



Cascade Dance

Education, Training and Performance

Uniform Requirements for dance students

Dancers should wear **black to all classes** with the following essential items:

- Black leotard (Can be in any style, but ideally sleeveless)
- Black footless tights
- Black shorts (thigh length, can be cycling or specific dance shorts)
- Black leggings or dance wear trousers
- Cascade T-shirt
- Please no jewellery. No chewing in class time. Hair must be tied up

Footwear

- We dance in bare feet unless the class states otherwise
- Ballet shoes or jazz shoes will be required if taking these specific classes

Street Dance

- Indoor trainers to be worn in the studio for these classes
- Clothing for Street can be colourful and comfortable!
- Leggings, joggers, vests, t-shirts. Please no belly tops.
- Hair up and off the face

Places to purchase items

- All of these items can be found at reasonable prices via
www.dancedirect.com
www.movedancewear.com

Or at local shops such as The Dancing Boutique (Tunbridge Wells), Bea's dancewear (Tonbridge), First Stage (Sevenoaks)

Cascade Merchandise

It is a uniform requirement that our students own a Cascade T-shirt, wearing to classes and when attending performances/ events.

Prices range from £12 - £30 for varying items. Merchandise can be ordered via LoveAdmin and distributed by our teacher in class time.