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Mini-grant outcome report

## **Company Class with the Charlottesville Ballet**

### **Outcome Report**

#### **Experience:**

I had not been to ballet class in two years when I emailed the company manager of the Charlottesville Ballet Theater (CBT), Caitlin Lennon, to ask if I could come to their open classes. She was quick to respond and encouraged me to come in, giving me the details of the 10am class. The only day of the week I could come to company class given my academic schedule last semester was on Fridays. Because the CBT has to prepare for their shows or travel out of town to tour productions quite often, there weren't many Fridays when both I and the company were available for class at the same time. That being said, I have enjoyed every class that I've had the opportunity to go to so far. I have yet to take class with the same instructor while there. They are constantly bringing in impressive guest artists to teach ballet, which is perfect for me since the goal of my project was to get exposure to a wider variety of instruction. Although it is challenging to keep up with the professional company members and trainees, who all dance at least five days a week, I have found the classes to be appropriately difficult in that they push me to improve without pressuring me too hard. Everyone has been very friendly, and I've even gotten helpful corrections from teachers despite being a guest in the space.

**Results:**

In order to track my progress and discoveries made during these classes, I have started a dance journal. I plan on continually updating it as I take class. I find it to be effective in providing perspective and reminding me of things that I learn week-to-week. The link is below: [https://docs.google.com/document/d/1L\\_aOzD90OdgIjCi1KT19M9Kyo6XpWUuNb87czE5S8Q4/edit?usp=sharing](https://docs.google.com/document/d/1L_aOzD90OdgIjCi1KT19M9Kyo6XpWUuNb87czE5S8Q4/edit?usp=sharing)

Without mirrors in the classroom, it can be hard to see what is improving and what isn't, but I have already noticed that I am quicker at picking up combinations and surprised by the skills that have reemerged in just the short time that I have been taking class.

**Expenditures:**

At 20 dollars a class, I can still go to quite a few more before I run out of funding. Between the classes and the gas money, I've only spent about \$120 dollars so far. I plan on going a lot more frequently during my spring semester because I can go on Mondays, Wednesdays, and Fridays given my class schedule. At 3 classes per week, I can continue to attend company class for 6 more weeks. Since both my schedule and the company schedule are so inconstant, I will likely be going to class two-three times a week for the rest of the semester. Combined with my Laban Movement Analysis class, choreographing for the Spring 2019 Dance Concert, and dropping into Modern/Contemporary II, I should be dancing nearly every day. This grant has helped me get in touch with a dance form that I had neglected for many years, and I'm excited to continue to explore it during the coming weeks.