

RADOMILE ACADEMY OF DANCE
564-566 BROOKLINE BLVD
HAVERTOWN, PA 19083
610-446-8844

Dear Parents,

Ballet 5 is a pivotal year in the study of Classical Ballet. There are two main events which occur during this year.

- 1) **The Study of Pointe:** This will bring the students into a more intense year of skill mastery. Students must take a **minimum of 2 ballet technique classes per week**. This is necessary to train and strengthen the appropriate muscles needed for pointe work. The girls must take the following two classes:
 - I. Tuesdays 4:30-6:00 - required class as new skills will be introduced. Pointe work will be included beginning in January.
 - II. Fridays 4:30-5:45 - Technique class only. No recital.

- 2) **Party Girl scene in The Nutcracker Ballet:** this has been a beloved and exciting part for all students. Dancers must attend all rehearsals. Nutcracker rehearsals and performance TBD.

Ballet 5 is an exciting year of dance for both the students and myself. I look forward to working with your girls. Happy to answer any of your questions.

Regards,

Linda

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Dear Students,

You are now ready to move forward in the next step in your ballet training – the study of pointe. Pointe shoes can be purchased at Swan Dancewear, 234 Haverford Avenue, Narberth, PA, where all salespersons are qualified to fit your child properly. Students should purchase a shoe that will provide good support, wide ribbon, elastic (one piece per shoe), and toe pads. Please note that pointe shoes should fit the exact size of the foot. No room for growth is considered as this could cause blisters and other foot problems. Please allow anywhere from ½ to 1 hour for the shoe fitting process. Please call the store in advance at 484-278-4338 to be sure you will be given the necessary attention.

The following are considered when evaluating for Pointe:

- Attitude during dance class
- Appropriate dress and hair
- Consistent attendance
- Ballet classes 2 times a week
- Consistent attention during class
- Body alignment
- Full relevé
- Straight knees in relevé
- Strong development and control of rotator muscles
- Proper strength and development of leg muscles (generally occurs after age 10)
- Proper development of bones in feet

Students new to pointe should bring their shoes to be checked by the teacher for appropriate fit before sewing the ribbons. Proper sewing of pointe shoe ribbons can be found online or inquire at the front desk. Please allow yourself ample time to sew the ribbons before the first pointe class.

The process of learning how to tie pointe shoes properly takes time to master. Students will wear their pointe shoes during barre at the beginning of class. Therefore, students should arrive 10 minutes before class to allow time to tie their shoes so class can begin on time.

We will begin the study of pointe the first week of January in the Tuesday class.

As the purchase of pointe shoes is costly, the ultimate decision to begin pointe at this time is up to the parent. If you have any questions or concerns, please feel free to call me.

Regards,

Linda