

# AILEY EXTENSION

**AILEY EXTENSION ONLINE JUMPS INTO THE NEW YEAR  
WITH NEW WAYS TO JOIN IN THE DANCE**

**DANCE LEGEND JUDITH JAMISON LEADS ‘CELEBRATING ALVIN AILEY’ FIRST-EVER  
VIRTUAL WORKSHOP IN CONJUNCTION WITH HIS BIRTH DATE**

**NEW WEEKLY CLASSES FOR ADULTS AND THE RETURN OF KIDS & TEENS SERIES**

**Embrace Dance as Exercise in a Weekly Zumba® Class with Richard Martinez**

**Sarita Allen’s Weekly ‘Restorative Stretches for Adults’ Broadens Wellness Routines**

**Kids & Teens Step Into Ballet, Hip-Hop, and Horton Class Series with Leading Instructors**



*Ailey Extension’s Zumba with Richard Martinez. Photo by Coal Rietenbach; Judith Jamison. Photo by Andrew Eccles; Teen Hip-Hop at Ailey Extension.  
Photo by Kyle Froman.*

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**(New York) January 5, 2021** Ailey Extension is stepping into 2021 with a range of inspiring new ways for students to dive into the world of dance. Throughout January the program’s “real classes for real people” will introduce two new weekly wellness classes; bring back the popular Kids & Teens Online Dance Series; and host a workshop led by Artistic Director Emerita Judith Jamison, in honor of our founder Alvin Ailey just days after what would have been his 90<sup>th</sup> birthday. Each new offering adds to the booming selection of online options available for dancers of all ages and experience levels.

For the first time ever living legend Judith Jamison will host a virtual **Celebrating Alvin Ailey** workshop **on Saturday, January 9 at 2pm** where students from around the world can immerse themselves in Alvin Ailey’s choreographic genius. Ms. Jamison will share the rich history and creative complexities of Mr. Ailey’s stirring choreography and, with assistance from Alvin Ailey American Dance Theater Company member Khalia Campbell, give dancers the opportunity to infuse her unique style and a clear focus on musicality as they explore movement. During the 90-minute workshop participants will uncover new ways to expand their artistic range as they learn “how to give equal value to every step you take”.

Fitness-minded dancers are in for a treat, with two new wellness classes to help students achieve their 2021 wellness goals. This January **Richard Martinez** returns to Ailey Extension, making his well-loved **Zumba®** experience a weekly class. Each **Saturday at 11am ET** his high-energy routines will combine fast and slow rhythms set to Latin and international music for a fun and easy to follow way to tone and sculpt the body. Students will finish each class having burned a ton of calories without even realizing it.

For a fully curated wellness routine, students from all walks of life are encouraged to sign up for **Restorative Stretches for Adults with Sarita Allen**, a new weekly class to help increase flexibility. On **Mondays at 10am ET** world-renowned former Ailey dancer Sarita Allen will guide students through stretches which engage the entire body and help improve range of motion. Designed to equally benefit active adults as well as those with a more static lifestyle, each move can easily be adjusted to suit the individual's ability and space.

Dancers as young as five years old can also join in the dance, exploring ballet, hip-hop, and/or Horton during the **Winter/Spring Kids and Teens Online** series. Throughout the 8-week sessions, which run from **January 9 – February 28** and **March 6 to May 2**, children ages 5-12 and teens ages 13-17 will practice the fundamentals of their chosen technique with leading instructors who are experts in their fields. Each class is open to students of all dance levels and takes into consideration the abilities of each age group as they work on developing coordination and individuality with their movements.

Ailey Extension Online offers more than 30 weekly classes in a variety of styles such as West African, ballet, hip-hop, Horton, Pilates, contemporary, samba, capoeira, yoga and more. For more information on how to keep dancing with Ailey from the comfort of your home, please visit [alvinailey.org/extension](http://alvinailey.org/extension). To enjoy more offerings as part of **Ailey All Access**, including a free on-demand streaming of Alvin Ailey's must-see American masterpiece *Revelations* from a 2015 broadcast of an Ailey at Lincoln Center performance, please visit [alvinailey.org/aileyallaccess](http://alvinailey.org/aileyallaccess).

## **NEW VIRTUAL WORKSHOPS AND CLASSES FOR ADULTS**

### **CELEBRATING ALVIN AILEY WORKSHOP with JUDITH JAMISON**

As one of the most influential dance figures of the late 20th century, Judith Jamison opened doors to many young aspiring dancers from all over the world. Join Artistic Director Emerita Judith Jamison as we celebrate the birthday of our Founder, Mr. Alvin Ailey. This workshop offers dancers an opportunity to infuse her unique style with a clear focus on musicality while exploring Mr. Ailey's genius as a choreographer. Students will discover ways to expand their artistic range and learn "how to give equal value to every step you take." **Saturday, January 9 at 2pmEDT**

### **ZUMBA® with RICHARD MARTINEZ**

High energy and motivating music allow participants to dance away their worries. Zumba® is based on the principle that a workout should be "FUN AND EASY TO DO" allowing participants to achieve long-term health benefits. Zumba® is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **Saturdays at 11:30amEDT**

### **RESTORATIVE STRETCHES FOR ADULTS with SARITA ALLEN**

Join world-renowned dancer Sarita Allen for a new way to stay moving and increase flexibility! Sarita's "moveology" practices are for everyone, from adults working at home looking to stay active to seniors looking to increase mobility through movement. Class will consist of exercises that can easily be adjusted to each individual's ability and space while engaging the entire body and improving range of motion. **Mondays at 10amEDT**

## VIRTUAL WORKSHOPS FOR KIDS & TEENS

### KIDS & TEENS ONLINE

Kids & Teens Online is open to children of all experience levels. Each class takes into consideration the abilities of the age group to create an environment that fosters learning skills and boosts confidence while being taught by top instructors.

**Session I runs from Jan 9 – Feb 28. Session II runs from Mar 6 – May 2 (no class on Apr 4).**

### **INTRO TO BALLET (Ages 5-6)** Sundays, 10:00-10:45amEDT

Therese Wendler will introduce students to the ballet vocabulary while progressing at the barre, developing coordination through combinations.

### **INTRO TO HIP-HOP (Ages 5-7)** Sundays, 9:00-9:45amEDT

Erin Finley will lead kids through the fundamentals of hip-hop, developing coordination and musicality while building on basic body isolations, precision, and performance quality.

### **BALLET FOR KIDS (Ages 7-9)** Sundays, 11:00-11:45amEDT

Therese Wendler will further students' ballet vocabulary while progressing at the barre, developing coordination through combinations.

### **HIP HOP 4 KIDS (Ages 8-9)** Sundays 10:00-10:45amEDT

[Keith Alexander](#) will lead kids through the fundamentals of hip-hop, developing coordination and musicality while building on basic body isolations, precision, and performance quality.

### **JUNIOR BALLET (Ages 10-12)** Saturdays, 12:00-1:00pmEDT

[Linda Celeste Sims](#) will progress students at the barre, develop coordination through combinations, develop flexibility, and grow their ballet vocabulary.

### **EXTENDED JUNIOR BALLET (Ages 10-12)** Tuesdays and Thursdays, 4:30-5:30pmEDT

[Dawn Hillen](#) shares the inspiring beauty and technique of ballet with young people. In every class, the students will experience a series of stretches, ballet positions, and dance movements that will encourage their flexibility, balance, strength, coordination, musicality, and joy of performing to music.

### **JUNIOR HIP-HOP (Ages 10-12)** Sundays, 11:00-11:45amEDT and Tuesdays, 3:30pmEDT

[Keith Alexander](#) will lead your kids through the fundamentals of hip-hop, developing coordination and musicality while building on basic body isolations, precision, and performance quality.

### **JUNIOR HORTON TECHNIQUE (Ages 10-12)** Saturdays, 1:30-2:30pmEDT

[Karen Arceneaux](#) will teach the fundamentals of the Horton technique using dance exercises to expand on flexibility, strength and musicality. Dancers are introduced to a class format that focuses on posture, placement, and coordination.

### **TEEN BALLET (Ages 13-17)** Sundays, 12:00-1:00pmEDT

[Linda Celeste Sims](#) will progress students at the barre, develop coordination through combinations, develop flexibility, and grow their ballet vocabulary with an emphasis on correct posture and proper alignment.

### **TEEN HIP-HOP (Ages 13-17)** Sundays, 1:00-2:00pmEDT

[Keith Alexander](#) will build on your kids' understanding of the fundamentals of hip-hop, coordination, and musicality while moving through basic body isolations, precision, and performance quality.

**Weekly classes and Saturday workshops from Ailey Extension take place virtually on Zoom**

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### **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).

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