Elastabootie Shoe Black ◆ BLOCH Dansoft Full Sole Ballet Slipper Pink ◆ BLOCH Dansoft Ballet Slipper Red ◆ BLOCH Paris Teaching Shoe Black 	<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 tucked in for all classes.

Black dance pants for all classes except Ballet.

Black shorts for Ballet-only.

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).

Water bottle.

G4 CORE: T-shirt, dance pants, socks, leather slippers.

G5 CORE: T-shirt, dance pants, socks, Elastabootie shoe.

ID: T-shirt, dance pants, socks, Elastabootie shoe.

BALLET: T-shirt, shorts, socks, leather slippers.

CONTEMPORARY & TRICKS: Relaxed uniform. Must be able to move freely.

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 ◆ 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 Elastabootie Shoe Black ◆ BLOCH Dansoft Ballet Slipper Black

GRADES 6C, 6D, 7D [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.

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

Pink full sole leather slipper for Ballet-only (Grade 4 R.A.D. and under).

Pink canvas split sole slipper for Ballet-only (Grade 5 R.A.D. and up).

Black Paris Teaching shoe for Grade 6C and 6D Core (performances).

Red boots for Intensive.

Black boots for Grade 7D Core.

Cats paws for Advanced Contemporary.

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

Water bottle.

G6C/6D CORE: Tights, bodysuit, shorts, Elastabootie shoe, Paris Teaching shoe.

G7D CORE: Tights, bodysuit, shorts, Elastabootie shoe, black boots.

ID: Tights, bodysuit, shorts, Elastabootie shoe, red boots.

G4 R.A.D. BALLET: Tights, bodysuit, leather slippers.

G5 R.A.D. BALLET: Tights, bodysuit, canvas slippers.

CONTEMPORARY & TRICKS: Relaxed uniform. Must be able to move freely. Hair in a bun and off the face. Cats paws for Advanced Contemporary.

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 	<ul style="list-style-type: none"> ◆ BLOCH Elastabootie Shoe Black ◆ BLOCH Dansoft Full Sole Ballet Slipper Pink ◆ BLOCH Pump Ladies Canvas Split Sole Pink ◆ SODANCA Cats Paws ◆ BLOCH Paris Teaching Shoe Black 	<ul style="list-style-type: none"> ◆ BUNHEADS 3" Tipped Hair Pins ◆ BUNHEADS Hair Nets ◆ Extra hair ties

GRADES 6C, 6D, 7D [Male]

Uniform Outline

Plain white t-shirt tucked in for all classes

Black dance pants for all classes except Ballet.

Black shorts for Ballet-only.

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

Black full sole leather dance slipper for Ballet-only (Grade 4 R.A.D. and under).

Black canvas split sole slipper for Ballet-only (Grade 5 R.A.D. and up).

Cats paws for Advanced Contemporary.

Black socks for all classes and performances (knee-length for performances).

Water bottle.

G6C, 6D CORE: T-shirt, dance pants, socks, Elastabootie shoe.

G7D CORE: T-shirt, dance pants, socks, Elastabootie shoe, black boots.

G4 R.A.D. BALLET: T-shirt, shorts, socks, leather slippers.

G5 R.A.D. BALLET: T-shirt, shorts, socks, canvas slippers.

ID: T-shirt, dance pants, socks, Elastabootie shoe, red boots.

CONTEMPORARY & TRICKS: Relaxed uniform. Must be able to move freely. Cats paws for Advanced Contemporary.

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 ◆ BLOCH Pump Men's Canvas Split Sole Black ◆ SODANCA Cats Paws

GRADE 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.

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

Red and black boots for Core and Intensive.

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 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"> ◆ 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 <ul style="list-style-type: none"> ◆ BLOCH Pump Ladies Canvas Split Sole Pink <ul style="list-style-type: none"> ◆ SODANCA Cats Paws 	<ul style="list-style-type: none"> ◆ BUNHEADS 3" Tipped Hair Pins <ul style="list-style-type: none"> ◆ BUNHEADS Hair Nets <ul style="list-style-type: none"> ◆ Extra hair ties

GRADES 9 [Male]

Uniform Outline

Plain white t-shirt tucked in for all classes.

Black dance pants for all classes except Ballet.

Black shorts for Ballet-only.

Men's dance belt for all classes and performances.

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

Red and black boots for Core and Intensive.

Black canvas split sole slipper for Ballet-only.

Cats paws for Contemporary-only.

Black socks for all classes and performances (knee-length for performances).

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

DANCE STORES

SHERWOOD PARK

And All That Jazz

1080 Strathcona Drive, Sherwood Park, AB

780.416.2017 ♦ andallthatjazz.ca

M – THR: 10:00 AM – 7:00 PM

F, SAT: 10:00 AM – 5:00 PM

SUN: Closed



ST. ALBERT

Karries Kostumes & Dance Supplies

2003 Tudor Glen, St. Albert, AB

780.460.2626 ♦ karrieskostumes.ca

M – W: 10:00 AM – 6:00 PM

THR: 10:00 AM – 8:00 PM ♦ F: 10:00 AM – 6:00 PM

SAT: 10:00 AM – 5:00 PM ♦ SUN: Closed



NORTH EDMONTON

Adagio Dance & Skate Apparel

114 - 15379 Castle Downs Road NW, Edmonton, AB

780.457.0006

M, TU, W, F: 10:00 AM – 6:00 PM

THR: 10:00 AM – 7:00 PM ♦ SAT: 10:00 AM – 4:00 PM

SUN: Closed



SOUTH EDMONTON

On Stage

10004-79 Avenue, Edmonton, AB

780.432.7998 ♦ onstageedmonton.com

M – THR: 9:30 AM – 7:00 PM

F: 9:30 AM – 5:30 PM

SAT: 10:00 AM – 5:00 PM ♦ SUN: Closed



WEST EDMONTON

All 4 Dance

16332 111 Avenue, Edmonton, AB

780.489.4269 ♦ all4dance.ca

M – F: 10:00 AM – 6:00 PM

SAT: 10:00 AM – 5:00 PM ♦ SUN: Closed

