



NEWS RELEASE

HOCHSTEIN SCHOOL OF MUSIC & DANCE | 50 N. PLYMOUTH AVE., ROCHESTER, NY 14614
(585) 454-4596 | [WWW.HOCHSTEIN.ORG](http://www.hochstein.org)

FOR IMMEDIATE RELEASE

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Media Contacts:

Janice Hanson, Marketing and Communications Associate, janice.hanson@hochstein.org

Debbie Tretter, Marketing and Communications Manager, debbie.tretter@hochstein.org

New Hochstein School Year Begins September 11

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 physical, mental, and emotional health. 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. Fall classes begin on **Monday, September 11**. The new Hochstein website (www.hochstein.org) has a list of all the classes, conveniently organized by category. Click here for an “at a glance” PDF of the full course offerings: <http://bit.ly/2wMSYo6>.

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 at <http://hochstein.org/Registration/View-Our-Catalog>. Paper copies are still available for pick-up in person at the School.

New for the fall are:

- A Hip Hop dance class for ages 7-12, continuing from the summer;
- Composer’s Club for students grade 4 through adult who want to create their own music;
- An Adult Cello Ensemble for cellists to share their love of music through collaborative ensemble playing;
- Three new Adult Wellness classes: Beginner Ballroom, Gentle Yoga, and Barre-Fit.

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;
- 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, flamenco, and modern dance;

- Music, art, and dance therapy through the Expressive Arts program.

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

- Short courses on Guitar 101 and Piano 101, as well as short-term individual lessons;
- Ensemble performance opportunities with HochStrings Adult Chamber Orchestra, Finger Lakes Concert Band, and Beginning or Advanced Guitar Ensemble;
- Special four-week “Take While You Wait” classes offered on Saturday mornings with Hochstein parents and caregivers receiving a discounted price.

Interested students can register through the Hochstein website, by mailing in a registration form, by appointment (call 585-454-4596), or by attending one of the **Walk-in Registration days from 3:00 pm to 8:00 pm on the following dates: August 29 and 31; September 5, 6, and 7.** Limited tuition assistance is available for all programs of study to those who qualify, based on household income. For more information, call 585-454-4596.

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 97 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.

CALENDAR LISTING

Hochstein Walk-in Registration Days

Tuesday, August 29; Thursday, August 31; Tuesday, September 5; Wednesday, September 6; and Thursday, September 7; 3:00 pm to 8:00 pm; Hochstein School of Music & Dance, 50 North Plymouth Avenue, Rochester NY 14614.

Students interested in taking a music or dance class at Hochstein this fall can register at one of the Walk-in Registration days. The fall semester begins on Monday, September 11. Limited tuition assistance is available for all programs of study to those who qualify, based on household income. For more information, call 585-454-4596 or visit www.hochstein.org.

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