



NEWS RELEASE

THE HOCHSTEIN SCHOOL | 50 N. PLYMOUTH AVE., ROCHESTER, NY 14614
(585) 454-4596 | WWW.HOCHSTEIN.ORG

FOR IMMEDIATE RELEASE
THURSDAY, NOVEMBER 14, 2024

Media Contacts:

Janice Hanson, Marketing and Communications Associate, janice.hanson@hochstein.org
Jay Stracke, Director of Marketing & Communications, jay.stracke@hochstein.org

Hochstein Welcomes Cecilia Mitchell for Weekend Dance Residency

New programming offers creative movement opportunities for all levels

ROCHESTER, N.Y. — The Hochstein School is excited to announce a special dance residency on December 13 and 14, 2024, featuring acclaimed dancer, choreographer, and educator **Cecilia Mitchell**, following the successful launch of its weekly free community dance class series, ROC Dances!

Launched in October 2024, ROC Dances! has drawn strong interest from the community and provides an enriching opportunity for dance enthusiasts of all ages. Classes run through June 2025 and feature a diverse array of dance styles, including Soca, Jamaican Social, Krump, Salsa Rueda, Flow Arts, Capoeira, Contemporary Hip-Hop, and Samba.

This program is supported in part by ArtsBloom funding from the City of Rochester, allowing Hochstein to not only offer ROC Dances! but also establish **Dance Connections** – a comprehensive initiative that includes free weekly dance classes, professional masterclasses, and scholarships for students to attend dance camps.

Cecilia Mitchell – a dynamic performer and educator who trained at Sharron Miller’s Academy for the Performing Arts in New Jersey – will provide three free dance classes as part of Dance Connections during her residency with Hochstein. Holding a BA in Dance Performance from Stockton University, Mitchell has extensive training that includes modern techniques (Horton, Graham, and Limón), ballet, jazz, contemporary, and various world dance styles. Her passion for performance and education continues to flourish, with professional engagements at the Koresh Artist Showcase, Putty Dance Project, and Alma Dance Company.

Hochstein Associate Dean Joanna Bassett says, “The Dance Connections program, led by Dance Department Chair Wynton Rice, has brought energy to our Hochstein dance studios that is truly exciting! Offering free Friday evening dance classes with outstanding Rochester-based dancers and instructors, Wynton’s vision of an open and inviting dance community is heartwarming to see. The addition of workshops to train teachers is building strength for the future of arts education in Rochester.” **See below for details on the classes to be taught by Cecilia Mitchell.**

About Hochstein: The Hochstein School is a vibrant organization in Rochester, NY, offering high-quality instruction in music, dance, and Expressive Arts (music, art, and dance therapy). Established in 1920 to commemorate the artistry, life, and service of David Hochstein – a prodigious violinist who died serving in World War I – the School welcomes students of all ages, abilities, proficiency levels, ethnicities, and socio-economic backgrounds in an inclusive and accessible environment that provides artistic opportunities for all. More than 100 years after its founding, Hochstein annually serves more than 3,500 students from a 12-county region surrounding Rochester. The School is active throughout the community and provides tuition assistance to more than 50% of its students. The acclaimed Hochstein Performance Hall, located within the school’s historic downtown building, hosts concerts and events throughout the year. For more information, visit www.hochstein.org.

DANCE RESIDENCY WITH CECILIA MITCHELL

Please visit <https://hochstein.org/Dance/Dance-Connections/Dance-Residency-with-Cecilia-Mitchell> for more information.

Beginning Contemporary Improvisation

Friday, December 13, 2024; 5:30-6:30 pm; Level: Beginning (Ages 7+); Free

Join us for an open-level beginner Contemporary Improvisation class designed to foster movement, creativity, and self-expression. This session welcomes dancers from all backgrounds, encouraging them to connect with their bodies through guided exercises and playful improvisational exploration. No prior experience is needed – just bring your curiosity and willingness to move!

Note: All children ages 10 and under must have a parent or caregiver present in the building during the class.

Intermediate-Advanced Contemporary Modern Technique

Saturday, December 14, 2024; 1:30-3:00 pm; Level: Intermediate-Advanced; Free

This immersive class is tailored for dancers with at least two years of serious training. Participants will delve into principles of embodiment, centering, body conditioning, and dynamic alignment to enhance stability and freedom in their movement. Through a blend of structured exercises and improvisational prompts, dancers will expand their creative expression and refine their technical skills in an engaging and supportive environment.

Choreography Workshop

Saturday, December 14, 2024; 3:15-4:45 pm; Level: Intermediate-Advanced; Free

The Choreography Workshop offers a unique opportunity for dancers to create and develop original works under guided instruction. Participants will engage in a series of prompts and exercises designed to explore the fundamentals of choreography, empowering them to express their artistic voices and bring new movement ideas to life. Ideal for dancers looking to enhance their choreographic skills and artistic expression!

#