



Pre-Pointe/Pointe Program

Must be enrolled in Level 4 Ballet or higher and in 5th Grade and up

At Bender Performing Arts we offer 8 levels of ballet as well as Pre-Pointe and Pointe classes. Pointe is fun and exciting and is the pinnacle of the aspiring ballet dancer's training. At the same time, it necessitates great strength in the feet and ankles to execute the movements correctly and safely. With this in mind, please see the following requirements for both the pre-pointe and pointe programs:

	Pre-Pointe	Pointe
Required Ballet Classes	<ul style="list-style-type: none"> Your level ballet class Saturday 2:30pm Pre-Pointe Monday 7:15pm Technique or Saturday 1:30pm Technique 	<ul style="list-style-type: none"> Your level ballet class Monday 8:15pm Pointe Monday 7:15pm Technique or Saturday 1:30pm Technique 30 minute Pointe following your level class
Recital Performances	You will perform in the recital with your level ballet class only	You will perform in the recital with your level ballet class. Intermediate and Advanced Pointe levels also perform a separate recital dance.
Shoes	Pre-Pointe shoes are purchased on your own at a local dance shop (Such as Dee's Dancewear). We will learn how to sew ribbons on during the second Saturday class.	Pointe shoes will be purchased at our annual group fitting at the beginning of the season.
Ages	5th grade and up	7th grade and up
Pre-Participation Requirements	Must be enrolled in Level 4 Ballet or higher	By teacher approval only based on dancer's maturity, strength, and technical achievement