



Time to Start Pointe!!!

The time has come! Your Level 4 student is now ready to embark upon the next big step in her ballet training. We will be starting pointe in the fall.

Swan Dancewear, located at 234 Haverford Avenue in Narberth, carries a variety of pointe shoe brands. You will need to call (484) 278-4338 or email info@swandancewear.com to schedule a pointe shoe fitting to find the proper shoe and fit for your dancer. Pointe shoes should fit snugly without crunching the toes. When standing flat there should be no bagging in the heel. Your pointe shoes should not fit loosely. You should not buy the shoes with the idea that your child will grow into them. A pointe shoe with "room to spare" is a pointe shoe that will rub, create blisters, make proper foot placement difficult, and make the wearer prone to injury. There are many brands of shoes; you should expect that your dancer will need to try on several to get the best fit. The appointment will last approximately 1 hour and your dancer will need to wear convertible tights.

Along with her new shoes, your daughter will need pointe shoe ribbons, elastic (try ¼ or ½ inch width), and some form of toe pad.

Swan Dancewear will spend time during the appointment educating you and your dancer on how to sew her new shoes. They also offer the additional service of sewing the shoes for the dancer for the additional fee of \$20.

Please make every effort to have your pointe shoes ready to wear on the first Level 4 class on Friday, September 11.

Happy pointe work,

A handwritten signature in blue ink that reads "Melinda Pendleton". The signature is written in a cursive, flowing style.

Melinda Pendleton, Director
Pennsylvania Academy of Ballet