

FDA Demi-Pointe Shoe Policy

- \$35 for evaluations charged to your account.
- Every dancer in demi-pointe shoes must be in ballet twice a week. The body needs time and repetition to build the strength required for pointe shoes.
- Demi-pointe shoes are standardly not a performance shoe. For performances, unless there is an exception made, dancers will wear flat shoes.
- Dancers are required to schedule a 30 minute sewing private (\$35 charged to your account) with their ballet teacher after they get their shoes. Learning to sew your own shoes is an important responsibility and this will ensure dancers are fully confident in the task for when they transition to pointe shoes.
- It is NOT SAFE to rise on to the box (not for pictures, not anywhere, never).
- Demi-pointe shoes wear out every 6 months. Dancers are required to get fit for new demi pointe shoes upon reaching the 6 month mark. Some dancers may go through 2 pairs of demi pointe shoes before transitioning to pointe.
- Most dancers dance in demi-pointe shoes for 1-3 semesters before transitioning to their pointe shoes. It does depend on how much ballet the dancer is taking and how quickly their body builds strength. There is never a perfect timeline for when a dancer will transition to pointe.
- Dancers are required to let their ballet teacher know of any current or prior injuries to the knees, ankles, or hips, including bunions.

Parent/Guardian Signature: _____

Dancer/Student Signature: _____

Phone Number: _____

Email: _____