

# POINTE CLASS



SOLID Black Leotard  
Any Style  
Fitted Shorts Optional



“Natural” Shade Tights  
(The company has changed the name from Classic Pink.)

# POINTE STUDENTS

*BEING PREPARED FOR CLASS IS IMPORTANT.*

*PLEASE BE SURE TO HAVE YOUR POINTE SHOES FOR THE FIRST CLASS.*

Properly fitted pointe shoes are a must. Fittings are done by professionals who study the art of pointe shoe fitting. Dancing in shoes that are ill fitted is very dangerous and the dancer will certainly feel the effects of that as they grow older. Pointe shoe fitters are hard to find.

We are happy to refer our students to the following places:

**THE DANCE LINE** 1-605-335-8242  
2115A SOUTH MINNESOTA AVE SIOUX FALLS SD

**AMA LA VITA** 1-507-281-1401 (Formally Blades To Ballet)  
HILLCREST SHOPPING CENTER  
1624 HWY 52 NORTH ROCHESTER MN

**STEP N STRETCH** 1-952-882-8300  
13915 ALDRICH AVE SOUTH BURNSVILLE MN

**GRAND JETE** 1-651-227-0331  
975 GRAND AVE ST PAUL MN

Prices for pointe shoes vary by the needs of the dancer and by brand. The structure of the foot is taken into account when the fitter selects brands for you. I estimate that most dancers fall into the \$100.00 price range by the time you add in ribbons and toe pads. Please note that sometimes it is more, sometimes less.

Please remember:

- I suggest scheduling your fitting for the month of August. Earlier may not give you an accurate fit for classes beginning in the fall. Later, there could be a wait as the fitters get very busy that time of year.
- Call for a fitting appointment well in advance.
- Clip toes nails short and straight across a week or so before your fitting.
- Take a pair of tights with you to slip over your foot for a good fit.
- If you were in pointe last year, take your pointe shoes with you. It gives the fitter a starting point for sizing. Mention any issues you have had in the past with the fit. They can suggest other options. Sometimes it is trial and error finding a great fit.
- Ribbons and toe pads are purchased separately from the pointe shoes. Ribbons do not come attached. It is an honor for the ballerina to sew them on herself. It's easy! ☺
- During our first class of the season we will discuss and demonstrate the proper placement and attachment of the ribbons. Bring your supplies with you to class. Youtube has some great videos that walk you through the ribbon sewing if you prefer to do it ahead of time. But please, do not dance in your shoes before we have a chance to discuss proper technique in class.

# Attaching Pointe Shoe Ribbons

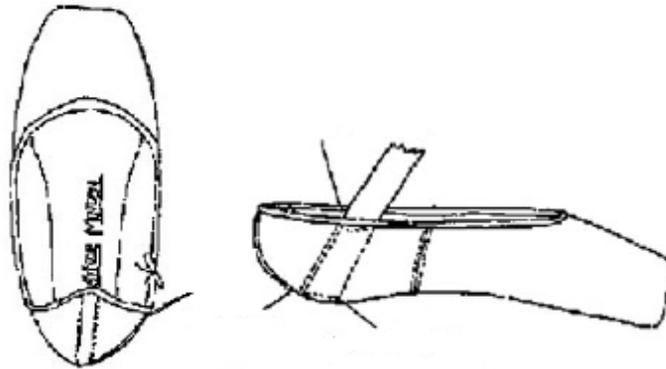
We will go over this information at the first class and provide a demonstration on attaching ribbons. Parents, feel free to attend with your dancer. If you prefer, you can follow the simple directions below and do your sewing ahead of time. There are also great instructionals online on youtube.

Shoes can be hand or machine stitched. The place you purchase your shoes should have a sewing kit for the ribbons. The thread is sturdy and the perfect color match. Unwaxed dental floss also works great. It is strong. It has always been a tradition for young ballerinas to stitch their own shoes, with a little help from mom of course.

Some ribbons come in one long piece while some come in strips. Either way, when you begin, make sure you have four equal lengths. You will need two strips per shoe. One on each side.

Fold heel of shoe over toward the toe of the shoe. Mark the inside crease with a pencil line. Ink will bleed through. Along that line, on the inside of the shoe attach the ribbons with a safety pin. Be sure to allow the ribbon to reach deep inside the shoe. The pins are temporary just to help hold the ribbon in place while sewing. The ribbons will be at a slight angle toward the toes.

Because placement of elastics varies from dancer to dancer, that is not listed in this information. Some do not need them. It just depends on the dancer's foot. Your fitter will tell you the correct placement if any is required. Remember what they tell you and attach accordingly.



To attach ribbons, stitch, beginning from the inside, following the line of the drawstring casing. Be careful not to stitch through the casing/drawstring or you will not be able to adjust your shoes. If you stitch in the shape of a rectangle, the ribbons stay attached better. While dancing, it will distribute the tension on the ribbons throughout the rectangle rather than just across one line of stitches.

It is a good idea to dab some fray check (clear nail polish works too) along the edges of your pointe shoe ribbons to keep them from fraying.

It is alright to make a mistake in stitching. The stitches can always be removed and you can start over. Take your time and don't let it scare you! ☺