

Treasure Valley Ballet Academy

Pointe Technique Policy



Dancing on pointe is one of the most exciting achievements for a ballerina! To reach this level a student must be dedicated and prepared for the rigors of pointe technique. Readiness is typically based on fundamental ballet technique, strength, maturity, and anatomical development.

Students choosing to enroll in pointe class should have studied ballet seriously for three or more years. This generally constitutes attending ballet classes at least twice weekly the two years prior to beginning pointe (Ballet 2 and Ballet 3 or equivalent). In addition to receiving instructor approval, students must be 12 years of age or within a few months of reaching this age. They must commit to regularly attending a minimum of three classes each week to maintain strength and build technique while dancing on pointe.

Before beginning pointe class, students and their parents/guardians are encouraged to thoroughly research this advanced ballet technique and consider your own readiness. We recommend that you seek any medical guidance that may be relevant to you.