

Cascade Uniform for Dance Students



Contemporary Classes

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

- Black leotard (can be in any style, ideally sleeveless)
- [Black footless tights](#)
- Black shorts can be worn over the top (thigh length, can be cycling or dance shorts)
- Boys to wear plain black joggers/leggings, black t shirt or black tight 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 so the teacher can observe the body and identify any corrections or adjustments to technique when needed.

- Black leotard, shorts and footles tights or tight black dance 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 where possible. We do provide mats during class time, these are limited in numbers.

Ballet

- Black leotard
- Pink or black tights
- Ballet shoes

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/schools/cascade-dance-company/>

Or visit the dance shop in your area and support local!

Dance items can also be found at reasonable prices online via the following sites:

www.dancedirect.com

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 young dancers – Minis, Juniors, Street & Junior Elites, Primary Schools

Cascade Kids t-shirts = £14.00 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 in schools 11+)

Cascade Youth T-shirt = £19.00 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@cascadedance.co.uk to order