

# Cascade Uniform Requirements for Students



## **Contemporary Classes**

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)
- Gym or dance leggings
- A Cascade T-shirt

Boys to wear plain black joggers, black t shirt or black vest

## **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

## **Acro**

Dancers are required to wear tight fitting clothing for their Acro classes. This is to ensure safe practice and so that the teacher can observe the body and identify any corrections or adjustments to technique when needed.

- Items include black leotard, shorts and footless tights or tight black leggings.
- For boys we recommend tight fitting clothes such as black joggers, shorts a vest top or t shirt.
- Class is taken in bare feet. Trainers can be worn for the cardio warm up section of the class.
- We recommend that dancers have their own **yoga or gym mat** to bring to class. We do provide limited mats during class time.

## **Ballet**

- Black leotard
- Pink or black tights
- Ballet shoes
- Hair up off the face

## **Footwear**

- We dance in bare feet unless the class states otherwise
- Ballet shoes or jazz shoes will be required if taking these specific classes – please check with your teacher before purchasing

## **Where to purchase**

We have a uniform list with Dance Boutique in Tunbridge Wells which supplies these following items. You can visit the shop anytime, here is their website <https://dancingboutique.com>

Or visit your local dance shop.

Items can also be found at reasonable prices online

[www.dancedirect.com](http://www.dancedirect.com)

[www.movedancewear.com](http://www.movedancewear.com)

## **Cascade Merchandise**

T-shirts are included in new members registration fee, other items (below) are optional.

Black Dance Shorts with logo = £12.00                      5 – 6 / 7 – 8 / 9 – 10 / 11 – 12 years

**For Minis, Junior & Street dancers**

Cascade Kids t-shirts = £12.50                      5-6 / 7-8 / 9-10 / 11-12 / 13-14 years

Cascade Kids Hoodies = £20.00                      Small / Medium / Large / X-Large

**For Intermediate & Senior dancers (youth companies)**

Cascade Youth t-shirts = £16.50                      Small / Medium / Large / X-Large

Cascade Youth Hoodies = £30.00                      Small / Medium / Large

Cascade Dance Jackets = £30.00                      Small / Medium / Large

Competition Team Jackets = £45.00                      Small / Medium / Large (\*Comp Team Only)

Merchandise can be ordered via Cascade and distributed by our teachers in class time. Invoices will be sent for all merchandise orders. Email [admin@casca dedance.co.uk](mailto:admin@casca dedance.co.uk) to order