



## Pointe Training at KBT

*\*There is not a set age for students to move on to pointe work, but there is a set level of maturity, technique, and strength require to be moved on to pointe work\**

**Pre-pointe classes** are offered to ballet students who are not yet en pointe to further develop and strengthen the muscles necessary to go en pointe. Pre-pointe classes stress correct alignment and correct classical ballet technique. These classes allow teachers to assess readiness and offer an atmosphere for proper evaluation of important skills. Before a dancer is placed in pointe shoes, ballet instructors use certain exercises to evaluate pointe readiness.

**Pointe technique classes** are intended for students who have reached a certain maturity and technique level, to better handle the painful process that her whole body will experience. Consistency in their hard work is one of the attributes needed to master the difficult steps done during this class. More center work is added, and duration of class is one full hour en pointe. By this time, they are expected to sew their own elastics and ribbons, care for their pointe shoes, and have toe pads and band-aids and any other personal foot/shoe care items -- ready to take care of sore feet. Students in this level are expected to stretch and strengthen at least 3 times a week outside of regular classes. Most importantly, the student must understand that pointe work is dangerous if not done correctly. And last, but not least (something that is not addressed often) is the cost of pointe shoes. We ask parents to talk about this matter with your child. Pointe shoes will need to be replaced often, depending on the strength of each individual dancer. An average pair of pointe shoes costs between \$80 and \$100.

**Classes en Pointe** are designed for students who are ready to fully dance in the center at a faster pace. Students will start to experience exercises that require more strength -- like small hops en pointe, Grand Turns and consecutive turns on one leg to name a few. At this point, the dancer has reached a solid base technique that will allow more intricate work to be learned. Students at this level will be wearing pointe shoes in one to three 1 ½ hour ballet classes per week. Outside of regular classes, students are expected to continue stretching and strengthening on their own at least 3 times a week.

**Beginning Pas de Deux Class** is a one-hour class, en pointe, designed for students to start learning about dancing as a couple. It is a technique that is new to the boys and girls who are introduced to it. This technique is based in coordination between two dancers. Students are placed in this class once they have a level of strength, maturity, fully knowledgeable in ballet terminology and demonstrate body awareness. At this level, girls will be taking 1-2 additional ballet classes en pointe.

**Performance en Pointe** begins when students have solid centre technique. Students wishing to dance en pointe outside of KBT (whether SCAPA, or any other performances), must get permission from the Academy Director.