

## ADVANCED BALLET TECHNIQUE (MAJORS) -- DAA 4210 FALL 2019

Tuesday/Thursday 8:45 – 10:15 AM

G-11, McGuire Pavilion (though we may shift/rotate spaces all semester)

### **INSTRUCTOR OF RECORD:**

Assistant Professor Elizabeth Johnson

[ejohnson@arts.ufl.edu](mailto:ejohnson@arts.ufl.edu)

\*Email Policy: Use ONLY your **UFL.EDU** email account for e-mail correspondence related to class. Please include your name & class in the subject line or within the body of all correspondence.

**Syllabi are posted here:** <http://arts.ufl.edu/syllabi/>

**Office:** Room 234, Nadine McGuire Theatre & Dance Pavilion

**Office Hours:** T/TH 10:30 AM – 12:00 PM, F by appointment

**Office Phone:** 352-273-0522

### **REQUIRED TEXT:**

Readings from various sources will be provided digitally/free of charge. TBD.

### **RECOMMENDED TEXT:**

**TECHNICAL MANUAL AND DICTIONARY OF CLASSICAL BALLET** by Gail Grant

### **CATALOG DESCRIPTION:**

*DAA 4210 Credits: 2; can be repeated with change in content up to 8 credits. Prereq: audition.*

Advanced ballet technique with discussion of terminology and style.

### **COURSE DESCRIPTION:**

This course places the ballet class beyond the intermediate level technique. The “advanced” level refers to both conceptual material as well as how one approaches the class as a physical and technique practice. The interweaving of embodied and theoretical material is the advanced level intellectually, academically, and physically. This includes evidence and evaluation of students understanding the course’s specific somatic lens in increasingly aware and integrated ways. Class format will be that of what can be considered a historical/traditional ballet class including barre, centre, and petit and grand allegro. Assignments will include readings, video viewings, and a related research assignment. Historical kinesthetic and aesthetic concerns will be: working with alignment awareness, clarifying ballet line (including rigor regarding outward rotation of the hips), continued fluency in the French vocabulary, and more advanced attention to coordination, rhythm, phrasing, and specific musicality. Critical thinking will focus on understanding the ways that ballet technique relates/transfers to and supports other dance forms/practices (including contemporary and world forms). Most importantly, this approach to ballet shifts gaze to a decidedly somatic lens that elevates accurate anatomical and kinesiological knowledge to the level of traditional aesthetics. Other spatial, qualitative, and bodily elements from Laban Movement Analysis, the Alexander Technique, the Dart Procedures/Framework for Integration, and Body-Mind Centering will be continual foci. This class encourages students to increase their body-mind consciousness, to minimize muscular tension, and to re-learn ballet class as fun work instead of restrictive or “hard.”

**Somatic pioneer Thomas Hanna coined the term and defined somatics as this: “Somatics is the field which studies the soma: namely, the body as perceived from within by first-person perception. When a human being is observed from the outside -- i.e., from a third-person viewpoint-the phenomenon of a human *body is* perceived. But, when this same human being is observed from the first-person viewpoint of his own proprioceptive senses, a categorically different phenomenon is perceived: the human soma.”**

Along with cultivating a deeper understanding of what “somatic” means, this class will focus on:

- Through specific practices and vocabularies continuing to understand and experience in the body relationship of the parts to the whole and thinking about ballet as a whole body activity instead of shapes and isolated parts/movements.
- Focus on rhythmic accuracy, weight sensing/shifting, phrasing, and musicality.
- Differentiating between shape making and passing organically through shapes to keep a sense of flow and enlivened energy in your movement.

- Integrating technical and performance skills, e.g. the most efficient approach to upper/lower coordination, arm pathways, and spiraling are also aesthetically specific, culturally located, and performative.

### **COURSE CONTENT:**

Students in this course will work towards an advanced level of physical practice. Course content will include a continuation and application of ballet terminology, which is located in European/Western history and culture. This course will focus on body alignment, technical development and clarity, performance quality, and clear understanding and execution of exercises and combinations, including more complex barre work, center combinations, and traveling across the floor in turns and grand allegro. This course will also include methodologies from Laban/Bartenieff Movement Analysis (LBMA), Bartenieff Fundamentals (BF), and the Alexander Technique (AT) to encourage self and community awareness.

### **COURSE OBJECTIVES/PURPOSE and EXPECTED LEARNING OUTCOMES:**

*During and upon completion of this course, students should:*

1. Embody clear and continued development of kinesthetic and anatomic understanding through taking class.
2. Continue building overall technical dancing skills.
3. Integrate expanding personal knowledge and awareness alongside critical/analytical observations from the instructor.
4. Enhance learning perception through all proprioceptive and cognitive systems.
5. Broaden the ability to learn visually and integrate visual information kinesthetically to the body.
6. Recognize continual bodily tendencies, affectations, and habits and strategize solutions for coping or change.
7. Broaden the ability to hear the rhythm of the music, and understand phrasing, musicality, and "the bounce" in general.
8. Build strength, flexibility, and endurance and understand that each individual's capacity for all are unique-- explore the limits.
9. Practice performance presence and skills: positive energy, concentration, willingness to learn, adaptability
10. Challenge preconceived and rigid ideas concerning what ballet is "about" and leave mind open for shifts and changes in understanding.
11. Develop and refine expression and artistry.
12. Observe and write about progress and challenges in the course as well as write critically and analytically.
13. Enhance the appreciation of the theory, criticism and aesthetic behind the art form.

### **Teaching Strategies:**

To facilitate and promote the Course Objectives and Expected Learning Outcomes, as the instructor I will:

1. Design a class order, progression, and exercises that develop and support said learning objectives.
2. Encourage a sustainable and compassionate class community where students can take risks and make mistakes free from unneeded stress, judgment or harsh criticism.
3. Demonstrate and embody class material as accurately as is possible attending to specific details and qualities I would like to see.
4. Explain concepts and answer questions thoroughly.
5. Provide honest and specific assessment and clear communication in class and through email and Canvas correspondence.
6. Provide space and time in class for questions and the working through of concepts including practicing peer assessment.

**\*\*Please note that while students will receive individual corrections as time allows, it is likely that by sheer ratio, they will not be consistent in every class. I expect the class community to take general corrections as personally applicable.**

### **PROFESSOR JOHNSON'S NON-NEGOTIABLE SYLLABUS POLICY:**

**All work of the course must be completed to earn a passing grade in the course. Any incomplete work will result in a failing grade. You may ask for extensions on any assignment and for your final work.**

**Communication is KEY: a lack of communication prior to late work or in regards to chronic attendance problems will not help your case.**

Course Evaluation will be based in the assignments listed below and the evaluative language in the course description. Each student's assessment is based solely on individual level of engagement with the course material, theory and concepts and working to integrate the information at the individual's developmental level.

## EVALUATION

1. Event Attendance and response	10%	See list of events below
2. Midterm Evaluation	10%	Thursday, 10/10 filming in class and following written response
3. Final Project – TBD	10%	Final written assignment with focus on specific readings and/or viewing
4. Ballet Pedagogy project – TBD	10%	In class application of teaching concepts – peer teaching
5. Technical achievement	15%	Your level of skill should be increasing towards advanced.
6. Artistic Expression	15%	Your level of artistic expression should be more towards professional performance.
7. Assessment of overall technical and artistic improvement	20%	Your improvement in all areas over the semester.
8. Contributions to class community and attendance	10%	The positive energy and attitude with which you approach your work and with which you treat others.

Your overall score may be affected by your attendance record.

A	93-100
A-	90-92
B+	88-89
B	87-85
B-	80-82
C+	78-79
C	73-77
C-	70-72
D+	68-69
D	67-63
D-	60-62
E	59 and below

### ***EACH STUDENT IS RESPONSIBLE FOR MONITORING HER/HIS OWN PROGRESS***

UF grading policy is here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

#### **E. Johnson's Dress Policy:**

- Women: Close fitting dancewear and soft ballet shoes. \*\*Speak to the teacher about individual needs and if you have an interest in taking the class en pointe.
- Hair must be secured and worn in a neatly and out of the face.
- Men: Close fitting shirts and close fitting leggings such as bike shorts and yoga pants are fine. Tights are not required. Ballet shoes (white or black) and dance belt.
- No oversized clothing.
- Ankles must be visible.
- No large jewelry, necklaces & watches.
- No chewing gum.

**\*Syllabus Note/Disclaimer:** This syllabus represents current plans and objectives. Through the semester, the constitution of the class cohort, unforeseen events, and schedule changes may dictate changes. **Such changes, communicated clearly, are not unusual and should be expected. Any amendment to the syllabus will be sent to you, updated on Canvas, and be clearly stated and available.**

#### **PROFESSOR JOHNSON'S NON-NEGOTIABLE SYLLABUS POLICY:**

- **All work of the course must be completed to earn a passing grade in the course. Any incomplete work will result in a failing grade. You may ask for extensions on any assignment and for your final work.**

- **Communication is KEY: a lack of communication prior to late work or in regards to chronic attendance problems will not help your case.**

### **Required Performance and Event Dates (10% of overall grade)**

**BFA/BA Majors:** In addition to attending all classes, attendance is required at the following events plus 1 outside professional show. You will provide proof of attendance to the instructor who is the teacher of record of your course **no later than 2 weeks after viewing production**. Depending on your technique schedule, you may use these same events/performances for other technique classes, as well.

The (McGuire) University Box Office will open 45 minutes prior to the opening of each Constans Theatre or McGuire Black Box production.

Performance Behavior/Decorum:

- No cell phones/texting at all, ever during a performance (unless the show requests it!)
- Represent the SoTD with integrity.

Dates/times subject to change – please check your email and the Canvas calendar for changes. You will receive a voucher (coupon) at the beginning of the semester for designated SoTD productions with instructions of how to use it to get your ticket. Viewing of SoTD plays (such as a play or musical) is highly recommended, but not required.

### **Required Meetings and UnShowings:**

- **Tuesday, August 20, 2019 - Welcome Back Dance Area Meeting with Students & Dance faculty 6:30 PM in Studio G6**
- **Wed., August 21, 2019 – Faculty works audition**
- **Thursday, August 22, 2019 – Fall BFA 2019 Showcase Audition in Studio G6**
- **UnShowing #1-** Monday, September 9, 2019 – 6:30 PM in Studio G6
- **UnShowing #2/Adjudication** – Monday, October 14, 2019 – 6:30 PM in Studio G6
- **Final UnShowing** – Monday, December 7, 2019 - 6:30PM in Studio G6

### **REQUIRED PROFESSIONAL BALLET PRODUCTION**

- **Carmen: Friday & Saturday, November 8-9, 2019, Santa Fe College Fine Arts Hall**  
<https://tickets.vendini.com/ticket-software.html?t=tix&w=cc5d3f5d01e45efac6a75aaac3c774f8>

### **OTHER UFPA EVENTS:**

- **Black Label Movement** – Friday, October 11, 2019 at 7:30PM  
<https://performingarts.ufl.edu/events/black-label-movement/>
- **Dance Alive National Ballet: Anna Karenina** – T/F October 24/25, 2019 at 7:30PM  
<https://performingarts.ufl.edu/events/anna-karenina/>

### **UF Dance Productions**

**Fall 2019 BFA Showcase** – October 23-27, 2019

**AGBEDIDI** – November 22-24, 2019

### **Other SoTD Theatre Events and extra credit opportunities:**

- **The Curious Incident of the Dog in Night Time** – August 28 – September 22, 2019
- **We Are Proud to Present a Presentation About the Hero of Namibia, Formerly Known as Southwest Africa, From the German Südwestafrika, Between the Years 1884–1915** – September 22 – 29, 2019
- **Pippin** – October 18-27, 2019

### **Fathom Dance Events Fall 2019:**

Regal Cinemas Gainesville Cinema 14 3101 SW 35<sup>th</sup> Blvd. Gainesville, FL 32608

October 27, 2019

Bolshoi Ballet: **Raymonda**

<https://www.fathomevents.com/events/bolshoi1920-raymonda?date=2019-10-27>

November 17, 2019

Bolshoi Ballet: **Le Corsaire**

<https://www.fathomevents.com/events/bolshoi1920-le-corsaire?date=2019-11-17>

UF Box Office #: (352) 392-1653  
UF Performing Arts (Phillips Center) #: (352) 392-2787  
SFC Fine Arts Hall Theatre (352) 395-4181

**Critical Response Appointments for Fall Semester are December 5 & 6, 2019:**

BFA seniors graduating and all Dance majors: it is your responsibility to know your schedule. These are required meetings.

**Dance Program At-a-Glance Semester Calendar:**

August:

20 – **Welcome Back Dance Area Meeting with Students & Dance faculty 6:30 PM in G-6**

21 – **Faculty works audition – 6:30 PM in G-6**

22 – **Fall BFA 2018 Showcase Audition 6:30 - 8:30PM in G-6**

28 – The Curious Incident of the Dog in Night Time – premiere at Hippodrome (through 9/22)

September:

2 – Labor Day – no classes

9 – **UnShowing #1** – 6:30-8:30 PM in G-6

22-29 – We Are Proud to Present a Presentation About the Herero of Namibia, Formerly Known as Southwest Africa, From the German Südwestafrika, Between the Years 1884–1915 – Black Box Theatre

October:

4-6 – Homecoming

9 – Production meeting for Fall BFA Showcase 3-4 PM

11 – Black Label Movement, UFPA, Phillips Center, 7:30 PM

14 – **UnShowing #2 Adjudication** – 6:30-8:30 PM in G-6

18 – **BFA Showcase load-in**

18-27 – Pippin – Constans Theatre

19 – Tech BFA Showcase: Program A 1-5, Program B 7-11

20 – Tech/Dress BFA Showcase: Program A 1-5, Program B 7-11

21 – Dress BFA Showcase with photos 7-11 PM

23-27 – **BFA Showcase performances**

27 – Fathom Event: Bolshoi Ballet: Raymonda 12:55 PM Regal 14, Gainesville

31 – Young Dancer Workshop UF Showcase performance tech/dress

November:

1-2 – Young Dancer Workshop with UF Showcase performance 11/1 Santa Fe College Fine Arts Hall, 8 PM

11 – Veterans Day – no classes

12 – Spacing rehearsal AGBEDIDI, 6:30-10:30 PM, Constans Theatre

13 – Spacing rehearsal AGBEDIDI, 6:30-10:30 PM, Constans Theatre

14 – Spacing rehearsal AGBEDIDI, 6:30-10:30 PM, Constans Theatre

17 – AGBEDIDI tech with costumes, 7-11 PM, Constans Theatre

Fathom Event: Bolshoi Ballet: Le Corsaire 12:55 PM Regal 14, Gainesville

18 – AGBEDIDI tech with costumes, 7-11 PM, Constans Theatre

19 – AGBEDIDI, Dress #1, 7:30-11 PM, Constans Theatre

20 – AGBEDIDI, Dress #2, 7:30-11 PM, Constans Theatre

21 – AGBEDIDI, Dress #3, 7:30-11 PM, Constans Theatre

22-24 – AGBEDIDI performances, Constans Theatre

27-12/1 – Thanksgiving Break

December:

2 – Final UnShowing 6:30-8:30 in G-6

4 – Last day of classes

5-6 – Reading Days/**Dance Program Critical Response Appointments**

7-13 – Finals

## COURSE POLICIES:

### SOTD DANCE ATTENDANCE:

#### **Dance Technique Class Attendance Guide**

- Mindful participation in each class meeting is the only way to meet the objectives of this course.
- Attendance, which is mandatory, means that upon entering the classroom, you are present, alert, and contributing to the progress of the class consistently.
- In the case of extended health issues, refer to the Injury and Illness Policy in the SoTD 2019-20 Handbook (SoTD website) and included in this syllabus.

#### **Dance Technique Class Absence Policy**

- Two excused absences for this course. Five (5) or more absences (excused or unexcused) may result in automatic failure.
- All undocumented absences are unexcused.
- Excused absences may include those related to illness/injury, which are documented by a medical professional.
- Events related to family emergencies or professional obligations should be discussed with your instructor. (See *Make-up Policy* for more information or excused absences.)
- if you are more than 10 minutes late, please observe class.
- If you must leave class early, please notify the instructor before class begins.
- If unable to dance but still attend, you may 'actively' observe for full class credit.
- UF approved religious days are excused and do not need to be made up. (Travel time not included.) You are responsible for material covered during your absence.
- A MEDICAL WITHDRAWAL will not be supported without approved documentation. An Incomplete is only considered by UF Dance in extreme cases and is not available in technique classes.

#### **UF Absence Policy**

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies, as follows:

**Source:** <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

- Students are responsible for satisfying all academic objectives as defined by the instructor. Absences count from the first class meeting.
- In general, acceptable reasons for absence from or failure to participate in class include illness, serious family emergencies, special curricular requirements (e.g., judging trips, field trips, professional conferences), military obligation, severe weather conditions, religious holidays and participation in official university activities such as music performances, athletic competition or debate. Absences from class for court-imposed legal obligations (e.g., jury duty or subpoena) must be excused. Other reasons also may be approved.
- You cannot participate in classes unless you are registered officially or approved to audit with evidence of having paid audit fees. The Office of the University Registrar provides official class rolls to Instructors.
- If you do not participate in at least one of the first two class meetings of a course or laboratory in which you are registered, and you have not contacted the department to indicate your intent, you can be dropped from the course. You must not assume that you will be dropped, however.
- The university recognizes the right of the individual professor to make attendance mandatory. After due warning, professors can prohibit further attendance and subsequently assign a failing grade for excessive absences.

#### **MAKE-UP POLICY:**

##### **Dance Technique Class – Makeup Policy**

- You are responsible for all material covered during any absence
- There are no makeup options for absences for which you have not communicated with the professor.
- Absences from Written Exams, Quizzes, Mid-Terms, and/or Finals may only be made up with approved documentation
- To earn credit (amount of credit determined by the instructor) for an excused absence you must do two things:
- ❖ Immediately after your return to class, turn in approved/legal documentation to instructor. If you need the original documentation, the instructor will accept copies.

- ❖ Make-up the class with an approved assignment submitted on the required date. If the assignment is to attend another class as a make-up, it must be the same technical level, or lower; student must request permission of that instructor.

In the UF Dance Program, three unexcused absences will reduce your grade one-letter grade (i.e., from B to C). Each subsequent unexcused absence lowers your grade by half letter grade (i.e., from C to C-). Five unexcused absences may result in automatic failure of the course. A student with medical documentation may apply to UF for Medical Withdrawal.

Please consult the following sites for UF's physical and mental health resources:

<http://shcc.ufl.edu/> (Student Health Care Center)

<http://shcc.ufl.edu/forms-records/excuse-notes/> (excuse note policy)

<http://dso.ufl.edu/> (Dean of Students)

### **STUDENT ON-LINE EVALUATION PROCESS**

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at [gatorevals.aa.ufl.edu/students/](http://gatorevals.aa.ufl.edu/students/). Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via [ufl.bluera.com/ufl/](http://ufl.bluera.com/ufl/). Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

### **UF POLICIES:**

#### **UNIVERSITY POLICY ON ACCOMMODATING STUDENTS WITH DISABILITIES:**

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, <https://disability.ufl.edu/>) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

#### **UNIVERSITY POLICY ON ACADEMIC MISCONDUCT:**

UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (<https://sccr.dso.ufl.edu/process/student-conduct-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor.

#### **COUNSELING AND WELLNESS CENTER CONTACT INFORMATION:**

<http://www.counseling.ufl.edu/cwc/Default.aspx>, 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

#### **NETIQUETTE: COMMUNICATION COURTESY:**

All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions and chats.

### **GETTING HELP:**

If applicable: For issues with technical difficulties for E-learning in Canvas, please contact the UF Help Desk at:

- (352) 392-HELP (352-392-4357) - select option 2
- <http://helpdesk.ufl.edu/>

#### **Please take advantage of these services:**

##### **Campus Resources:**

- Health and Wellness U Matter, We Care: If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit <https://umatter.ufl.edu/> to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: Visit [counseling.ufl.edu/](http://counseling.ufl.edu/) or call 352-392-1575 for information on crisis services as well as non-crisis services.

- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit <https://shcc.ufl.edu/>
- University Police Department: Visit <https://police.ufl.edu/> or call 352-392-1111 (or 9-1-1 for emergencies).
- UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; <http://ufhealth.org/emergency-room-trauma-center>

### **Academic Resources**

- E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).
- Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services <https://career.ufl.edu/>
- Library Support: <https://cms.uflib.ufl.edu/> ask various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring. <https://teachingcenter.ufl.edu/>
- Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. <https://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/>
- On-Line Students Complaints: <https://distance.ufl.edu/student-complaint-process/>

### **General Information**

#### **Student Injury and Illness Policy:**

The Dance Area of SoTD believes that dance student's physical and mental well-being is paramount to success in all arenas of their dance training, from class to the stage. In the case of injury, fostering a productive and holistic response insures a speedy and effective recovery.

If the dance student becomes ill or injured to the degree that they cannot attend and participate in dance classes, SoTD sponsored rehearsals, or performances, the 5 steps of the dance student injury and illness policy are to be followed:

1. The student is required to see a health care professional immediately.
2. If the illness or injury prevents the student from participation in dance class, rehearsal, or performance, the student is to request documentation from the health care professional that explicitly projects the duration of the injury, and/or the amount and type of activity recommended for the welfare of the student.
3. Following the appointment with the health care professional, the student is required to bring medical recommendations and related documentation to the attention of his or her instructor(s), choreographer(s), or director(s) as the basis for discussion.
4. Unless otherwise medically advised, the student is prohibited from active participation in all related UF dance activities, classes, events, performances, etc. The student may not personally select one activity as having a higher priority over another. The student is not to dance in any events, activities, performances or rehearsals if the student is not in dance class. If the infirmity culminates in a medical withdrawal, this is also a withdrawal from all performance related activities.
5. The student is never allowed to sacrifice classroom participation for the demands of a performance. The student will not be allowed to participate in a performance if they miss dance class due to an injury. The student is expected to follow the student injury and illness policy even if performances take place beyond the scope of SoTD, as with another UF, professional, or community performing group, etc.

**Please Note:** Our work in the studios is designed to be challenging; physically, intellectually, and emotionally. Dance classes often involve touching. Physical contact may range from simple, directed touch to correcting alignment. Students may also be asked to experiment with exercises that involve weight exchange, and in the case of a ballet class, partnering exercises. If you have a related medical consideration or touch makes you uncomfortable, it is your responsibility to notify the instructor at the start of the semester.