



the pace of the class or leaving class without permission) will not be permitted. Students must take classes in their entirety or ask for permission to be excused from the Dance studio. All cell phones and pagers must be silenced during class. No perfumes, lotions or body oils are allowed. No food or chewing gum is allowed in the Dance studio and capped bottled water is the only beverage allowed in the studio. Proper hygiene is highly recommended during the class and appropriate clothing is suggested when traveling to and from the studio.

NO CLASSES ARE IN SESSION AT LBCC:

February 16, 2018 Holiday

February 19, 2018 Holiday

March 15, 2018 Flex Day

April 2-7, 2018 Spring Break

May 28, 2018 Holiday

### **DRESS CODE**

Male and female hair should be neatly secured away from the face and neck (high or low) in a way that is comfortable on the mat. Fitted tank tops or t-shirts, footless fitted tights, sweatpants or leggings are required. Crop tops, hats and shorts cut above the mid-thigh are inappropriate for class. Socks are to be worn on all LBCC equipment, and warm up clothing must be fitted to examine musculature and skeletal alignment. Please bring a towel to class and remove all jewelry before the start of each class.

### **ELECTRONIC DEVICE POLICY**

Students are expected to silence and/or power down all electronic devices (cell phones, watches, beepers, iPods, iPhones, palm pilots, PDA's) and similar devices that disrupt the class or Professor Powell. (10) ten push up's per ring are required by the entire class if a device goes off. No texting is allowed in class. Students may be dismissed from class if repeated disruptions occur.

## **ATTENDANCE**

**Students who miss any classes in the first three (3) weeks of classes will be dropped from the course. Assessment for level and placement will take place in the first 2 weeks of class and is at the discretion of Professor Powell. Students who miss any four (4) consecutive classes at any time in the semester will be dropped from the course.**

(3) Three points are given per class for attendance and participation in the entire class session. Latecomers are distracting, risk injury and will result in (1) one point being deducted for being tardy, (2) two points will be deducted for non-participation. Participation will not be allowed if a student is more than (10) ten minutes late and written notes must be submitted at the end of the class session. Do not schedule appointments during class or ask to leave early. If you become ill, injured or unable to participate in class for an extended period of time you must provide a doctor's note to verify the problem within (48) forty-eight hours of the missed class. Failure to do so will result in no credit for the missed class(es). No children, non-enrolled guests or animals are allowed in the studio during the class sessions.

***PLEASE NOTE: It is often necessary for the instructor to place his/her hands on a student in order to better facilitate the learning process and to illustrate proper alignment. If a student should have an aversion to this practice, please notify Professor Powell prior to the start of classes.***

## **INCLEMENT WEATHER OR NATURAL DISASTERS**

In case of inclement weather (rain, heat, fires, floods, earthquakes, poor air quality) be sure that your LBCC Peoplesoft email address is accurate and working properly and check for email instructions from Professor Powell and/or the college.

## **MIDTERM EXAM: Due March 29, 2018**

This exam will be given in (2) two parts.

1) A written exam on human anatomy and Pilates terminology as it relates to the Pilates technique.

**LBCC DANCE CONCERT: Due April 24, 2018**

The (3) three performances for the LBCC Spring 2018 Dance Ensemble in Concert are April 20th at 7pm, April 21st at 1pm and April 21st at 7pm at Downey Theater - 8435 Firestone Blvd.

The Long Beach City College Spring Dance Ensemble in Concert is highly recommended but if students are unable to fulfill the above options, arrangements

**GRADING:** (No make-ups classes, quizzes or exams are permitted)

33 classes -



