



Welcome to Pointe

All of us at Carlson's Dance are so excited for this milestone moment in a ballerina's life. It is a tremendous amount of work and strength that needs to be shown to earn your first pointe shoes. We are all so proud!

First, the #1 rule: DO NOT WEAR POINTE SHOES AT HOME

You must always be supervised in the studio with Miss Anastasia until she feels you are strong enough and ready for homework.

We recommend a pointe shoe fitting at Toes n Taps on Cook St in Victoria. Be prepared for this to take around an hour and a half. When purchasing your shoes please be sure to get ribbons (classic or with stretch), elastics, and lambs wool or "Ouch Pouches". Some students may need toe spacers, but your pointe shoe fitter should be able to assist you in what you need. Please do not purchase Gaynor Minden brand or broken in shoes.

When you have purchased your shoes bring them to class for Miss Anastasia to make sure the shoes are the correct fit before they are sewn and worn. **You must have your shoes purchased and checked by February 1st to be ready to sew them together in class on February 7th.**

Your First Pointe Class

February 7th

At your first class with pointe shoes Miss Anastasia will teach you how to sew on your ribbons and elastics.

What you will need to bring:

- Your pointe shoes
- Ribbon and elastic for the shoes
- Pen or pencil
- Strong needle & thread (may be available for purchase at the dance shop)

Miss Anastasia will also have needles, scissors, and a lighter with her (this is used to keep the ends of ribbons from fraying).

What to expect in your first pointe classes

Pointe will be no longer than 15 minutes and always at the end of class when the body is warmed up correctly.

The first 12 weeks of lessons will have focus on how to properly tie and untie the shoes.

A few minutes will be spent at the barre en pointe to gradually build the length of time wearing them.

You will learn how to walk en demi pointe in pointe shoes and how to step onto pointe and lower.

