



**Artistic Directors: Andrea LaMaina, BFA and Michele Walsh, M.ed**  
6169 Jog Road A-15, Lake Worth, FL 33467  
[www.ThatsDancing.com](http://www.ThatsDancing.com)  
561-642-9677

### **Technique Classes - Artistic Directors: Andrea LaMaina, BFA & Michele Walsh, M.ed**

**Ballet / Pointe technique** focuses on placement ease of movement and musicality. Careful explanations of exercises and theory help students to use the ballet vocabulary in a simple, practical way. Exercises at the barre prepare for more complicated rhythms and combinations in the center.

**Tap dance** explores rhythm, syncopation, and musicality. These classes will consist of warm-ups followed by stylized movements across the floor and aggressive, funky, rhythm oriented combinations.

**Jazz dance** will focus on elements of weight, rhythm, and sharp movement qualities. These classes begin with a center floor warm-up, continue with isolations, and end with across the floor exercises and contemporary combinations. These classes will combine hip-hop, fast paced funk, classical jazz and lyrical movements for a well-rounded jazz dancer.

**Modern dance** is the study of various practices that work with balance, direction and momentum, release of the joints, and individual expression. These classes are designed to prepare the dancer to move fully through space, to use personal expression, and to develop an awareness of self.

**Lyrical dance** strengthens the body and focuses on interpretation and musicality. Exercises include ballet and jazz positions, stretching, coordination movements, turns, jumps, and floor work. Freeing and joyful, the dance style takes its inspiration and moods directly from the music, bringing its roots and emotions into the choreographed movements. Students enrolled in this class must be enrolled in both ballet and jazz classes.

**Hip-Hop** class focuses on a combination of three main elements in hip hop dancing, popping, locking, and break dancing. Class begins with a warm-up in the center, progresses through isolations and end with a combination. Teachers focus on incorporating rhythmic qualities of music into the dancers' body as well as learning to "follow the leader." As there is a myriad of techniques involved in learning all the different styles of Hip Hop dancing, the emphasis is on finding a comfort zone for the dancer while learning each individual style. Teachers encourage individuality and confidence in movement. Dancers enrolled in hip-hop classes are encouraged to train in jazz and/or Ballet in order to better master a complete control of their body and to become a well rounded dancer.

**Pilates Mat Class** is an exercise system focusing on core strength, (i.e., low back and abdominals) by incorporating pelvic stability and abdominal control. It increases overall strength, flexibility, stamina, and concentration. Professional dancers have relied on Pilates for years to enhance performances, improve fitness levels, and prevent injuries.

### **Young Dancer's Program**

**BTC** (Ballet, Tap and Creative Movement) is a class designed specifically for 3 and 4 year olds. Students will learn basic ballet technique and vocabulary; basic tumbling and basic tap terminology and technique in a nurturing environment. Creative movement games and activities will be used as tools for creativity and learning in a fun way.

**BT** (Ballet & Tap) is a class designed specifically for 5 year olds. Students will learn ballet technique and vocabulary and tap fundamentals in a class setting that teaches self-confidence and interpersonal skills.

**BTJ** (Ballet, Tap & Jazz) is a class designed specifically for 6 year olds. Students will learn ballet technique, tap fundamentals and jazz dance basics. This class is structured to give students a well-rounded dance education and will prepare them for all of our level 1 technique classes.

*\*Students interested in becoming student assistants must complete an application. Student helpers are assigned according to qualifications and need.*