



# Ballet & Pointe Program Progression Tracks

2024 - 2025

<b>TRACK 1</b> Pointe Prep	<b>TRACK 2</b> Pre/Beg. Pointe	<b>TRACK 3</b> Int. Pointe	<b>TRACK 4</b> Adv. Pointe
<b>Technique Classes</b> Int. Ballet (Tues) Int. Ballet (Thurs)	<b>Technique Classes</b> Int. Ballet (Tues) Int. Ballet (Thurs)	<b>Technique Classes</b> Adv. Ballet (Mon) Int/Adv. Ballet (Wed)* Adv. Pre-Pro. Ballet (Thurs)	<b>Technique Classes</b> Adv. Ballet (Mon) Int/Adv. Ballet (Wed)* Adv. Pre-Pro. Ballet (Thurs)
<b>Pointe Class</b> Pre-Pointe* (Thurs)	<b>Pointe Class</b> Pre-Pointe** (Thurs)	<b>Pointe Class</b> Pointe Foundations (Wed)	<b>Pointe Class</b> Pointe Skills (Mon)
<i>*Dancers participate in flat shoes until approved for demi pointe shoes.</i>			
<b>Strongly Suggested</b> Cross Training (Mon) 1x Monthly Private Lesson Nutcracker Participation Spring Ballet Participation	<b>Strongly Suggested</b> Int./Adv. Ballet (Wed) 1x Monthly Private Lesson Nutcracker Participation Spring Ballet Participation	<b>Strongly Suggested</b> Cross Training (Wed) 2x Monthly Private Lesson Nutcracker Participation Spring Ballet Participation	<b>Strongly Suggested</b> Pointe Foundations (Wed) 3x Monthly Private Lesson Nutcracker Participation Spring Ballet Participation

\*\*Dancers may progress to pointe once they have passed their PointeSafe tests as approved by a [PointeSafe Certified BLS Instructor](#). Some additional evaluations may be required.

If dancers accept the ballet track they are placed in, they are required to enroll in all of the listed classes for that track. Strongly suggested classes, privates, and performance participation will assist dancers in furthering their technique at an accelerated rate but are not required. Dancers are permitted to accept the requirements of a lower placement track.

Dancers who are not interested in pursuing pointe training should reach out to the office for class placement.