

**CourseTitle: Ballet**  
**Course Number: DA 206**  
**Schedule: TTh 12:30-1:50pm**  
**Instructor: Heidi Nicole Stoeckley, Adjunct Professor of Dance**

## **WHAT YOU NEED FOR EACH CLASS**

### **REQUIRED TEXTBOOK**

*Ballet Basics* by Sandra Noll Hammond

### **Suggested Textbooks:**

*Technical Manual and Dictionary of Classical Ballet* by Gail Grant

*Ballet: Beyond the Basics* by Sandra Noll Hammond

**REQUIRED JOURNAL:** *Please note links in the email for specifics on what to buy.*

### **DANCE ATTIRE**

#### **Traditional Male**

White, Black, or Grey T-Shirt **Solid color, without lettering/words or pockets.**

Black Cotton Shorts or Pants that you can easily move in. **No pockets. 6-inch+ inseam is required.**

Black or White Socks

Black or White Ballet Slippers

Warm Sweaters and Leg Warmers are optional but must be solid muted color and fitting to the body.

#### **Traditional Female**

Any solid color leotard with full upper body coverage. **No prints. No neon/bright colors.**

Skin Tone, Pink or Black Opaque Tights **No tan, fishnet, or hose.**

Skin Tone or Pink Ballet Slippers

Skirts are optional, but must be solid color

Warm Sweaters and Leg Warmers are optional but must be solid muted color and fitting to the body.

#### **Optional for All**

Students who prefer a mix of traditional attires may choose any combination of the above. Choices may change from class to class. All attire must fully cover the body respectfully at all times, while also allowing for ease of movement. **Shorts must have a six inch or longer inseam.** A clean appearance is required.

#### **Stores to Purchase Attire**

Target

Walmart

Dance 'N Things

Amazon.com

Applause DanceWear

**Hair MUST be tied back away from the face and secured in place for turns. Buns REQUIRED for long hair. Bracelets, rings, watches, ankle jewelry, nose rings and long earrings must be removed for class. Stud earrings are acceptable. Jewelry worn for religious or cultural purposes is acceptable, but must be discussed with Professor Heidi for final approval. ALL WATCHES MUST BE REMOVED!!**