

# DRESS

## UNIFORM



Correct uniform enables our instructors to see the dancers' bodies clearly so corrections to alignment and placement may be made and injuries avoided. It also provides a standard, professional appearance for the School.

<b>GENERAL UNIFORM GUIDELINES</b>
Buns: Hair off the face and in a tight bun for girls. See the website or app for the bun process. If the hair is short for a bun, it should be neatly groomed and styled off the face and neck so that the head and neckline are not obscured. Extra care should be taken for performance buns. After the performance bun is completed, please spray a coat of hair spray over the top of the head to minimize "frizzies." The hair frizzies become very noticeable when the dancer is on stage with the stage lighting. HOW-TO bun video: <a href="https://www.youtube.com/watch?time_continue=1&amp;v=Mt4Ulr6a2Aw">https://www.youtube.com/watch?time_continue=1&amp;v=Mt4Ulr6a2Aw</a>
Water bottles with water-only are allowed. Some instructors will have their own rules, but water breaks will typically be taken at the behest of the instructor. Please ensure the water bottle is labelled with the name of the dancer.
No jewelry - this includes earrings, necklaces, wrist bands, etc. It becomes a safety hazard when dancing because the jewelry can get caught on clothing or skin. The exception to the guideline would be for dancers who recently got their ears pierced and cannot remove the earrings.
No watches – this includes traditional watches, smartwatches, Fitbit, step-counters, etc. It becomes a safety hazard when dancing because the items can get caught on clothing or skin. It also presents an unneeded distraction for the dancer.
No coloured sweaters.
SSD logo wear items are accepted when applicable.

## Pre-Beginner, Beginner, Grade 1, Grade 2 Certificate

Please follow the uniform as per the guidelines below.

### **FEMALE: Uniform Details**

1. Pink convertible tights for all classes.
2. Light tan fully footed tights for performances.
3. **Pre-Beginner, Beginner:** Black short sleeve bodysuit with rounded neckline for all classes.  
**Grades 1, 2C:** Black high-neck tank bodysuit for all classes.
4. Black pull-on skirt for all classes.
5. Red full sole leather dance slippers for all classes.
6. Hair off the face and in a tight bun for all classes.

### **FEMALE: Uniform Outline By Class**

CORE + BALLET: Tights, bodysuit, skirt, red leather slippers.

### **MALE: Uniform Details**

1. Plain white t-shirt tucked in for all classes.
2. Black shorts for all classes.
3. Black full sole leather dance slippers for all classes and performances.
4. Black ankle socks for all classes.
5. Black knee-length socks for all performances. **Pre-Beginner only:** Black ankle socks for performances.

### **MALE: Uniform Outline By Class**

CORE + BALLET: T-shirt, shorts, ankle socks, black leather slippers.

## Grade 2 Diploma, Grade 3, Grade 4, Grade 5, Grade 6

Please follow the uniform as per the guidelines below.

<b>FEMALE: Uniform Details</b>
1. Pink convertible tights for all classes.
2. Light tan fully footed tights for performances.
3. Black high-neck tank bodysuit for all classes.
4. Black pull-on skirt for <b>Grade 2D Core, Grade 3 Core, Grade 4 Core.</b>
5. Black tight-fitting shorts for <b>Grades 5 - 6 Core.</b>
6. Tan Elastabootie shoe for all classes except Ballet.
7. Pink full sole leather slippers for Ballet-only.
8. Hair off the face and in a tight bun for all classes.
<b>FEMALE: Uniform Outline By Class</b>
Grades 2D, 3, 4 CORE, JUNIOR ID: Tights, bodysuit, skirt, tan Elastabootie shoes.
Grades 5, 6 CORE, INT 2 ID: Tights, bodysuit, shorts, tan Elastabootie shoes.
ALL BALLET: Tights, bodysuit, pink leather slippers.
CONTEMPORARY + TRICKS: Relaxed uniform-must be able to move freely. Hair in bun and off face for the tricks class.

<b>MALE: Uniform Details</b>
1. Plain white t-shirt tucked in for all classes.
2. Black shorts for all classes.
3. Black Elastabootie shoe for all classes except Ballet.
4. Black full sole leather dance slippers for Ballet.
5. Black ankle socks for all classes.
6. Black knee-length socks for all performances.
<b>MALE: Uniform Outline By Class</b>
CORE + INTENSIVE: T-shirt, shorts, ankle socks, black Elastabootie shoes.
BALLET: T-shirt, shorts, ankle socks, black leather slippers.
CONTEMPORARY + TRICKS: Relaxed uniform - must be able to move freely.

## Grade 7, Grade 8, Grade 9

Please follow the uniform as per the guidelines below.

**NEW THIS YEAR:** To commemorate the graduating class, starting from now on, **Grade 9 students** will have the opportunity to express themselves by wearing colorful bodysuits of their preference during all classes. Additionally, please ensure that we have black bodysuit options readily available for use during theatre performances/staging, visits from special guests, photoshoots, and similar occasions. While we aim to implement coloured bodysuits across all classes, we might need to limit this to just Core classes after evaluating the initial results. This upcoming year will serve as a trial period to test the viability of this concept.

### **FEMALE: Uniform Details**

1. Pink convertible tights for all classes.
2. Light tan fully footed tights for performances.
3. Black camisole bodysuit for all classes.
4. Black tight-fitting shorts for all classes except Ballet.
5. Tan Elastabootie shoe for all classes except Ballet.
6. Pink canvas split sole slippers for Ballet-only.
7. Hair off the face and in a tight bun for all classes.

### **FEMALE: Uniform Outline By Class**

CORE + INTENSIVE: Tights, bodysuit, shorts, tan Elastabootie shoes.

BALLET: Tights, bodysuit, pink canvas split sole slippers.

CONTEMPORARY + TRICKS: Relaxed uniform-must be able to move freely. Hair in bun and off face for the tricks class.

### **MALE: Uniform Details**

1. Plain white t-shirt tucked in for all classes.
2. Black shorts for all classes.
3. Black Elastabootie shoe for all classes except Ballet.
4. Black canvas split sole slippers for Ballet-only.
5. Black ankle socks for all classes.
6. Black knee-length socks for all performances.

### **MALE: Uniform Outline By Class**

CORE + INTENSIVE: T-shirt, shorts, ankle socks, black Elastabootie shoes.

BALLET: T-shirt, shorts, ankle socks, black canvas slippers.

CONTEMPORARY + TRICKS: Relaxed uniform – must be able to move freely.