

ACADEMY UNIFORMS



Price: **Compulsory Items:**

\$49.95

Academy Leotard

Double lined with quick dry fabric, adjustable straps, and embroidered academy logo.

Light Blue: Pre-Primary - Grade 1

Slate Grey: Grade 2 - Grade 4



\$39.95

Academy Skirt

Full circle cut, with high-low design, stretch mesh fabric and thick waistband.

Light Blue: Pre-Primary - Grade 1

Slate Grey: Grade 2 - Grade 4



\$89.95

Academy Shrug & Leg Warmers

full set

\$49.95

each

Matching warm up set, with embroidered logo, to be worn over leotard for warming up and during class.

\$59.95

Academy Warm-up Onesie

Soft fleece warm up onesie, in colour grey, with adjustable waist drawstring and embroidered academy logo.

****Our staff are happy to exchange uniform sizes/colours within the first week of purchase, if items do not fit.*

Orders to be placed either in person or via email. Invoices will be sent along with payment details via email.

UNIFORM LIST 2026

BALLET

Convertible Tights

Ballet tights with hole underneath to roll tights up. **No socks.*

Colours: either skin toned or theatrical pink.



Split Sole Canvas Flats

Flats with criss-cross elastics, split sole. Canvas not leather.

Colours: either skin toned or theatrical pink.

**Ribbons to be added for exams.*



Academy Leotard

New custom designs for 2026, with embroidered Academy logo, adjustable straps, princess seams, and double quick-dry lining.

Colours:

Pre-Primary - Grade 1: [Light Blue](#)

Grade 2- Grade 4: [Slate Grey](#)



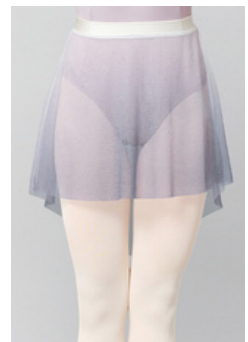
Academy Skirt

New custom designs for 2026, with stretch mesh fabric for durability, and high-low cut.

Colours:

Pre-Primary - Grade 1: [Light Blue](#)

Grade 2- Grade 4: [Slate Grey](#)



CONTEMPORARY

Black Ankle Tights

Sheer tights that stop at ankle length. To be worn over the top of ballet tights and leotard.



Black Socks

Black socks, ankle length. All students must wear black.

Black T-shirt

Black T-shirt to be worn for floor work. Comfy fit. No logos, no patterns.



Black Kneepads (optional)

For floor work, to protect knees. Optional.

STRETCH & WARM UP

Academy Gumbi (optional)

Soft fleece warm-up onesie, with embroidered Academy logo. To be worn over leotards to prepare for class. Colour: Grey.

Academy Warm-up Shrug and Leg Warmers (optional)

Matching shrug and leg warmers, with embroidered Academy logo. To be worn before and during class to stay warm. Colour: Grey.

**All warm up items coming soon!*



BOYS

Grey Ankle Tights

Bloch "Chet Long Full Length Boys Fitted Tight" OR

Energetiks "Oakley Legging, Colour Slate"

*No shorts

White Socks

White socks, above ankle. Worn over tights, and under ballet flats.

White Split Sole Canvas Flats

White canvas ballet flats. Split sole. Canvas not leather. Criss-cross elastic.

Seamless Brief/Dance Belt

To be worn under tights, if needed for security and support.

White Leotard or T-shirt

White cap sleeve leotard or t-shirt to be worn, either tucked into tights or worn underneath.



CONTEMPORARY

Black T-shirt and Black Socks

To be worn for Contemporary class only, over the top of grey tights and leotard.



ADDITIONAL

Pointe Shoes (from 11yo+ and with approval from Miss Bella only)

It is strongly encouraged for girls to book at least 1x Private Coaching lesson with Miss Bella, before going en pointe and/or after purchasing their first pair of pointe shoes.

This is an important milestone of every young ballerina's journey, and must be approached with care and safe dance practice.

* No Gaynor Minden branded shoes.

Toe Pads

To be worn inside pointe shoes for comfort.

* Please do not buy toe pads made from 100% gel. Whilst comfy, they hinder the dancers ability to use their feet properly and do not support progress.

Ribbons, Elastics, and Sewing Equipment

Ribbons are to be sewn one cm back from the middle seam. Elastics are to be sewn one cm either side of the heel seam. Criss-cross or single loop.

Stitch-Kit is a fantastic brand for young dancers, as they provide thicker, easier to handle needles, and stronger thread that resists snapping.

Foam Rollers, Silicon Massage Balls, Theraband, Pilates Balls

Highly recommended for students to purchase, as to aid their development in areas of stretch, strength, and muscle relaxation. To be practiced with at home.

Strong and flexible dancers are less likely to be injured.



BALLET HAIR

STUDENTS MUST ARRIVE TO CLASS WITH HAIR IN A TIGHT BUN

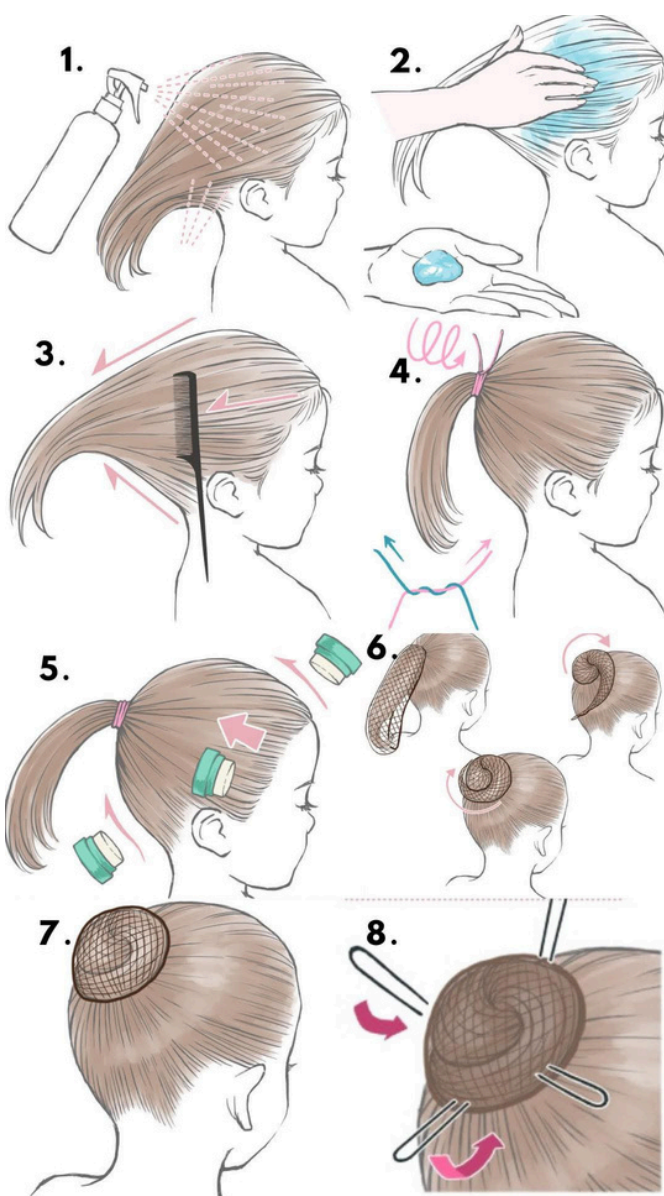
A tidy appearance is as much a part of the ballet discipline, as is respectful etiquette and hard work. Students are expected to arrive with a clean uniform, no holes in their tights, and tidy hair in a bun.

Students who repeatedly turn up to class without a bun or with an unacceptably messy bun, will be asked to sit out of class until their attire is appropriate.

If parents/guardians are unable to help students with their hair before class, time must be taken to teach students how to do their own hair, so they can do it themselves before class. Alternatively, please send students to their morning school with hair already in a bun, ready for the afternoon.

MISS BELLA'S BALLERINA TIPS FOR A PERFECT BUN:

1. Brush hair thoroughly,
2. Spray hair with water before putting it into a ponytail, and gel/hairspray if needed,
3. Use two hair ties for extra support,
4. Use a comb and more water/gel/hairspray to brush back flyaway hairs.
5. Twist pony tail in hands, and then wrap around base to form a circular shape,
6. Wrap hairnet around bun, and then flatten bun outwards and down towards head.
**Buns should be flat, not pointy.*
7. Apply lots of 'U' shaped pins to secure. When inserting, each pin should pull the hair outwards, then underneath. As opposed to just inwards. This helps secure bun to the base of the head. (See diagram).



VIDEO TUTORIALS

How to do a flat bun on all hair types.

Staff at Houston Ballet Academy demonstrate the perfect bun with 3 different hair types.

<https://youtu.be/zUC3WzQrT6s?si=OjOahDsxVxJC5wkp>

Other Ballet Hairstyles

Talia Fidra demonstrates 4 other bun styles, all acceptable for class.

<https://youtu.be/VVmwfkHoJjk?si=T5UklOKe3-BSdfJo>

Stage Makeup for Dancers

Mariinsky Ballerina Maria Khoreva explains stage makeup.

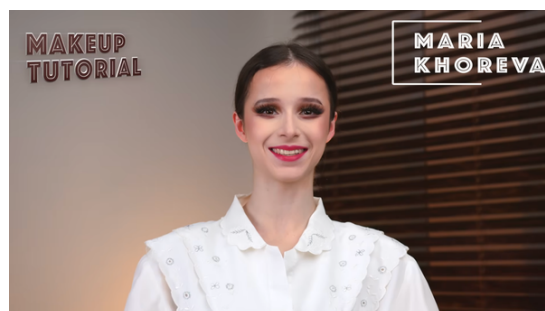
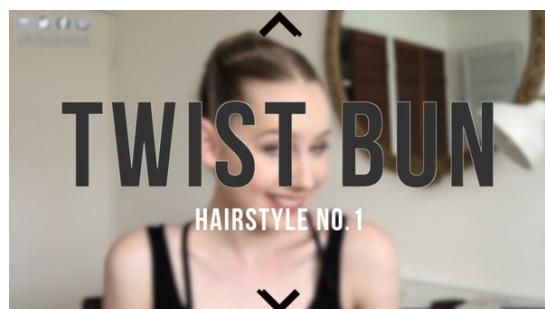
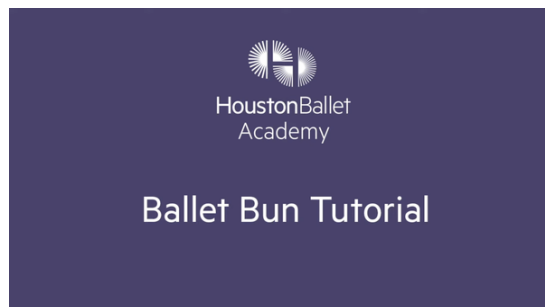
*All dancers are strongly encouraged to learn to do their own makeup, without help from guardians.

<https://youtu.be/GvOzzjyRK4M?si=yWGhLsCsOkwpolG9>

Light Makeup for Tiny Tots

Dancers at BalletCNJ explain simple stage makeup for Tiny Dancers.

https://youtu.be/CZoU-0V_DE8?si=ydRj_Ry9FUkl1DRq





EVERY BODY IS A DANCING BODY

South Yarra Ballet Academy aims to make all students feel supported throughout their dance journey, whether recreationally or vocationally. The dance studio should always be an exciting space for students to come dance, work hard, and learn.

Tights and Shoe Colours: In line with recent decolonial efforts by certain dance brands and institutions, South Yarra Ballet Academy would like to encourage each family to consider whether they purchase either:

- a) skin-toned tights and shoes, *or*
- b) traditional 'theatrical pink' tights and shoes.

There is no right or wrong, and this decision will lie with each individual family, depending on what makes each student feel most comfortable and confident.

Stockists: Energetiks, Blendz, Shades Dancewear, Weissman, Discount Dance, Bloch (*children's shoes may need to be ordered from US, AU adult shoe size 2+*), Capezio (*adult shoe size 3+*), Freed of London (*pointe shoes only*).

