

**INTRODUCTION TO 4POINTE INTENSIVE COURSE 2025  
APPLICATION PACK**

If you are aged 12 - 16 and interested in experiencing life at English National Ballet School, make sure to apply for our Introduction to 4Pointe Intensive Course. Taught by the ENBS faculty, students will have the opportunity to attend three days of training at our School in Chelsea. The course is designed to strengthen and prepare you for the exciting journey into 4pointe work and will consist of daily ballet classes, barre work, strength and conditioning, 4pointe & demi pointe technique, variations classes and choreography.

On the final day begins with a warm-up and strengthening exercises to activate the muscles, followed by centre work on demi-pointe to develop balance and control. Students then progress to pointe combinations, including simple pas de bourrées and bourrées in the centre, emphasizing proper technique and artistry. The session includes learning a short, beginner-friendly choreography to showcase their progress and concludes with a Q&A and feedback session, offering individual guidance and reinforcing key safety and technique principles.

Please note that we do not provide audition for the School during the Introduction to Pointe Intensive.

**Dates & Fees**

Dates: **Wednesday 23<sup>rd</sup> July – Friday 25<sup>th</sup> July 2025**

Course Fee: **£350**

Participants will attend classes from approximately 9.30am until 5pm daily. Applicants are not required to pay the course fee until their place has been confirmed.

**Location**

The course will take place at our School in Chelsea, full address – English National Ballet School, Hortensia Road, Chelsea, SW10 0QS.

**Entry Requirements**

Students must be aged 12-16 years.

**Accommodation**

Please note that this course is non-residential, students are responsible for securing their own accommodation.

### **Applications**

Students will be selected on a first come, first serve basis.

Please note that the Short Courses department will be running other programmes throughout the academic year, if you send through your application during this period, there may be a delay in response.

Applications will close on **Sunday 29<sup>th</sup> June 2025**. Applications may close prior to this date if the course is full, and therefore early application is recommended.

**To complete the online application form, please click [HERE](#)**

### **Photograph Requirements**

All applicants must include the photographs outlined on page 3 with their application. Photographs do not need to be professionally taken.

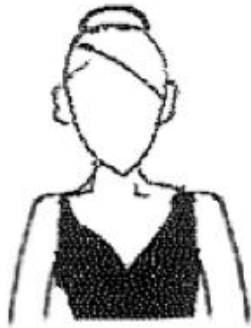
Photographs should be uploaded to the application form.

Applicants should wear soft ballet shoes, tights and a leotard/unitard.

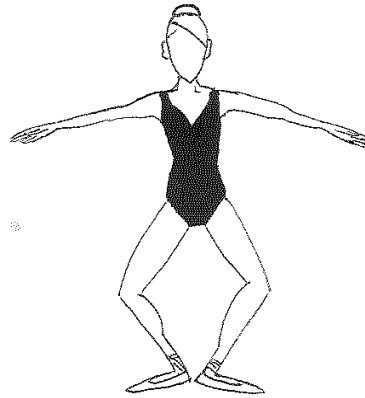
We look forward to meeting you during the Summer time!

## Photograph Requirements

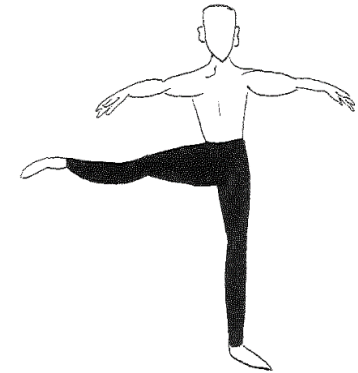
Photographs should be sent in on a word or PDF document in the order below. Photograph template forms can be found on our website. Please do not email in photographs. Completed forms should be uploaded in the application form.



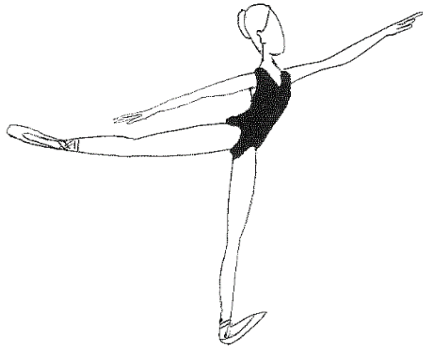
1. Head and Shoulders



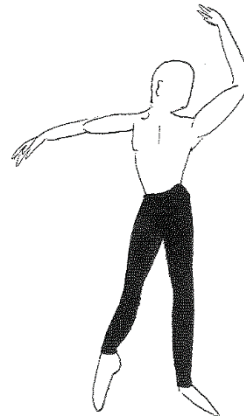
2. *Demi-plié* in 1st position with arms in 2nd



3. *Développé* in 2nd with arms in 2nd



4. *1st arabesque en l'air de côté*



5. *Dégagé effacé devant*



6. *4<sup>th</sup> en pointe* (girls only)