



Time to Start Pointe!!!

The time has come! Your Level 3 student is ready to embark upon the next big step in her ballet training. We will be starting pointe in September.

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. 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, and some form of toe pad.

Please do **not** sew your pointe shoes ahead of time! Bring everything – shoes, ribbons, elastic, toe pads, etc. – to the first L3 **pointe** class on Thursday, September 8th and we will go over the sewing process together. I am asking that one sewing-capable parent of each child please join us at 5:30 pm in the small studio.

Happy pointe work,

A handwritten signature in blue ink that reads "Melinda Pendleton". The signature is written in a cursive style with a large, decorative initial 'M'.

Melinda Pendleton, Director
Pennsylvania Academy of Ballet