

# AILEY EXTENSION

## AILEY INSPIRES HEALTHY HABITS FOR YOUNG PEOPLE AT WINTER 2020 KIDS AND TEENS SUNDAY DANCE SERIES

**Parents and Toddlers Explore Body Awareness Through Dance, Music, and Movement**

**Develop Coordination and Promote Confidence in Hip Hop Class for Children Ages 5-11**

**Teens Discover Self-Expression While Learning Ballet, Broadway Jazz and Hip Hop Techniques**



*Teen Broadway Jazz at Ailey Extension; Tiny Steps at Ailey Extension; Hip Hop 4 Kids at Ailey Extension. All Photos by Kyle Froman.*

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**(New York) December 12, 2019** – This January, Ailey Extension welcomes kids and teens alike to get moving during the Winter/Spring Kids & Teens Sunday Dance series. The 16-week session runs Sundays from January 12 – May 10 and offers movement classes for 2-year-old children and their parents; hip hop classes for school-age kids; and ballet, jazz and hip hop courses for teenagers. Kids & Teens Sunday Dance series is designed to help children get moving and learn the healthy habit of exercising at an early age while having fun.

Parents/caregivers can join their 2-year-olds at **Tiny Steps** and encourage toddlers as they develop body awareness and practice creative movement while grade school children who love to move can practice confidence as they learn the fundamentals of hip hop with their age group and meet new friends. Small children ages 5-7 will exercise basic body isolations, vocabulary, performance quality, and choreography in **Hip Hop Moves**; while kids ages 8-11 can focus on the most popular dance moves of the day as they develop coordination and precision while building self-esteem in **Hip Hop 4 Kids**.

Teens can explore different dance techniques and sharpen their skills in a judgment-free zone as they practice hip-hop, ballet, and/or jazz. **Teen Hip Hop** allows teens to learn classic party dance moves and the urban style of dance featured in today's popular music culture. **Teen Ballet** creates an encouraging environment for students to develop technique, flexibility and coordination through combinations. **Teen Broadway Jazz** lets students explore the rich diversity of Broadway and the styles of jazz in a welcoming high energy class.

Kids & Teens Sunday Dance Series is open to children of all genders and experience levels. Each class takes into consideration the abilities of the age group to curate an environment that fosters learning skills, boosting confidence and socializing with peers while being taught by the city's top instructors at **The Joan Weill Center for Dance** – home of the world-renowned Alvin Ailey American Dance Theater, Ailey II, and The Ailey School. For further information about workshops and classes at Ailey Extension, and to register, visit [www.aileyextension.com](http://www.aileyextension.com).

## WORKSHOPS FOR KIDS

### TINY STEPS (Parent and 2-year-old)

Celebrate your child's natural ability to move in an expressive way with a creative movement and music class. This 45-minute class is designed to be a developmental program to engage children, parents, and caregivers through group and individual participation in fun, playful dance exercises. Through the guidance of the instructor, imaginative movement with props and instruments will enhance the connection between dance, rhythm, and music. 2-year-olds will develop body awareness and control while exploring their own creativity which is vital for early childhood development. **Sundays at 10am and 11am.**

### HIP HOP MOVES (ages 5-7)

Encourage young children to develop coordination, musicality, and confidence in this energetic hip hop class. Students will have fun while learning the fundamentals of hip hop including basic body isolations, vocabulary, performance quality and choreography. **Sundays at 10am.**

### HIP HOP 4 KIDS (ages 8-11)

Let kids have fun, learn new moves and meet new friends in this encouraging space. Class will focus on the most popular dance moves seen today as well as develop coordination, build self-esteem and promote confidence. Children will learn the fundamental hip-hop moves including basic body isolations, precision, performance quality, and choreography. **Sundays at 10am (ages 8-9) and 11am (ages 10-11).**

## WORKSHOPS FOR TEENS

### TEEN BALLET (ages 12-17)

Encourage your teen to gain confidence and build self-esteem through ballet in an inviting environment. Beginner classes will help teens develop the dancer's technique with an emphasis on correct posture and proper alignment. Students will progress at the barre, develop coordination through combinations, develop flexibility, and learn the vocabulary of ballet. Advanced beginner classes allow students to build upon the fundamentals of ballet with a focus on improving technique, increasing strength and flexibility, developing coordination through center and across the floor combinations while becoming more familiar with ballet vocabulary. **Sundays at 10am (Beginner) and 11am (Advanced Beginner).**

### TEEN BROADWAY JAZZ (ages 12-17)

Allow teens the opportunity to explore the rich diversity of Broadway and the styles of jazz in a judgment-free setting. Beginner classes will focus on the fundamentals of jazz movements while adding the classic style of Broadway including jumps, turns, across the floor progression, and stylized movement. Advanced Beginner classes will help teens develop a deeper understanding of jazz vocabulary and technique. Each class encourages students to have fun as they explore their individuality and unique personality in order to build on their dance ability. **Sundays at 11am (Beginner) and 12pm (Advanced Beginner).**

### TEEN HIP HOP (ages 12-17)

Let your teens explore energetic hip hop routines in a lively and welcoming environment with their peers. Each beginner class will focus on classic party dance moves, popping and locking drills and basic breaking combos with a touch of new school hip-hop energy. Teens will learn about the culture of hip-hop and its elements including basic footwork, freezes and more. Advanced classes will help teens build upon technique and learn more intricate choreography to help refine performance skills and musicality. With an emphasis on technique, students will gain a better understanding of the evolution of hip-hop. Each class begins with a basic warm-up to stretch and tone the body, followed by a fun, energetic routine. **Sundays at 1pm (Beginner) and 2pm (Advanced Beginner).**

In addition to the Kids Sunday Dance Series, Ailey Extension offers more than 90 weekly classes for adults in over 25 different dance and fitness techniques, including ballet, jazz, Dunham, Zumba, West African, Salsa, Pilates, Masala Bhangra, and many more. For the complete class schedule or to register, visit [www.aileyextension.com](http://www.aileyextension.com).

**All Ailey Extension classes and workshops take place at The Joan Weill Center for Dance  
(405 West 55<sup>th</sup> Street, New York, NY 10019)**

## ELECTRONIC PRESS KIT

### About Ailey Extension

Since its inception in 2005, Ailey Extension has fulfilled Mr. Ailey's life-long commitment of bringing dance to everyone by offering "real classes for real people." Ailey Extension offers over 25 different dance and fitness techniques such as Horton, Ballet, Masala Bhangra, West African, Samba, Jazz, Zumba, House and Hip-Hop. Over 135,000 people have taken classes at Ailey's home, New York's largest building dedicated to dance, where dancers of all levels and walks of life can learn and be inspired – body, mind, and spirit! For additional press materials, including photos, videos, and class descriptions, visit [pressroom.alvinailey.org](http://pressroom.alvinailey.org).