



## **NEWS RELEASE**

HOCHSTEIN SCHOOL OF MUSIC & DANCE | 50 N. PLYMOUTH AVE., ROCHESTER, NY 14614  
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### **FOR IMMEDIATE RELEASE**

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## **New Hochstein School Year Begins September 12**

*Offering a full range of music and dance classes for learners of all ages and abilities*

ROCHESTER, N.Y.— Studies show that music and dance training can have a positive effect on your body and your mind. The Hochstein School of Music & Dance believes in the transformational effect of the arts and offers a full range of music and dance classes for learners of all ages and abilities. **Classes begin on Monday, September 12.** The full listing of classes is posted on the recently updated Hochstein website at [www.hochstein.org](http://www.hochstein.org), now conveniently organized by genre and program type. Click here for an “at a glance” PDF of the full course offerings: <http://bit.ly/2cal8Pz>.

This year, Hochstein recognizes the impact printed materials can have on the environment and “goes green” by printing fewer paper copies of the catalog and making it available online in an eco-friendly, easy-to-use e-reader format. Paper copies are still available for pick-up in person at the School.

New this year are:

- Special four-week “Parents, Take While You Wait” classes on topics such as GarageBand 101, Help Your Kids Practice, The Basics of Recording Music, and Music Theory;
- Short-term lessons for adults who just want to test out learning a new instrument;
- A Dixieland jazz ensemble for teens and adults;
- Making Music for the Movies 101 class for teens to learn about creating film scores.

These join Hochstein’s ongoing offerings, which include:

- Suzuki Strings and Music FUNdamentals classes for young children;
- Orchestral ensemble performance opportunities for students in grades 1–12;

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- Choral, wind instrument, and percussion ensembles;
- Individual instrument and voice lessons as well as music theory classes;
- Jazz combos, rock bands, and short-term classes on piano, guitar, and ukulele;
- Sequential dance instruction in ballet, tap, African, and modern dance;
- Music, art, and dance therapy through the Expressive Arts program.

There is an added focus this year on the unique nature of Hochstein's dance programs—which cover a wide range of dance styles—and the Intensive Training Program, which features advanced ballet training in the Russian Vaganova technique for the serious ballet student. Dance students can also audition to join the Junior or Senior Scholarship Dance Ensemble.

Adult learners can choose from a variety of classes designed just for them, including:

- Short courses on Guitar 101 and How to Sing a Standard Tune;
- Ensemble performance opportunities with HochStrings Adult Chamber Orchestra, Finger Lakes Concert Band, and Adult Advanced Guitar Ensemble;
- Bend at the Barre dance class to strengthen the core and increase flexibility.

**Interview opportunities are available with Margaret Quackenbush**, Hochstein's President & Executive Director. Contact the Hochstein Marketing Department to schedule.

**About Hochstein:** The Hochstein School of Music & Dance celebrates 96 years of nurturing the creative spirit by providing excellent music and dance instruction to anyone who is interested—regardless of age, level of skill, background, or ability to pay. Established in 1920 as The David Hochstein Memorial Music School, today Hochstein serves approximately 4,000 students annually from a 12-county region surrounding Rochester, N.Y., with offerings in music, dance, and Expressive Arts (music, art, and dance therapy). In addition, the Hochstein School continues its commitment to the Rochester community by offering a variety of free and low cost concerts and performances in the Hochstein Performance Hall throughout the year. For more information, visit [www.hochstein.org](http://www.hochstein.org).