USU HPER DEPARTMENT  
Ballet P.E. 1700

**Course Description:** This course is a ballet technique class for adults. Correct technique and alignment will be stressed. Basic ballet positions of the body will be learned or reviewed. Barre work will be followed by center work.

**Course Goals:**
* An increased understanding of correct technique and alignment.
* Working knowledge of ballet positions and body positions.
* Improve each student’s individual ability in executing ballet steps.
* Increase dance vocabulary.
* Gain a deeper appreciation and understanding of ballet.
* Perform short combination in front of an audience at the Dance Showcase. (optional)
* Enjoy ballet!

**Evaluation:** This class is pass/fail. Three tardies equal an absence. You will be marked tardy if you come in after plies. If you come in later than ten minutes you will be marked absent for the day. Each student gets three absences. **After three absences the student will fail.** The absences are to be used for family, or personal emergencies, illness, weddings, etc. (Each student is limited to three make-up classes. NO more than three make-ups are allowed.) There is no final in this class.

**Appropriate dress must be worn and long hair must be secured or you will receive an absence for the day.**

**Ladies Dress:** A leotard, black or pink tights, and pink ballet slippers.

**Men’s Dress:** A white t-shirt, black tights or shorts, and black ballet slippers.

If you need to purchase dance clothes or ballet slippers, look in the yellow pages for local shops or go online. Everyone has a two-week grace period to get the appropriate clothing.

**The best time to contact the instructor** is after class.

**Recommended Reading:**

