

# ROYAL ACADEMY OF DANCE

## ADULT DANCE UNIFORM

Comfortable clothing that allows you to move and appropriate shoes should be worn for all adult dance classes including adequate support bras/jock straps when necessary. For example; RAD t-shirts/vest tops with leggings or the RAD tracksuit would be suitable. These items are available from the RAD shop.

**Ballet/Silver Swans:** ballet attire is not essential for Beginners, Improvers or Silver Swans classes but ballet shoes are necessary.

**Move to the Musicals:** soft soled shoes (either ballet or jazz shoes would be appropriate)

Female students should have their hair neatly tied back and in a bun if possible for ballet. In the interests of safe dance practice, jewellery must not be worn, unless for religious or cultural reasons.

All uniform or regular clothing left in the studios, changing rooms or accidentally mislaid will be retained by the RAD until claimed or given away to charity, within three months, whichever is earlier.

The uniform can be obtained from [www.radenterprises.co.uk](http://www.radenterprises.co.uk), by post, or at the RAD Shop, headquarters, Battersea. If you have queries, please feel free to drop into the shop or contact the manager on +44 (0) 20 7326 8914.

### Adult Vocational Classes

The correct uniform is necessary for all vocational students when entering for their exam. In regular classes, any style of female leotard may be worn, as long as it is of the colours specified below. Please note, some teachers may have uniform preferences.

FEMALE Students	MALE Students
<ul style="list-style-type: none"> <li>● <b>Royal Blue</b> leotard <i>(Brand: Freed &amp; Style: Alice C or Bethany)</i></li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>● <b>Black</b> leotard <i>(Brand: Freed &amp; Style: Jane, Alice C or Bethany)</i></li> </ul> <ul style="list-style-type: none"> <li>● Pink Ballet tights</li> <li>● Pink Ballet shoes:</li> </ul> <p><b>Inter Foundation Exam:</b></p> <ul style="list-style-type: none"> <li>- Pink soft shoes with ribbons</li> <li>- Pink Pointe shoes with ribbons</li> </ul> <p><b>Intermediate Exam:</b></p> <ul style="list-style-type: none"> <li>- Pink soft block shoes with ribbons*</li> <li>- Pink Pointe shoes with ribbons</li> <li>● Short Ballet Skirt in colour matching leotard <i>(Optional for class but may be necessary for exam - please consult with teacher before buying)</i></li> </ul> <p>* Soft ballet shoes should not be worn from Intermediate level upwards.</p>	<ul style="list-style-type: none"> <li>● <b>White</b> sleeveless or short-sleeved leotard</li> <li>● <b>Navy</b> stirruped tights <i>(Brand: Freed)</i></li> <li>● White socks</li> <li>● White Ballet shoes</li> </ul>

If you need any advice or have any questions on the above please contact the Dance School Office: [danceschool@rad.org.uk](mailto:danceschool@rad.org.uk) or 020 7326 8071.