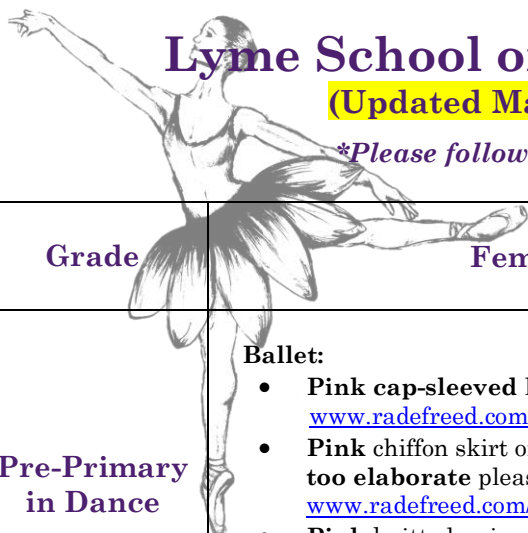


# Lyme School of Ballet Uniform Regulations

(Updated March 2022 – Changes Highlighted)

*\*Please follow links for examples of suitable uniform\**



Grade	Female	Male
<p><b>Pre-Primary in Dance</b></p>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>Pink cap-sleeved</b> leotard <a href="http://www.radefreed.com/chloe">www.radefreed.com/chloe</a></li> <li>• <b>Pink</b> chiffon skirt or small toile tutu (<b>nothing too elaborate</b> please!) <a href="http://www.radefreed.com/georgette-skirt">www.radefreed.com/georgette-skirt</a></li> <li>• <b>Pink</b> knitted or jersey cross-over cardigan <a href="http://www.radefreed.com/long-sleeved-crossover-knit">www.radefreed.com/long-sleeved-crossover-knit</a> <a href="http://www.radefreed.com/34-sleeve-crossover-2">www.radefreed.com/34-sleeve-crossover-2</a></li> <li>• <b>Pink</b> tights or shin-length socks <a href="http://www.radefreed.com/professional-ballet-socks">www.radefreed.com/professional-ballet-socks</a> <a href="http://www.radefreed.com/soft-support-tights">www.radefreed.com/soft-support-tights</a></li> <li>• <b>Pink</b> satin or leather ballet shoes with pink elastic sewn on (please wear <b>full-soled shoes</b> and not the split-soled alternative!) <a href="http://www.radefreed.com/ballet-shoes-3">www.radefreed.com/ballet-shoes-3</a></li> </ul>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>White T-Shirt</b> <a href="http://www.radefreed.com/short-sleeve-t-shirt">www.radefreed.com/short-sleeve-t-shirt</a></li> <li>• <b>Navy blue or black</b> shorts <a href="http://www.radefreed.com/boys-cotton-shorts">www.radefreed.com/boys-cotton-shorts</a></li> <li>• <b>White</b> shin-length socks (<b>no trainer socks</b> please!) <a href="http://www.radefreed.com/boys-ballet-socks">www.radefreed.com/boys-ballet-socks</a></li> <li>• <b>White or black</b> canvas or leather ballet shoes with white or black elastic sewn on (please wear <b>full-soled shoes</b> and not the split-soled alternative!)</li> <li>• <a href="http://www.radefreed.com/ballet-shoes-3">www.radefreed.com/ballet-shoes-3</a></li> </ul>
	<p><b>Props:</b></p> <ul style="list-style-type: none"> <li>• A selection of <b>feathers</b> <a href="http://www.theworks.co.uk/p/card-making-supplies/assorted-coloured-feathers/">www.theworks.co.uk/p/card-making-supplies/assorted-coloured-feathers/</a></li> <li>• <b>A tambourine drum</b> <a href="http://www.normans.co.uk/collections/tambourines-tambours-and-drums/products/a-star-tambourine-8-inch">www.normans.co.uk/collections/tambourines-tambours-and-drums/products/a-star-tambourine-8-inch</a></li> </ul>	<p><b>Props:</b></p> <ul style="list-style-type: none"> <li>• A selection of <b>feathers</b> <a href="http://www.theworks.co.uk/p/card-making-supplies/assorted-coloured-feathers/">www.theworks.co.uk/p/card-making-supplies/assorted-coloured-feathers/</a></li> <li>• <b>A tambourine drum</b> <a href="http://www.normans.co.uk/collections/tambourines-tambours-and-drums/products/a-star-tambourine-8-inch">www.normans.co.uk/collections/tambourines-tambours-and-drums/products/a-star-tambourine-8-inch</a></li> </ul>
<p><b>Primary in Dance</b></p>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>Pink cap-sleeved</b> leotard <a href="http://www.radefreed.com/chloe">www.radefreed.com/chloe</a></li> <li>• <b>Pink</b> wrap-around chiffon skirt (<b>no tutus</b> at this age please!) <a href="http://www.radefreed.com/georgette-skirt">www.radefreed.com/georgette-skirt</a></li> <li>• <b>Pink</b> knitted or jersey cross-over cardigan <a href="http://www.radefreed.com/long-sleeved-crossover-knit">www.radefreed.com/long-sleeved-crossover-knit</a> <a href="http://www.radefreed.com/34-sleeve-crossover-2">www.radefreed.com/34-sleeve-crossover-2</a></li> <li>• <b>Pink</b> tights or shin-length socks <a href="http://www.radefreed.com/professional-ballet-socks">www.radefreed.com/professional-ballet-socks</a> <a href="http://www.radefreed.com/soft-support-tights">www.radefreed.com/soft-support-tights</a></li> <li>• <b>Pink</b> satin or leather ballet shoes with pink elastic sewn on (please wear <b>full-soled shoes</b> and not the split-soled alternative!) <a href="http://www.radefreed.com/ballet-shoes-3">www.radefreed.com/ballet-shoes-3</a></li> </ul>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>White T-Shirt</b> <a href="http://www.radefreed.com/short-sleeve-t-shirt">www.radefreed.com/short-sleeve-t-shirt</a></li> <li>• <b>Navy blue or black</b> shorts <a href="http://www.radefreed.com/boys-cotton-shorts">www.radefreed.com/boys-cotton-shorts</a></li> <li>• <b>White</b> shin-length socks (<b>no trainer socks</b> please!) <a href="http://www.radefreed.com/boys-ballet-socks">www.radefreed.com/boys-ballet-socks</a></li> <li>• <b>White or black</b> canvas or leather ballet shoes with white or black elastic sewn on (please wear <b>full-soled shoes</b> and not the split-soled alternative!) <a href="http://www.radefreed.com/ballet-shoes-3">www.radefreed.com/ballet-shoes-3</a></li> </ul>
	<p><b>Props:</b></p> <ul style="list-style-type: none"> <li>• A small <b>'Dressing-Up Box', picnic basket, or shoe-box</b> (must be lidded!) <a href="http://www.hobbycraft.co.uk/small-brown-wicker-">www.hobbycraft.co.uk/small-brown-wicker-</a></li> </ul>	<p><b>Props:</b></p> <ul style="list-style-type: none"> <li>• A small <b>'Dressing-Up Box', picnic basket or shoe-box</b> (must be lidded!) <a href="http://www.hobbycraft.co.uk/small-brown-">www.hobbycraft.co.uk/small-brown-</a></li> </ul>

	<p><a href="#">hamper</a></p> <ul style="list-style-type: none"> <li>• A <b>Hawaiian flower garland</b> to drape around the neck whilst dancing.</li> <li>• A <b>red ribbon</b> tied to a hair band and a <b>yellow ribbon</b> tied to a hair band. These will be worn on the wrists to help students understand right and left.</li> <li>• A <b>tambourine drum</b> <a href="http://www.normans.co.uk/collections/tambourines-tambours-and-drums/products/a-star-tambourine-8-inch">www.normans.co.uk/collections/tambourines-tambours-and-drums/products/a-star-tambourine-8-inch</a></li> </ul>	<p><a href="#">wicker-hamper</a></p> <ul style="list-style-type: none"> <li>• A <b>long scarf</b> (approx.. 1m length) to drape around the neck whilst dancing.</li> <li>• A <b>red ribbon</b> tied to a hair band and a <b>yellow ribbon</b> tied to a hair band. These will be worn on the wrists to help students understand right and left.</li> <li>• A <b>tambourine drum</b> <a href="http://www.normans.co.uk/collections/tambourines-tambours-and-drums/products/a-star-tambourine-8-inch">www.normans.co.uk/collections/tambourines-tambours-and-drums/products/a-star-tambourine-8-inch</a></li> </ul>
<p><b>Grades 1 – 2</b></p>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>Pink tank-sleeved</b> or <b>cap-sleeved</b> leotard <a href="http://www.radefreed.com/aimee">www.radefreed.com/aimee</a></li> <li>• Matching <b>pink</b> elasticated belt <a href="http://www.radefreed.com/uniform-belt">www.radefreed.com/uniform-belt</a></li> <li>• <b>Pink</b> knitted or jersey cross-over cardigan <a href="http://www.radefreed.com/long-sleeved-crossover-knit">www.radefreed.com/long-sleeved-crossover-knit</a> <a href="http://www.radefreed.com/34-sleeve-crossover-2">www.radefreed.com/34-sleeve-crossover-2</a></li> <li>• <b>Pink</b> tights or shin-length socks <a href="http://www.radefreed.com/professional-ballet-socks">www.radefreed.com/professional-ballet-socks</a> <a href="http://www.radefreed.com/soft-support-tights">www.radefreed.com/soft-support-tights</a></li> <li>• <b>Pink</b> satin, canvas or leather ballet shoes with pink elastic sewn on (split-soled ballet shoes are now allowed) <a href="http://www.radefreed.com/ballet-shoes-3">www.radefreed.com/ballet-shoes-3</a></li> </ul>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>White T-Shirt</b> or <b>cap-sleeved</b> leotard <a href="http://www.radefreed.com/short-sleeve-t-shirt">www.radefreed.com/short-sleeve-t-shirt</a> <a href="http://www.radefreed.com/aaron">www.radefreed.com/aaron</a></li> <li>• <b>Navy blue</b> or <b>black</b> loose shorts, tight shorts or stirrup tights <a href="http://www.radefreed.com/boys-cotton-shorts">www.radefreed.com/boys-cotton-shorts</a> <a href="http://www.radefreed.com/cycle-shorts">www.radefreed.com/cycle-shorts</a> <a href="http://www.radefreed.com/boys-stirrup-tights">www.radefreed.com/boys-stirrup-tights</a></li> <li>• <b>White</b> shin-length socks (<b>no trainer socks</b> please!) <a href="http://www.radefreed.com/boys-ballet-socks">www.radefreed.com/boys-ballet-socks</a></li> <li>• <b>White</b> canvas or leather ballet shoes with white elastic sewn on (split-soled ballet shoes are now allowed) <a href="http://www.radefreed.com/ballet-shoes-3">www.radefreed.com/ballet-shoes-3</a></li> </ul>
	<p><b>Character:</b></p> <ul style="list-style-type: none"> <li>• <b>Black</b> shin-length Character Skirt with coloured ribbon braiding - the colour of the ribbons is completely up to you! <a href="http://www.radefreed.com/character-skirt">www.radefreed.com/character-skirt</a> <i>Please note:</i> Miss Freya makes Character Skirts by personal request. If you would like a hand-made Character Skirt, please make contact with Miss Freya individually.</li> <li>• <b>Black</b> canvas character shoes with a <b>low heel</b> (<b>not the Cuban heel</b> please!) and pink elastic <a href="http://www.radefreed.com/ladies-canvas-character-small">www.radefreed.com/ladies-canvas-character-small</a></li> </ul>	<p><b>Character:</b></p> <ul style="list-style-type: none"> <li>• Lace up canvas <b>black</b> character shoes <a href="http://www.radefreed.com/mens-canvas-character-shoe">www.radefreed.com/mens-canvas-character-shoe</a></li> </ul>
	<p><b>Props:</b></p> <ul style="list-style-type: none"> <li>• A <b>long ribbon</b> approx. 1m in length (Grade 1 only) <a href="http://www.dancedirect.com/c213-grade-1-ribbon-stick">www.dancedirect.com/c213-grade-1-ribbon-stick</a> <a href="http://www.dancedirect.com/c213a-red-ribbon-streamer-with-finger-loop-length-125cm">www.dancedirect.com/c213a-red-ribbon-streamer-with-finger-loop-length-125cm</a></li> <li>• A <b>long flower garland</b> approx. 1m in length (Grade 2 only). <a href="http://www.radenterprises.co.uk/ballet-wear-props/props-accessories/garland-400garl">www.radenterprises.co.uk/ballet-wear-props/props-accessories/garland-400garl</a></li> <li>• A <b>red ribbon</b> tied to a hair band and a <b>yellow ribbon</b> tied to a hair band. These will be worn on the wrists to help students understand right and left.</li> </ul>	<p><b>Props:</b></p> <ul style="list-style-type: none"> <li>• A <b>flag</b> on a stick (Grade 1 only) <a href="http://www.dancedirect.com/catalog/product/view/id/71025/s/c63b-union-jack-waver-flags-pack-of-12/">www.dancedirect.com/catalog/product/view/id/71025/s/c63b-union-jack-waver-flags-pack-of-12/</a></li> <li>• A <b>long scarf</b> approx. 1m in length (Grade 2 only).</li> <li>• A <b>red ribbon</b> tied to a hair band and a <b>yellow ribbon</b> tied to a hair band. These will be worn on the wrists to help students understand right and left.</li> </ul>

<p><b>Grades 3 – 5</b></p>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>Navy blue tank-sleeved or cap-sleeved</b> leotard <a href="http://www.radefreed.com/faith">www.radefreed.com/faith</a> <a href="http://www.radefreed.com/short-sleeve-leotard">www.radefreed.com/short-sleeve-leotard</a></li> <li>• Matching <b>navy blue</b> elasticated belt <a href="http://www.radefreed.com/uniform-belt">www.radefreed.com/uniform-belt</a></li> <li>• <b>Navy blue</b> jersey cross-over cardigan <a href="http://www.radefreed.com/34-sleeve-crossover-large">www.radefreed.com/34-sleeve-crossover-large</a></li> <li>• <b>Pink</b> tights <a href="http://www.radefreed.com/soft-support-tights">www.radefreed.com/soft-support-tights</a></li> <li>• <b>Pink</b> satin, canvas or leather ballet shoes with pink elastic sewn on (split-soled ballet shoes are now allowed) <a href="http://www.radefreed.com/ballet-shoes-3">www.radefreed.com/ballet-shoes-3</a></li> </ul>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>White T-Shirt or cap-sleeved</b> leotard <a href="http://www.radefreed.com/short-sleeve-t-shirt">www.radefreed.com/short-sleeve-t-shirt</a> <a href="http://www.radefreed.com/aaron">www.radefreed.com/aaron</a></li> <li>• <b>Navy blue</b> loose shorts, tight shorts or stirrup tights <a href="http://www.radefreed.com/boys-cotton-shorts">www.radefreed.com/boys-cotton-shorts</a> <a href="http://www.radefreed.com/cycle-shorts">www.radefreed.com/cycle-shorts</a> <a href="http://www.radefreed.com/boys-stirrup-tights">www.radefreed.com/boys-stirrup-tights</a></li> <li>• <b>White</b> shin-length socks (<b>no trainer socks</b> please!) <a href="http://www.radefreed.com/boys-ballet-socks">www.radefreed.com/boys-ballet-socks</a></li> <li>• <b>White</b> canvas or leather ballet shoes with white elastic sewn on (split-soled ballet shoes are now allowed) <a href="http://www.radefreed.com/ballet-shoes-3">www.radefreed.com/ballet-shoes-3</a></li> </ul>
	<p><b>Character:</b></p> <ul style="list-style-type: none"> <li>• <b>Black</b> shin-length Character Skirt with coloured ribbon braiding - the colour of the ribbons is completely up to you! <a href="http://www.radefreed.com/character-skirt">www.radefreed.com/character-skirt</a> <i>Please note:</i> Miss Freya makes Character Skirts by personal request. If you would like a hand-made Character Skirt, please make contact with Miss Freya individually.</li> <li>• <b>Black</b> canvas character shoes with the <b>higher heel</b> (also known as <b>the Cuban heel</b>) and pink elastic. <i>Please note:</i> Don't worry if you still have a lower-heeled pair of Character Shoes... we can gradually phase them out as your feet grow! <a href="http://www.radefreed.com/ladies-canvas-character-large">www.radefreed.com/ladies-canvas-character-large</a></li> </ul>	<p><b>Character:</b></p> <ul style="list-style-type: none"> <li>• Lace up canvas <b>black</b> character shoes <a href="http://www.radefreed.com/mens-canvas-character-shoe">www.radefreed.com/mens-canvas-character-shoe</a></li> <li>• <b>Black</b> waistcoat (for Grade 5 only)</li> </ul>
<p><b>Grades 6 – 8</b></p>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>Navy blue tank-sleeved or spaghetti-strapped</b> leotard <a href="http://www.radefreed.com/bethany">www.radefreed.com/bethany</a> <a href="http://www.radefreed.com/alice">www.radefreed.com/alice</a> <a href="http://www.radefreed.com/jane">www.radefreed.com/jane</a></li> <li>• Matching <b>navy blue</b> elasticated belt <a href="http://www.radefreed.com/uniform-belt">www.radefreed.com/uniform-belt</a></li> <li>• You may wear a <b>short wrap-around Navy blue</b> chiffon skirt for barre work <a href="http://www.dancewearcentral.co.uk/women-c22/womens-skirts-dresses-tutus-c103/redgom-wrap-skirt-p2253">www.dancewearcentral.co.uk/women-c22/womens-skirts-dresses-tutus-c103/redgom-wrap-skirt-p2253</a></li> <li>• <b>Navy blue</b> full-circle, full-length chiffon skirt for use after the barre <a href="http://www.radefreed.com/little-ballerina-skirt">www.radefreed.com/little-ballerina-skirt</a></li> <li>• <b>Navy blue</b> jersey cross-over cardigan <a href="http://www.radefreed.com/34-sleeve-crossover-large">www.radefreed.com/34-sleeve-crossover-large</a></li> <li>• <b>Pink</b> tights <a href="http://www.radefreed.com/soft-support-tights">www.radefreed.com/soft-support-tights</a></li> <li>• <b>Pink</b> satin, canvas or leather ballet shoes with pink elastic sewn on (split-soled ballet shoes are now allowed) <a href="http://www.radefreed.com/ballet-shoes-3">www.radefreed.com/ballet-shoes-3</a></li> </ul>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>White cap-sleeved leotard, tank-sleeved leotard or T-shirt</b> <a href="http://www.radefreed.com/aaron">www.radefreed.com/aaron</a> <a href="http://www.radefreed.com/aaron-sleeveless-leotard">www.radefreed.com/aaron-sleeveless-leotard</a> <a href="http://www.radefreed.com/short-sleeve-t-shirt">www.radefreed.com/short-sleeve-t-shirt</a></li> <li>• <b>Navy blue</b> stirrup tights <a href="http://www.radefreed.com/boys-stirrup-tights">www.radefreed.com/boys-stirrup-tights</a></li> <li>• <b>White</b> shin-length socks (<b>no trainer socks</b> please!) <a href="http://www.radefreed.com/boys-ballet-socks">www.radefreed.com/boys-ballet-socks</a></li> <li>• <b>White</b> canvas or leather ballet shoes with white elastic sewn on (split-soled ballet shoes are now allowed) <a href="http://www.radefreed.com/ballet-shoes-3">www.radefreed.com/ballet-shoes-3</a></li> </ul>

	<p><b>Character:</b></p> <ul style="list-style-type: none"> <li>• <b>Black</b> shin-length Character Skirt with coloured ribbon braiding - the colour of the ribbons is completely up to you! <a href="http://www.radefreed.com/character-skirt">www.radefreed.com/character-skirt</a> <i>Please note:</i> Miss Freya makes Character Skirts by personal request. If you would like a hand-made Character Skirt, please make contact with Miss Freya individually.</li> <li>• <b>Black</b> canvas character shoes with the <b>higher heel</b> (also known as <b>the Cuban heel</b>) and pink elastic. <i>Please note:</i> Don't worry if you still have a lower-heeled pair of Character Shoes... we can gradually phase them out as your feet grow! <a href="http://www.radefreed.com/ladies-canvas-character-large">www.radefreed.com/ladies-canvas-character-large</a></li> </ul>	<p><b>Character:</b></p> <ul style="list-style-type: none"> <li>• Lace up canvas <b>black</b> character shoes <a href="http://www.radefreed.com/mens-canvas-character-shoe">www.radefreed.com/mens-canvas-character-shoe</a></li> </ul>
	<p><b>Props:</b></p> <ul style="list-style-type: none"> <li>• <b>Free Movement Scarf</b> <a href="http://www.radefreed.com/freed-scarf-female">www.radefreed.com/freed-scarf-female</a></li> </ul>	<p><b>Props:</b></p> <ul style="list-style-type: none"> <li>• <b>Free Movement Scarf</b> <a href="http://www.radefreed.com/freed-scarf-male">www.radefreed.com/freed-scarf-male</a></li> </ul>
<p><b>Vocational Grades</b></p>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>Black spaghetti-strapped</b> leotard <a href="http://www.radefreed.com/alice">www.radefreed.com/alice</a> <a href="http://www.radefreed.com/jane">www.radefreed.com/jane</a></li> <li>• Matching <b>black</b> elasticated belt <a href="http://www.radefreed.com/uniform-belt">www.radefreed.com/uniform-belt</a></li> <li>• <b>Pink</b> tights <a href="http://www.radefreed.com/soft-support-tights">www.radefreed.com/soft-support-tights</a></li> </ul> <p><b>Pointe Work:</b></p> <ul style="list-style-type: none"> <li>• <b>Pink</b> demi-pointe shoes (A.K.A. soft-blocks) with pink ribbons <i>Please note:</i> You <b>MUST</b> have these shoes professionally fitted, at an in-person appointment. <b>“The Shoe Zoo”</b> in Torquay is a fabulous shop to go to as soon as you start your Vocational studies but please, please, please <b>DO NOT</b> buy these shoes online! <a href="http://www.theshoezoo.co.uk/collections/demi-pointe-shoes">www.theshoezoo.co.uk/collections/demi-pointe-shoes</a></li> <li>• <b>Pink</b> pointe shoes with pink ribbons <i>Please note:</i> You <b>MUST</b> have these shoes professionally fitted, at an in-person appointment. <b>“The Shoe Zoo”</b> in Torquay is a fabulous shop to go to for this too. However, please <b>wait</b> for Miss Freya to <b>personally invite</b> you to go off and get your first pair of pointe shoes. You will all be asked to get a pair fitted at different times, dependant on your individual readiness. Also, please, please, please <b>DO NOT</b> buy these shoes online! <a href="http://www.theshoezoo.co.uk/pages/pointe-shoes-fitting">www.theshoezoo.co.uk/pages/pointe-shoes-fitting</a></li> </ul>	<p><b>Ballet:</b></p> <ul style="list-style-type: none"> <li>• <b>White cap-sleeved</b> or <b>tank-sleeved</b> leotard <a href="http://www.radefreed.com/aaron">www.radefreed.com/aaron</a> <a href="http://www.radefreed.com/aaron-sleeveless-leotard">www.radefreed.com/aaron-sleeveless-leotard</a></li> <li>• <b>Navy blue</b> stirrup tights <a href="http://www.radefreed.com/boys-stirrup-tights">www.radefreed.com/boys-stirrup-tights</a></li> <li>• <b>White</b> shin-length socks (<b>no trainer socks</b> please!) <a href="http://www.radefreed.com/boys-ballet-socks">www.radefreed.com/boys-ballet-socks</a></li> <li>• <b>White</b> canvas or leather ballet shoes with white elastic sewn on (split-soled ballet shoes are now allowed) <a href="http://www.radefreed.com/ballet-shoes-3">www.radefreed.com/ballet-shoes-3</a></li> </ul>