

POINTE GUIDELINES 2026-2027

We understand that going en pointe is a big goal and something every dancer looks forward to. We want to help each dancer reach that goal. Sometimes there is a misconception that dancers automatically begin pointe at a certain age. This is not the case. Many, many factors play into the best decision of when to start pointe. For the safety of the dancers, it is extremely important they have a full understanding of the physical strength, technique and commitment that pointe work takes.

At Rhythm, we offer (and excel) at many styles of dance. Our focus and goal is to train well-rounded dancers and always has been. We are not a ballet school with students training in ballet 5-7 days per week, which is what it sometimes takes before being fully prepared for pointe.

We have a pointe prep class that will be required for anyone interested in beginning pointe in the future. This is in addition to their regular ballet class. This class will likely need to be taken for 2-3 years, and evaluations for pointe will be made at the end of each season. There are no guarantees that you will be ready to start pointe at the end of the season. Actually, most dancers will need to be enrolled in this class for multiple years before beginning pointe. Every dancer is different and progresses at their own pace.

We have put together these basic guidelines for you. These are guidelines and, depending on the dancer and their own personal development, these may be different for some dancers. But this will apply to most dancers that are in one of our Performing Companies.

Edge Dancers:

Once in Junior Edge, dancers must take one year of pre-pointe. Edge dancers are evaluated their second year in Junior Edge. Gabby & Mary may decide you need another year of pre-pointe. Dancers in Mini Edge (no matter their age) will not be able to participate in this class. No matter what the scenario, dancers must be evaluated and approved by ballet/pointe teacher(s) before going en pointe.

All Junior Edge dancers are required to do Pre-Pointe/Pointe which is already worked into your Edge schedule.

Fusion Dancers:

Fusion dancers must be taking Fusion Ballet classes (2 days a week) for two full years

before beginning pointe and the Pre-Pointe class for a minimum of 1 year. No matter what the scenario, dancers must be evaluated and approved by ballet/pointe teacher(s) before going en pointe.

Connection Dancers:

Connection dancers must take their Connection Ballet class, plus an additional ballet class and the pointe prep class for a minimum of 2-3 years before beginning pointe. No matter what the scenario, dancers must be evaluated and approved by ballet/pointe teacher(s) before going en pointe.

Spotlight and/or Other Dancers:

Dancers must be taking 2-3 Ballet classes (including pointe prep) weekly for a minimum of 3-4 years before beginning pointe. Dancers must be evaluated and approved by ballet/pointe teacher(s).

ALL DANCERS: No matter what the age or level of the dancer, the dancer will have to be evaluated and approved by their ballet/pointe teacher before beginning pointe. We have these formulas in place, but if a student has poor attendance, an injury, or is not progressing technically, all these factors could prevent the dancer from beginning pointe at said time. You are always welcome to talk to or request updates from your teacher(s).