

PrePointe Information

The purpose of a prepointe class is to prepare you for pointework and future pointe classes. In reality, all the ballet classes you have taken and are taking have been helping to prepare you for this, but this class is meant to focus specifically on foot and ankle strengthening, body and core placement, and talking about those things on which you should concentrate when you finally put on your pointe shoes for the first time.

It is important to remember that God has created each one of us differently. Your feet, your ankles, and your whole body is unique and each is beautifully created. We are called to work with what God has given us and to thank Him for our uniqueness. Because we are each created differently, this does mean that you may be ready for pointe shoes at a different time than your classmates. If the entire class goes en pointe together, it may be on a different timeline than classes in the past. We will work together to determine when it's time for you to go en pointe safely.

The first part of the fall semester will be spent nearly entirely on ankle and foot strengthening exercises, this will also teach you to be more aware of proper technique when you are in your ballet class. We will also study the parts of a pointe shoe and how it supports you, how a pointe shoe should fit, the history of pointe, and the anatomy of your feet and ankles.

When you finally receive your pointe shoes, there will be limited in-class work on the shoes at first, which will be on the barre only. We will gradually increase the classtime that is spent wearing your pointe shoes and time off the barre.

General Information & Requirements:

- PrePointe students must be 5th grade or older, have at least one year of recent ballet experience, and teacher approval to enroll in this class.
- PrePointe & Pointe students are always required to also be enrolled in a ballet technique class. This is for dancer's safety. Ballet classes naturally strengthen your feet and ankles, providing a base upon which we work in PrePointe and Pointe classes.
- You do not need to take PrePointe the first year you are eligible, you may take the class at any time. However, you must complete a year of PrePointe before you are able to enroll in Junior or Senior Pointe classes.
- Cast roles in InMotion ballets are neither given nor withheld because a student is or is not en pointe.
- PrePointe students are required to purchase a Theraband and bring it to every class.
- PrePointe students receive a monthly stretch & strengthening chart to complete.
- For parent awareness: pointe shoes will likely be fitted at some point in the year, these run ~\$90 in addition to ~\$20 toe pads.