

# Welcome to Pre-Pointe!

## **What is pre-pointe?**

Pre-pointe is an additional ballet class designed for committed dancers serious about ballet, with the goal of dancing on pointe in the future.

## **Who can take pre-pointe?**

Dancers must be entering 5th grade or higher, and have a minimum of two consecutive years of ballet training leading up to this. If signing up for pre-pointe, a regular ballet class must be taken each week as well.

## **How is pre-pointe different then a regular ballet class?**

The focus of pre-pointe is on technique, strength, and education of the bones, ligaments, and muscles used in ballet and pointe work. The class is done in regular ballet slippers, and sometimes even barefoot to get more familiar with the feet. Because this class is not designed for choreography or stage performance, a recital piece is not guaranteed.

## **When can dancers join pointe class?**

A minimum of two consecutive years in pre-pointe will make dancers eligible for pointe. The dancers will then need to be assessed by the instructor to determine if they are ready for pointe shoes at that time, or if they need extra time in pre-pointe. Many factors go into this decision. Dancers must be physically, mentally, and emotionally ready. Safety of the dancer is of the highest importance. The decision as to when the dancer is ready is very individual to each student, and never a punishment or reward.