

Press Release:

May 11, 2010: Thirtysomething Dance Co-operative presents “The Uncontainables: Grab Your Tights and Cape”

(Halifax, N.S.) Once again, TsDC is about to please audiences with their new show, The Uncontainables at Neptune Studio Theatre on June 4th and 5th 2010.

NO, these ladies cannot be contained, especially when their alter ego superheroes emerge.

You will be amazed at what lurks within these dancers; extraordinary powers, little-known talents, unparalleled creativity (their superhero costumes alone are worth the price of admission) and oh ya, that ever-captivating enthusiasm for dance.

The women of TsDC are fierce in many ways and this is portrayed in the dances they perform; from dramatic to funny, from contemporary to tap, the different dance styles showcase their talents. The guest choreographer this year, Rhonda Baker, has created a forceful modern piece. A few choice dances from previous shows are making a comeback. Kathleen Vesssey's “Catch Your Breath” will be even more dramatic on the smaller stage and Jennie Gowing's rollicking romp “Breakin' Up The House” is a real crowd pleaser. Of course TsDC's members continue to choreograph and all have new pieces in this show. Sarah Douglas, new to Thirtysomething DanceCo-op this year brings her talent to the stage and teams up with Cleo Burke and Kate Greene producing and dancing as a trio in a beautiful yet strong contemporary piece.

So, grab your tights and cape and get down to the Neptune Studio Theatre, 1593 Argyle Street, Halifax. The show opens on Friday June 4th @ 8pm and will be performed on Saturday June 5th @ 3pm and 8pm. Tickets for the evening shows are \$17 adults, \$14 students/seniors. The Matinee performance is \$15 adults, \$12 students/seniors available at the door (CASH ONLY) or in advance through the website @ www.tsdance.com

Thirtysomething Dance Co-operative was founded by adults who have a passion for dance and a desire to perform. Their energy and enthusiasm are contagious and every performance is pure entertainment and enjoyment. After seeing “The Uncontainables: Grab Your Tights and Cape” you too will have found your inner superhero!!

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