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FOR RELEASE: January 14, 2009
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Sangre de Cristo Arts Center School of Dance offers three dance classes at the YMCA

(PUEBLO) The Sangre de Cristo Arts Center is proud to announce the expansion of the Sangre de Cristo School of Dance with three dance classes now available at the YMCA in Pueblo, CO.

Pueblo City Ballet Workout (ages 15 and up) introduces a full body workout that utilizes ballet techniques and steps. It is intended to strengthen and stretch all parts of the body. This class meets Monday and Wednesday from 7:30-8:30p.m. with Megan Duling and Megan Miller as dance instructors.

Jazz I (ages 8-13) gives young dancers an exciting jazz program experience taught using the Chicago based technique. The class meets on Saturdays from 4-5p.m. with dance instructor Jamie Smith.

Dance Exploration and Ballet (ages 5-8) uses creative movement and basic ballet technique as dancers explore the world of dance. This class meets from 2-3p.m. on Saturdays with dance instructor Bethany Nafziger.

“On behalf of the Board of Trustees, we are please to be involved in programming at the new YMCA,” said Executive Director Maggie Divelbiss.

To register for any of these classes or for more information, please contact the School of Dance office at 719-295-7220. Students may also register with their dance instructor the first day of class. Arts Center and YMCA members receive a 10% discount on any of the three dance classes.

The Sangre de Cristo School of Dance offers instruction in 36 different levels and styles of dance, and boasts two resident dance companies—the Sangre de Cristo Ballet Theatre and the Sangre de Cristo Dancerz. Learn ballet, tap, jazz and/or hip-hop with professional classes taught in a professional environment appropriate to the age and development of the student.

The YMCA is a membership organization that seeks to ensure that everyone has the opportunity to participate in programs and services that assist them in living fuller, healthier lives.

The Sangre de Cristo Arts Center is located at 210 N Santa Fe Avenue, just off of I-25, exit 98b. Galleries and Buell Children’s Museum is open Tuesday-Saturday 11a.m.-4p.m.; closed Mondays. For more information call 719-295-7200 or visit us online at www.sdc-arts.org. The Pueblo YMCA is located at 3200 Spaulding Avenue and is open Monday-Friday, 5a.m.-9p.m., Saturday, 7a.m.-6p.m. and Sunday, 1p.m.-5p.m.

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