The HEIGHTS Ballet & Theatre School

Uniform guide for The Heights Ballet & Theatre School Pupils.

UNIFORM BOOK

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UNIFORM GUIDE

The HEIGHTS Ballet & Theatre School

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LINKS

Every item of uniform will be hyperlinked to its direct purchase point. Simply click on the product image or name to follow the link.

For general reference:

- Leotards, unitards, and new legwear and a selection of accessories can be purchased from our Dansez Portal Page. Each term we have a discount code for free shipping. If you use this, your items will be shipped to The Heights at the end of the discount period and we will distribute them in lessons. The code will be availble via BAND & WhatsApp.
- Tights, leggings, shoes, and uniform for Preschool-Year 3 along with a selection of accessories can be purchased from hbs.mydancestore.com
- Heights Wear, printed items & HATS uniform can be purchased from Rock-It Promotions

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PRESCHOOL TO Y3

Uniform for dancers in Preschool - Y3 is listed on the following page. This consists of a Magenta skirted leotard and black crossover cardigan which can be worn for all genres. For ballet, dancers should have pink ballet tights or socks, and black socks for Modern Theatre (Jazz) & Tap as well as add-on genres such as Funky Feet.

Details for shoes can be found listed on Pages 9-11.

Boys can choose between the biketard or the plain black leotard and shorts.

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MAGENTA SKIRTED LEOTARD

A delightful best selling skirted leotard from 1st Position, the Milly is perfect to showcase your little dancers.

Suitable for Preschool - Y3

BLACK CROSSOVER

Classic wrap around style 3/4 length sleeved x-over. Perfect for warming up before your dance class. Ties at the back.

Cotton or Acrylic options.

Suitable for All

BALLET SOCKS / TIGHTS

Choice between pink ballet tights and/or socks.

BLACK DANCE SOCKS

Black dance socks for Modern Theatre & Tap

Suitable for Y1 - Y3

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Y4 & ABOVE

The following pages contain options for leotards (as well unitards) and legwear. These are taken from the ISTD uniform with Dancez which is crafted using eco-friendly processes and sustainable materials here in the UK. **Dancers may choose any leotard option labelled as suitable for their grade and this can be worn for all genres.** They can choose multiple options should they wish. Boys options include Dancez Biketards/unitards or plain black leotard/top and shorts/leggings options.

The same rule applies to legwear - there are a number of options for each age to choose from.
Please note that all Ballet pupils will need pink tights, and Black tights are only appropriate for Modern Theatre, Tap, Contemporary, Commercial, HATS, and Acro.

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JUNIOR LEOTARD & SIZE GUIDE

TWO TONE LEOTARD

Two Tone Tank Top Leotard with stylish empire line seam. Top section is double layered and has an adjustable front gather.

Suitable for Y4-Grade 5

7-8yrs, 9-10yrs, 11-12yrs, 13yrs, Adult S

This leotard can be purchased from the Dansez Portal Page.

Measurements are approximate when worn. Due to the use of four way stretch fabrics each size fits different body shapes in different ways.

1. Chest: measurement at the widest point of the chest
2. Waist: measurement at the narrowest point of the torso
3. Hips: measurement at the widest point of the hip
4. Girth: measurement from the high point of the shoulder down through the legs

	3-4YRS	5-6YRS	7-8YRS	9-10YRS	11-12YRS	13YRS (XS)
Chest	20-21in 50.8-53.3cm	22-23in 55.9-58.4cm	24-25in 61-63.5cm	26-28in 66-71.1cm	29-31in 73.7-78.7cm	33-35in 83.8-88.9cm
Waist	19-20in 48.3-50.8cm	20-21in 50.8-53.3cm	21-23in 53.3-58.4cm	23-24in 58.4-61cm	25-27in 63.5-68.6cm	26-28in 66-71.1cm
Hips	21-23in 53.3-58.4cm	23-25in 58.4-63.5cm	25-27in 63.5-68.6cm	27-29in 68.6-73.7cm	30-32in 76.2-81.3cm	34-36in 86.4-91.4cm
Girth	35-38in 88.9-96.5cm	39-42in 99-106.7cm	43-46in 109.2-116.8cm	47-50in 119.4-127cm	50-53in 127-134.6cm	53-56in 134.6-142.2cm

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SENIOR LEOTARDS/UNITARDS

V.1 CAMISOLE LEOTARD - BLACK/PINK

This Camisole leotard has adjustable straps plus an additional sewn in mesh top layer from the empire line upwards.

Grade 5 & Above

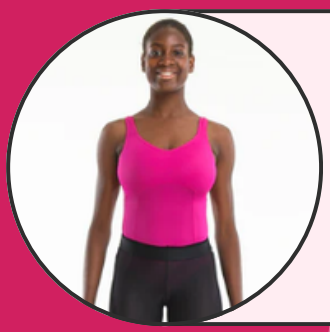
13 yrs (XS), S, M, L, XL

V.4 CAMISOLE LEOTARD - DEEP PINK

Camisole leotard with adjustable straps, a pretty front gather and an empire line seam feature. Double layered from the empire line upwards for modesty and additional support.

Grade 5 & Above

13 yrs (XS) S, M, L, XL



V.6 TANK LEOTARD - DEEP PINK

Tank Top Leotard with princess seams from the empire line downwards. The top section is double layered for additional upper and modesty.

Grade 5 & Above

13 yrs (XS) S, M, L, XL

BLACK/PINK UNITARD

Full length biketard/unitard featuring a front zip and contrast fabric shade from the waste up. Please note this cannot be worn for a Ballet exam.

Grade 5 & Above

13 yrs (XS), S, M, L, XL

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SENIOR SIZE GUIDE

	XS (13YRS)	S	M	L	XL	XXL
Chest	28-30in 71-76cm	30-32in 76-81cm	32-34in 81-86cm	34-36in 86-91cm	36-38in 91-96cm	39-41im 99-104cm
Waist	26-28in 66-71cm	28-30in 71-76cm	30-32in 76-81cm	32-34in 81-86cm	34-36in 86-91cm	36-38in 91-96cm
Hips	27-29in 69-74cm	31-33in 79-84cm	33-35in 84-89cm	35-38in 89-97cm	38-41in 97-104cm	41-43in 104-109cm
Girth	52-54in 132-137cm	54-56in 137-142cm	57-59in 134-150cm	59-61in 150-155cm	61-63in 155-160cm	62-65in 157-165cm

1. Chest: measurement at the widest point of the chest
2. Waist: measurement at the narrowest point of the torso
3. Hips: measurement at the widest point of the hip
4. Girth: measurement from the high point of the shoulder down through the legs

Measurements are approximate when worn. Due to the use of four way stretch fabrics each size fits different body shapes in different ways.

Please note - we do often find that these leotards can come up small, particularly around the ribs and waist.

This most affects the Deep Pink Camisole Leotard.

These leotards can be purchased from the Dansez Portal Page.

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ESSENTIAL LEGWEAR

PINK BALLET TIGHTS

Highly comfortable and durable convertible ballet tights, ideal for quick changes when going from barefoot to full foot. Hand sewn flat seams for comfort against the skin and seamless look. Soft non-elastic comfort waistband, no show diamond gusset, no labels sewn inside.

Essential for ballet. Suitable for all
Available from MyDanceStore & Dans-ez.

BLACK LEGGINGS

Great unisex footless leggings, perfect for all dancers.

For Modern & Tap.

BLACK TIGHTS

Black ballet tights available in Footless or Convertible styles.
For Modern & Tap.
Available from MyDanceStore & Dans-ez.

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OPTIONAL LEGWEAR

FITTED BLACK SHORTS

Two Tone Tank Top Leotard with stylish empire line seam. Top section is double layered and has an adjustable front gather.

Suitable for All

7-8yrs, 9-10yrs, 11-12yrs, 13yrs, Adult S

CONTRAST WAIST DANCE SHORTS

Two Tone Tank Top Leotard with stylish empire line seam. Top section is double layered and has an adjustable front gather.

Suitable for G5 & Above

13 yrs (XS) S, M, L, XL, XXL

CONTRAST POCKET LEGGINGS

Stylish leggings with a contrast fabric pocket and wide waste band designed to stay in place during dance

Suitable for G5 & Above

13 yrs (XS), S, M, L, XL, XXL

MESH MODESTY TIGHTS

Semi sheer soft mesh ladder resistance modesty/warm up tights with a wide elastic waste band making them very easy to pull on off between different dance classes.

Suitable for G5 & Above

13 yrs (XS), S, M, L, XL, XXL

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OPTIONS FOR ADDITIONAL GENRES - CONTEMPORARY, COMMERCIAL & ACRO

FITTED BLACK SHORTS

Two Tone Tank Top Leotard with stylish empire line seam. Top section is double layered and has an adjustable front gather.

Suitable for All

7-8yrs, 9-10yrs, 11-12yrs, 13yrs, Adult S

CONTRAST WAIST DANCE SHORTS

Two Tone Tank Top Leotard with stylish empire line seam. Top section is double layered and has an adjustable front gather.

Suitable for G5 & Above

13 yrs (XS), S, M, L, XL, XXL

CAMISOLE CROP TOP - DEEP PINK

Camisole crop top with adjustable straps, double layered front for additional support and wide mid midriff bad is a snug fit to keep the top in place whilst dancing

Suitable for G5 & Above

13 yrs (XS), S, M, L, XL, XXL

RACER BACK BRA - DEEP PINK

Racer back dance bra with double layered fabric offering a lot of support in movement.

Suitable for G5 & Above

13 yrs (XS), S, M, L, XL, XXL

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BALLET SHOES

1ST POSITION LEATHER BALLET SHOES

These classic 1st Position Leather Ballet Shoes are the dancer's choice, from beginners to the experienced dancer. Soft, comfortable and offer a great fit for dancers of all levels.

Suitable for Preschool-Y3

CAPEZIO COBRA CANVAS SPLIT SOLE

Great for ballet class and rehearsals, padded suede forefoot and heel patches with cushioning foam pad. Sculpted design eliminates pull, preventing bags and bunches. Comes with tacked elastic drawstring and pre-attached elastics on both sides

Suitable for Y4 & Above

CAPEZIO CANVAS HANAMI SHOES

Good for narrow feet.
The Hanami stretch ballet shoe by Capezio is an ultra comfortable split sole ballet slipper. Four way stretch canvas and extremely soft lining aids your comfort further and enhances graceful performance. Pre-attached elastics on both sides. Extremely flat pleats

Suitable for Y4 & Above

BLOCH SYNCHRONY CANVAS SHOES

Good for wider feet.
Stretch canvas gives a streamlined fit. Innovative fibres within the canvas material stretch and recover always reflecting the natural shape of the foot. Soft, wide elastic at the top line as well as pre-sewn crossed elastic to ensure secure fit. Wider outsole design with no ridges to allow natural spreading of toes.

Suitable for Y4 & Above

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TAP SHOES

1ST POSITION SELF-FASTENING TAP SHOES

These exclusive 1st Position tap shoes are the dancer's choice for beginners with a low heel and a fitted toe tap
The self-fastening velcro strap ensures that even the youngest tappers can fasten their own tap shoes which make them perfect for class wear, exams and productions

Suitable for Preschool - Y3

BLOCH MERRY JANE TAPS

Great introductory synthetic leather tap shoe with a removable matching bow that slides on and off the instep strap. Features cushioned insole for comfort and shock absorption and elastic strap join to release tension on the instep. Heel height: 2.5cm Material: Synthetic leather. Sole: Rubber. Lining: Polyester/Cotton. Toe taps attached with rivets. Heel taps attached with screws.

Suitable for Y2 - Grade 3

LACE UP TAP SHOES

Oxford style tap shoes with laces and both toe and heel taps are the choice for Grade 4 & Above. We have 3 different styles available at different price points.

- 1st Position Leather Jazz Tap Shoes
- Bloch Student Jazz Tap Shoes
- Capezio Teletone Xtreme Tap Shoes

Suitable for Grade 4 & Above

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JAZZ SHOES

BLOCH PURE JAZZ PULL ON SPLIT SOLE SHOES

Effortlessly slip on the Pure Jazz split sole jazz shoes from Bloch, crafted from soft leather. Pure Jazz slip on leather jazz shoes from Bloch. Strong elastic insert on top of the foot for ease of slipping in and out. 100% cotton lining helps the shoe to breathe. EVA outsole is light, durable and flexible providing the balance between slide and grip.

Suitable for Y1 - Y3

1ST POSITION SPLIT SOLE STRETCH JAZZ SHOES

The 1st Position split sole stretch jazz shoe is comfortable and practical. The specially designed elastic panel mid section makes this jazz shoe stretchy and secure. Material: Leather. Sole: Split rubber.

Suitable for Y4 & Above

FLEX LACE UP PYRAMID TOE JAZZ SHOES

Extra elastic makes these good for children with wider and/or deeper feet.
Excellent jazz shoes from 1st Position. Front gusset. Elastic binding. Supported heel. Available in child and adult sizes. Material: Leather. Sole: Rubber. Lining: Cotton.

Suitable for Y4 & Above

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CONTEMPORARY & COMMERCIAL FOOTWEAR

CAPEZIO FOOT-UNDEEZ

We have a couple of styles and colours available to choose from. These are **optional** for any dancers taking Contemporary but many of our dancers find these help them turn more easily when dancing barefoot.

Optional for all contemporary dancers

BLOCH VANTAGE MICRO SUEDE FOOT THONG

The Bloch Vantage is a versatile shoe well suited to contemporary and lyrical dance. Protects the toes and ball of the foot owing to its soft micro suede construction. Vamp cut hugs the foot without restricting movement. Silicone backing on elastic strap to prevent strap from slipping while on foot.

Suitable for Senior Contemporary

CAPEZIO BLACK PATENT DANCE SNEAKERS

These lightweight, breathable dance sneakers in a striking black patent trim are sure to catch the eye. Lightweight, breathable tech-mesh upper with synthetic leather trim. Innovative web design contrasting colour tape. Low topline. Flat boxed toe for toe stands. Split sole design for flexibility and foot articulation. PU outsole with built-in patented flex points and forepart spin spot. Padded tongue, collar, and Achilles notch. Standard lacing system includes poly/cotton laces and heel pull tab. Contoured, cushioned, removable EVA footbed.

Required for all Commercial pupils, especially for performances/shows

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BOYS

BLACK/PINK BIKETARD

Comfortable one piece mid thigh length biketard with front zip for adjustable neck line. Combined with a contrast colour drop sleeve and matching inner collar.

Suitable for Preschool - Grade 5l

3-4, 5-6, 7-8, 9-10yrs, 11-12yrs, Adults XS, S

BLACK/PINK UNITARD

Full length biketard/unitard featuring a front zip and contrast fabric shade from the waste up.

Grade 5 & Above

Adult XS, S, M, L, XL

SCOOP NECK LEOTARD

Short sleeved leotard with classic scoop front and back neckline. Developed for a male specific fit. Child sizes are full seat and men's sizes are thong back. Fabric: Cotton/Polyester/Elastane

Suitable for Preschool - Vocational

RAGLAN SLEEVE T-SHIRT (OR HEIGHTS T-SHIRT)

T-shirt with raglan sleeve and crew neck. Designed to be close fitting in premium microfibre fabric with superior stretch and recovery, the feel and comfort of cotton with the benefits of advanced moisture-wicking technology.

Suitable for Year 4 & Above

LOOSE FIT SHORTS OR LEGGINGS

Loose fit shorts with elasticated waistband. Developed for a boy's specific fit. Fabric: Cotton/Polyester/Elastane
Stirrup Leggings with elasticated waistband. High waisted and can be worn rolled down. Developed for a men's specific fit and muscle cut shape

Suitable for All

HEIGHTS WEAR

HEIGHTS WEAR

A selection of personalised Heights Wear products is available on our store with Rock-It Promotions.

ALL DANCERS AGED PRESCHOOL - Y3 MUST HAVE A NAMED HEIGHTS ONESIE.
(For new starters, this is provided by us as part of your registration fee).

ALL DANCERS Y4 & ABOVE CAN CHOOSE BETWEEN A NAMED HEIGHTS ONESIE OR HOODIE & JOGGERS.

UNIFORM UPDATE

HATS

HATS T-SHIRT

T-shirt printed with the HATS logo. Needed by all HATS pupils. Available from Rock-it Promotions.

Suitable for All

HATS HOODIE

Hoodie printed with the HATS logo. Needed by all HATS pupils. Available from Rock-it Promotions.

Suitable for All

BLACK LEGGINGS

Great unisex footless leggings, perfect for all dancers.

Suitable for All

JAZZ SHOES

Choose from the available options on page 11 for those that best fit your feet.

Suitable for All

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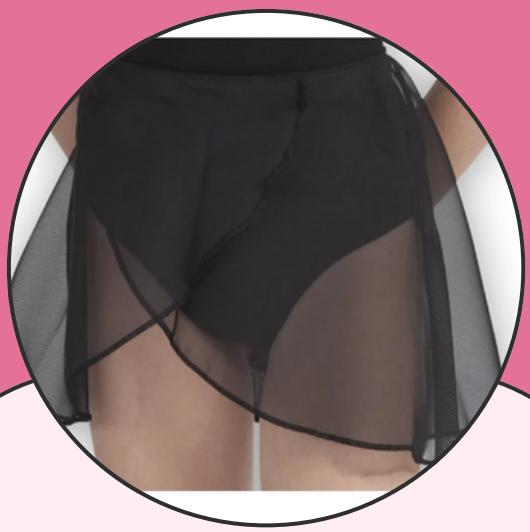
ASSOCIATES

ASSOCIATES LEOTARD

Stunning short sleeve leotard, with crushed velour gathered bustline. Unlined. Fabric: 80% Velour/ 20% Lycra.

Suitable for all associates



BLACK WRAP SKIRT

Roch Valley's georgette wrap over skirt. A beautiful wrap over skirt suitable for associates

Suitable for all associates

Dance shoes and dance tights as per other genres