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# Pointe Class

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## What makes a dancer ready for Pointe ?



Many factors come into play such as alignment, core strength, technique and age, so it's a case-by-case situation. Paul Plesh, Senior Product Line Manager of Pointe Shoes for Capezio, says that it's difficult to define if you are ready for pointe by age alone. Instead, it is about you as a dancer and whether or not you have correct placement.

At **Mulford Dance Studio**, your teachers will decide if you are ready for Pointe. Dancers **must** take a *minimum of two ballet classes* in addition to Pointe class. Minimum age to start is 11 yrs old. (if under Age 13 a doctors note will be required) Once these requirements are met you will need to purchase pointe shoes & be fitted at the studio before sewing ribbons onto the shoes. Class attendance is crucial in learning how to properly tie your shoes to avoid injury. \*Until learning proper technique, please do not wear your Pointe shoes at home. Pointe shoes are fitted specifically for you, please do not borrow others. We look forward to this amazing dance experience with you.

**2017-2018 \*Beg/Adv Beg Pointe Class**  
**will be Thursdays 7:30pm-8pm w/ Miss Lisa!**

