

## Syllabus for Core Ballet Section A and B

Class meets: Tuesday 5:30-7:20pm, Wednesday 5:30-7:20  
Room 314CRC

Instructor: Jehrin Alexandria

1) Weekly class will be focusing on learning basic ballet positions, steps, vocabulary and movement patterns. Students will also learn basic anatomy and the Beamish Bodymind Balancing technique. This is a technique that starts on the floor and gradually moves to upright positioning with direct application to the ballet class. It strengthens the core, calms the mind and increases flexibility.

2) In addition to learning ballet we may study any or all of the following: Neurological Repatterning, Authentic Movement, EFT or self-massage. Some of the above will involve lecture. Please bring a journal and writing tool to class.

3) Suggested reading is "Basic Ballet" by Joyce Mackie. This is an excellent book with pictures of the basic positions and vocabulary. It is available on Amazon. As a reference you can also look up American Ballet Theater's Online Ballet Dictionary at <https://www.abt.org/explore/learn/ballet-dictionary/>

### Requirements for Complete Credit:

Expected Credit Breakdown: 2 credits in Core Ballet

- 1) You must attend a minimum of 9 out of 10 classes. You can make up classes missed in another section of ballet or contemporary. Please communicate with me if you are unable to attend class. Failure to do so may result in reduced credit or no credit.
- 2) You must submit a self-evaluation by the end of evaluation week. This is part of your credit. Failure to do so will result in a one credit reduction. (Faculty evaluations are optional and appreciated.)

### Attire Students are required to wear:

- Ballet slippers, split sole leather or canvas ballet slippers are best. Shoes should fit like a glove, leather will stretch. You can purchase online or at Fuzi dancewear in Lacey.
- Ballet Tights and Leotard or Tight-fitting stretch pants and shirts, no lingerie. I must be able to see your ankles and feet.
- Hair needs to be contained when we start the ballet section. If long, it can be put up or in a pony tail or bun.

### Contact:

If you need to reach me, please e-mail me at [alexandj@evergreen.edu](mailto:alexandj@evergreen.edu) or [jehrin@gmail.com](mailto:jehrin@gmail.com). For a quick response please text me at 360-489-8729. I shut my phone off at night so no problem texting late.

Thank you!!  
Jehrin

# Evergreen Information

## Covid Policies

**Any program/class member who feels ill** with headache, excessive fatigue, fever, coughing, congestion, or other symptoms should stay home, notify the faculty, and submit a Health Verification Form (in [my.evergreen.edu](http://my.evergreen.edu)). Faculty will provide you with guidance on continuing your academic work and the College's COVID team will provide direction on managing your health risks.

If you have questions or concerns please contact your faculty. If you wish to report a covid safety issue contact [covid@evergreen.edu](mailto:covid@evergreen.edu).

## Disability and Chronic Illness Access

As program faculty, we are committed to creating an environment in which meaningful learning is accessible to every program member. Please tell us very early in the quarter if you have particular learning needs. If the needs are related to a disabling condition, we will keep the condition confidential unless you give me permission to speak to others.

If you are Deaf, or a person living with a disabling condition and with needs that require arrangements, technology or expense to meet, please talk to staff in the [Evergreen Access Services Office](#) to request support: 360.867.6348; office LIB 2153. What faculty can do in the classroom without support from Access Services is limited.

Evergreen's [Assistive Technology \(AT\) Lab](#) is available to everyone on campus, regardless of disability status. Staff provide help with specific software, hardware, and strategies for learning. You can find the AT lab in its own room toward the back of the main floor of the Evergreen Library proper.

We ask that all students aim to make their own contributions to class accessible whenever possible. This may mean sharing documents in Word format using sans-serif fonts; describing images verbally when presenting in class; using alt text for images posted on Canvas or Slack; using captioning and audio descriptions whenever possible when sharing videos; and avoiding sharing strobing/flashing media.

## Holidays for Reasons of Faith or Conscience

Please inform us in writing within the first two weeks of class if you will miss specific class sessions because of holidays of faith or conscience, or for an organized activity conducted as part of a religious denomination, church, or organization. If you let us know within that time frame, we will offer you reasonable accommodations, and the absence(s) will be excused.

## Faculty Title IX Responsibility to Report Sexual Harassment

Students affected by sexual and gender-based misconduct can connect with confidential support at Student [Wellness Services](#), [Office of Sexual Violence Prevention and Response](#), Seminar 1 2110, 360.867.6200. In order to connect people with the best possible services and all available options, members of the faculty are required to report disclosures made by students regarding sexual and gender-based harassment and misconduct to Evergreen's [Title IX Coordinator](#).

Students may contact the Title IX Coordinator at 360.867.5224 for information about their rights and options at Evergreen, to access support services, or to begin a formal complaint. Faculty are also required to report abuse of minors. Evergreen's Student [Wellness Services](#) combines the

Counseling Center, Health Center, and Office for Sexual Violence Prevention and Response (OSVP).

Additional Resources for students

[Academic and Career Advising](#)

- [Student Wellness Services](#)
- [First Peoples Multicultural, Trans, and Queer Support Services](#)
- [Free Speech Guide](#)
- [Evergreen's Social Contract](#)
- [Access Services for Students with Disabilities](#)
- [Assistive Technology \(AT\) Lab](#) (open to all students, staff, faculty)
- [QuaSR: Quantitative & Symbolic Reasoning Center](#)
- [The Writing Center](#)
- [Conflict Resolution](#)
- [Student Activities](#)
- [Resources for undocumented students](#)
- [TRiO Student Success](#)