

### **INTERESTED IN POINTE CLASS?**

Students entering 5th–12th grades the upcoming school year, interested in Pointe for the first time, are invited to begin required preparations this Spring & Summer.

The Gotta Dance Pointe Program has been a solid and successful feature for many years – our dancers are amazing. The art of Pointe requires dedication, determination and discipline. Regular attendance is very important – this beautiful and rewarding dance form is worth the extra effort, and enrollment into the program will assure your continued development as a dancer.

### **THESE ARE THE STEPS YOU MUST TAKE:**

**INCOMING 6TH GRADERS** (and older) who are interested in taking Pointe 1 next year (Fall, 2019) are required to take Demi-Pointe in 2018-19. This class will greatly benefit students in two important ways:

- *First, it includes the use of a special shoe designed to acclimate and condition students to the feel of a toe shoe (very similar to a toe shoe but slightly modified).*
- *Secondarily, Demi-Pointe increases strength and improves their confidence to dance in the Pointe style.*

**INCOMING 5TH GRADERS** will be offered a Pre-Pointe class which includes an additional hour of weekly training. This optional (*but highly recommended*) class is designed to increase strength, technique and conditioning, building the foundation that makes her overall Pointe experience more enjoyable and rewarding. A Pre-Pointe class for incoming 5th and 6th graders is being offered this year in our Summer Program. This short class is designed for any student considering Pre-Pointe or Demi-Pointe during the regular school year. It helps our dancers stay in shape and provides a preview of the Fall classes.

### **EVALUATIONS:**

Every student must have a Pointe evaluation at Wellington Orthopedic and must be completed before classes begin. The evaluation is helpful in determining what you need to do to get ready to be on Pointe. ***Please note: this is not an evaluation of your dancing ability.*** Rather, it tells you where you need improvement in strength and flexibility to dance on Pointe. Suggestions and Theraband exercises are given and an individual plan can be designed for you.

**Appointments are necessary and can be scheduled by calling Wellington at 513-233-4360**, please ask for Jackie. Tell them that you are a student at Gotta Dance and let Mrs. Krumme know when you are scheduled. The cost is \$35 (paid to Wellington) – and a parent must be present during the appointment.

