

### Ballet grades 1-5

Focus on postural alignment, coordination, leg mechanics and footwork.

### Ballet Grades 5-6

Attend strength/conditioning classes and learn pre-pointe exercises in flat ballet shoes.

Recommended minimum age for weight bearing en pointe - 12years.

Recommended minimum 3 years ballet training with ballet classes twice per week.

Pointe assessment by your ballet teacher.

Then make an appointment with a recommended physiotherapist for a detailed report and strengthening exercises. (You may need to see the physio multiple times). The more you practice your exercises the quicker you will get your pointe shoes.

# *Pointe Shoe Preparation*



Once you receive clearance from the physiotherapist, make an appointment with a pointe shoe specialist from a recommended pointe shoe supplier.

Attend your pointe shoe fitting. Be prepared to try on lots of shoes. Purchase your shoes, don't forget your toe pads, ribbons, elastics and suede tips.

Have your teacher check your shoes before sewing on ribbons

Participate en pointe in your ballet classes for supervised practice on your pointe shoes. Continue with your pre pointe exercises and your teacher will advise when you are ready to proceed from barre to center work.

Please let your teachers know if you experience any pain or discomfort at all.

Opportunities to dance en pointe in concerts will be advised by your teacher.