



Community Education Winter 2025

Ballet for Beginners

Instructor: Patty Miletich

Course Description:

This course is on classical Russian ballet technique including Barre and Centre work. Emphasis will be on the fundamental positions and movements which constitute the art form. French derived ballet terms that are used in class will be discussed so that you will be able to associate the word with the step.

Learning Outcomes:

Outcome:

All throughout we will be learning and putting to use

- Stretches
- Barre/Centre exercises
- Waltz combinations
- Petite Allegro
- Turning techniques
- Diagonal traveling steps
- Jumps
- Adagio

An understanding of basic ballet techniques and terminology. To increase energy levels, strength, balance and flexibility. All while experiencing the calming meditative effects of dance

Course Schedule

Weeks 1-3:

Warm-ups and stretching will be done at each class, utilizing classical ballet placement and positioning. Students will work on barre and Centre exercises.

Weeks 4 – 6:

Students will build upon previously learned techniques by putting Barre, Centre and Diagonal traveling steps into combinations.

Weekly:

All learned material will be reviewed and added upon.

Selected Bibliography/Resources:

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your “junk mail,” but we can assure you it’s from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation, please email Continuingeducation@clark.edu or call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions, you can find this on the college website www.clark.edu. If Community Education concludes that the weather is too hazardous, we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

Looking for classes? Visit our Community Education webpage: www.clark.edu/cce/