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School of Dance Fall Sessions Starting August 19 College Credit Available through Colorado State University-Pueblo

(Pueblo, Colo.-August 8, 2019) The Sangre de Cristo Arts Center's School of Dance Fall session begins Monday, August 19. The full list of classes and registration information is available at www.sdc-arts.org/dance/about.

Beginning this year, the School of Dance is partnering with the Department of Exercise Science, Physical Education and Recreation at Colorado State University-Pueblo. Students may earn one credit hour for each 30 clock hours by attending one or more classes a week of dance at the Arts Center. Those interested in receiving college credits should contact Dr. Carol Foust, Department Chair, at carol.foust@csupueblo.edu. Dr. Foust is able to answer questions as well as offer a schedule of class times. Class registration goes through the University.

If you are new to the Sangre de Cristo School of Dance, consider the following classes:

Men's Technique: Thursdays, 7-8 PM

Ballet Partnering (men are encouraged to enroll): Thursdays, 4:30-6PM

Adult Ballet: Wednesdays, 9-10:30AM or 6:30-8PM

Modern 1: Mondays, 4:30-5:30PM

Modern 2: Fridays, 2:30-3:30PM

Jazz 1: Mondays, 5:30-6:30PM

Experienced ballet dancers interested in taking classes in the leveled ballet program, should contact Nan Wainwright, Artistic Director of Dance, at nan@sd-arts.org. The program is open to students in high school (through concurrent enrollment) or college students of all levels of dance background. This is a good way to get started in dance, continue in dance, meet new people and have fun! All classes are held in the dance studios at the Sangre de Cristo Arts Center.

About the Sangre de Cristo School of Dance:

The Sangre de Cristo School of Dance maintains a commitment to students and their families to provide class curriculum that is developmentally appropriate, progressive, and sequential in each genre taught; attention to the total development of each student regardless of their future aspirations as a dancer or latent abilities; professional training to students with the desire to pursue a performing career; respect for the uniqueness of the individual student so that the dance program is directed toward being a positive experience for age appropriate learning pursued in a safe environment free from embarrassment or disparagement, abusive language, intimidation, unhealthy competition, or other negative stressors; and use of current pedagogical knowledge, methods, and techniques known through dance medicine, scientific research, and literature to ensure safe practices.

About the Sangre de Cristo Arts Center:

The cultural hub of Southern Colorado, the Sangre de Cristo Arts Center gives visitors the tools to think and act creatively through a three building complex including seven galleries offering the best in historic and contemporary art by artists of local, regional and national renown. The Arts Center offers the Buell Children's Museum, recognized as the second-best for art by Child magazine, a 500-seat theater featuring a variety of performing arts programs, both local and national, and two gift shops. Over 100 fine arts, dance, and leisure classes are available quarterly providing unique offerings to everyone from children to adults of all skill levels. Admission to the Arts Center is \$10 for adults, \$8 for children, seniors 65+, and military. For more information, please call 719-295-7200; stop by the Arts Center located at 210 N. Santa Fe Ave., just off of I-25, exit 98B, or visit online at www.sdc-arts.org.

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