

First Year Pointe Class

Welcome to the Youth Performing Arts School Dance Department

The YPAS dance department is a college preparatory dance program for the serious dance student. The program provides rigorous technical dance training grounded in classical ballet and modern dance. Supplemental instruction is also offered in composition, improvisation and other dance forms. Experience with live performance both as a performer and an audience member is also an integral part of the dance education provided. Students have the opportunity to perform in a variety of venues and are strongly encouraged to view live professional dance, drama, opera, etc.... throughout the year.

In order to further enhance the experience of the YPAS dancer, the YPAS Dance department will be adding a pointe class requirement to the YPAS curriculum for all first year dance majors. The pointe class will be a graded component and outgrowth of the freshmen ballet class. Students must commit to, by contract, attending pre-pointe/pointe/rehearsals and partnering classes on Tuesdays and Thursdays from 2:20-3:20 throughout the course of the school year. Students will be carefully evaluated and placed in levels based upon their pointe experience and strength. Students who have not taken pointe class before will start with pre pointe classes and will only begin to dance on pointe after careful evaluation and clearance from their instructors. These Tuesday/Thursday classes will not meet during scheduled YPAS Touring Performances, Dance Concert Spacing, Tech and Dress Rehearsals and Mosaic Spacing and Dress Rehearsals due to instructor availability.

YPAS feels that training on pointe is an integral part of a dancer's training, and students who commit to a pointe program will receive many benefits and rewards.

Regular pointe training will help to strengthen students' feet and legs. Students will see their arches become stronger and their feet become more flexible. As their feet and arches become stronger and more flexible, students will become more powerful jumpers. They will be able to jump higher and suspend in the air longer.

In addition to becoming better jumpers, pointe work will help students to perfect their alignment in dance. Alignment is an integral part of dance technique and training. Students who do not have proper alignment will not be able to execute steps properly and will be more prone to injury. Pointe will not only help with alignment, but it will help students to learn how to pull up and feel their weight in the proper place, thus helping their balance to improve. Once dancers learn proper alignment, they will become better turners as well. They will have the balance and precision to execute intricate turns with multiple rotations.

Students preparing for a professional career in ballet or auditioning for high-end university ballet programs must demonstrate proficiency on pointe. Adding a pointe class requirement will help to further prepare students for these possibilities.

Upon completion of one year of pointe class the students will receive the following:

A certificate of completion presented at the end of the school year.

A pointe shoe medallion or pin presented at the end of the school year.

One performance in the Fall or Spring Informance.