

POINTE CLASS

What Is Pointe Class:

- A basic ballet class to develop skills and steps where you will go onto your toes wearing pointe shoes. Available for enrolment to students in year 10-Adults (unless other arrangements have been made with teachers).

What To Wear:

- Ballet uniform (as per newsletter/normal ballet class)
- Point Shoes (must be fitted and purchased from a dance store)

Is this class suitable for you?

You would like to enrol into pointe class, but are unsure if you are ready or not...

Please discuss with your teachers! Here is a guideline to help you decide:

**You are enrolled into the classical class and will be attending regular classical ballet lessons*

**You have had at least a year of ballet training and a good understanding of basic ballet technique*

**You can demonstrate good strength, control and balance when in demi pointe and feet do not sickle*

**You are 14 years of age or older (This is just a guide, as younger students are able to do pointe providing they have adequate experience, strength, technique and understanding in classical ballet)*

**You need to be a good listener and can make mature decisions in class, knowing your body and accepting your limits is important as to prevent any injuries from occurring we need to be focused and take this class seriously*

If this is you then please enrol and don't be afraid to give it a try!

This class will commence Term 1, but before you purchase shoes please get approval from your teachers first. You can still attend this class with out your pointe shoes, learning the exercises and practicing on demi pointe until you decide if you want to commit to the class.

