

DANCEEAST

CENTRE FOR ADVANCED TRAINING

DANCEWEAR

We encourage students to wear comfortable, practical clothing that allows them to move freely and safely throughout the day. Fitted clothing helps tutors observe alignment and movement, making it easier to provide individual feedback and support.

Students will be provided with a DanceEast CAT T-shirt, which we ask them to wear during training. Additional layers, such as hoodies, jumpers or tracksuit bottoms, can be worn during warm-ups, breaks or whenever appropriate.

For Ballet classes, ballet shoes are recommended. For Hip Hop and some Health & Wellbeing sessions, students should bring clean indoor trainers with non-marking soles. For safety and comfort, we ask that jewellery is removed before class and that long hair is tied back.

Below you can find recommendations on what to wear in our classes.

Fitting Clothing

- DanceEast CAT T-Shirt (provided by DanceEast)
- Leotard OR fitted sports top/under top
- Footless/convertible tights, leggings, OR Lycra cycle shorts (in a plain colour)

Footwear

- Ballet shoes (split sole with elastic)
- Plain cotton socks to wear with ballet shoes if needed
- Indoor trainers with white or light-coloured soles for HipHop classes, certain Health classes, and general wear in the building

Additional Layers

- Hoodie/Jumper
- Tracksuit bottoms

Underwear

- Suitable underwear that cannot be seen under dance clothing e.g.
 - Dance support belt (if required)
 - Supportive bra (if required)

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Financial support towards Dancewear

All households can claim up to £15 towards the cost of dancewear. Additionally, households who are in receipt of grant support (MDS Grant) can apply for additional funding to help with dancewear costs. The level of this support is the percentage of the grant that you currently receive. The Maximum amount that can be claimed towards Dance clothing is £55 per academic year.

To make a claim towards dancewear, a Dancewear Claim Form and receipts will need to be submitted.

If you have any questions or require any support, please contact:
cat@danceeast.co.uk / 01473 295234