

PARENTS' GUIDE

CHILDREN'S Ballroom & Latin-American Clothes & Shoes Guide

GENERAL INFO

Children do not need specialist dancewear to get started. Comfortable, secure clothing that allows free movement and lets the teacher see posture and foot placement is perfectly suitable. Avoid very loose or oversized clothing.

Hair below the middle of the neck should be tied back securely. Jewellery is best left at home, and we may ask a child to remove any item we consider unsafe for dancing.

For the first few classes, clean, secure indoor shoes are fine. Avoid thick, sticky or heavily cushioned trainers, as these can make turning difficult. Outdoor shoes cannot be worn on the dance floor — a simple rule is: think of what you would happily wear on your living-room floor.

Once attending regularly, we recommend investing in properly fitted dance shoes. If you invest in just one specialist item, make it good dance shoes — they make the biggest difference to comfort, safety and learning correct footwork.

USEFUL LINKS

For shoes, we particularly recommend International Dance Shoes (IDS) — a British brand we know and trust, having worn their shoes throughout our own professional competitive careers. They offer both a dedicated Juvenile collection and the more affordable Dansport children's range.

Skyline Ballroom Club IDS discount code:
DNSCSKLNLN207

Before ordering, please follow the IDS Sizing & Fitting Guide to measure your child's feet correctly. Please don't buy several sizes too large

Dance shoes should never be worn outdoors, as their soles collect dirt and grit and can become unsafe for dancing.

Please bring: water, a small towel and dance shoes once purchased. Children with dance shoes should also have a shoe brush.



to allow for growth — dance shoes need to fit securely for safe balance, turning and footwork.

Other respected dance-shoe brands include Supadance, Ray Rose and Freed of London. For specialist Ballroom & Latin clothing, we recommend DSI London and Bravo Dance.

If you're unsure about shoe style, fit or heel height, please ask us before buying — we're very happy to advise.

[IDS Shoes](#)

Juvenile

FEMALE DANCERS

A fitted top with leggings or fitted trousers is a great starting point. For a more traditional Ballroom & Latin look, a simple dance dress or skirt with a fitted top can give children a greater sense of purpose and occasion around their training.

When wearing a skirt or dress, please use a leotard, built-in briefs or close-fitting dance shorts underneath, as skirts naturally lift and spin during dancing.

Traditional Juvenile Ballroom & Latin shoes have a low block/Cuban-style heel. Under British Dance Council Juvenile rules, heels must not exceed 3.5 cm. Girls under 12 should wear ankle socks with their dance shoes, both for the traditional Juvenile look and to help protect the feet from rubbing and friction.

Not ready for specialist dancewear? Our Amazon basics list provides simple, practical options to get started.

[Amazon List](#)



MALE DANCERS

Smart, comfortable trousers with a T-shirt, polo or fitted shirt are a great starting point. For a more traditional Ballroom & Latin look, dance trousers with a fitted dance shirt or top can give children a greater sense of purpose and occasion around their training.

For footwear, we recommend a black Ballroom shoe with a low heel and supportive sole. A full sole is particularly suitable for younger beginners, offering additional support and stability.

Not ready to invest in high-level specialist dancewear? We've put together a simple Amazon list of class basics — a useful middle ground between everyday clothes and specialist Ballroom wear.

[Amazon List](#)

