

AILEY EXTENSION

AILEY EXTENSION CELEBRATES NATIONAL DANCE DAY ON SEPTEMBER 18 BY REOPENING STUDIOS FOR PUBLIC TO ENJOY WEEKEND HYBRID AND IN-STUDIO ONLY CLASSES FOR FIRST TIME SINCE MARCH 2020

Kids & Teens Sunday Dance Series Returns with In-Studio Classes for Ages 12+ and Online Classes for Kids Ages 5-11

More Than 30 Virtual Options Remain Available to Dancers Around the World



West African Class at Ailey Extension; Teen Hip-Hop at Ailey Extension; Horton class at Ailey Extension Photos by Kyle Froman.

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(NEW YORK) September 2, 2021 – [Ailey Extension](#) will celebrate National Dance Day by welcoming New York City area dancers back to the studios to experience the vibrant energy of its “real classes for real people” in person starting **Saturday, September 18. For the first time since March 2020, New Yorkers of all experience levels and backgrounds are invited to join in the dance at the [Joan Weill Center for Dance](#) – NYC’s largest building dedicated to dance – with their favorite instructors, inspiring guest artists and esteemed musicians. An updated schedule of classes allows fully vaccinated New Yorkers ages 12+ to gather in small groups on Saturdays and Sundays. Virtual class options remain available seven days a week for those 16+ who cannot join in-studio and for children ages 5-11 under the [Kids & Teens Sunday Dance Series](#).**

Dance lovers can step into Ailey’s beautiful studios to learn the basics in [Absolute Beginner Ballet](#) with [Dawn Hillen](#), move to the rhythm of [West African](#) drums with [Maguette Camara](#), practice [Limon](#) technique from [Becky Brown](#), work on their [Beginner Ballet](#) skills with [Anna Lederfiend](#), immerse themselves in Afro-Cuban with [Noibis Licea](#), explore spontaneous and soulful movements during [African-Brazilian](#) with [Janete da Silva](#), and refine their technique in [Beginner Ballet](#) with [Yuka Kawazu](#). Fitness enthusiasts can sweat it out to Latin and international rhythms during [Zumba® Fitness](#) with [Richard Martinez](#), stretch and tone their bodies during [Pilates Evolution](#) with [Sarita Allen](#) and move to high energy music in [Zumba® with Jose Ozuna](#). Each of these weekend classes have been online only for the past year and are now hybrid – welcoming 18 students to join the instructors in-studio and made available via Zoom for those who would like to join virtually. Weekday in-person classes will be added to the schedule in October.

Three new in-studio only dance classes and an additional virtual only fitness class gives students even more opportunities to keep moving with Ailey each week. Dancers can learn the flirtatious body movements, steps, and footwork that make up [Mambo](#) with [Katherine Jimenez](#) each **Saturday at 3pm ET**. [Miyabi Wright](#) from the Ladies of Hip-Hop will introduce students to the culture with dynamic movements and challenging combinations during [Beginner Hip-Hop](#) each **Sunday at 2:30pm ET**. Ailey fans can learn the fundamentals of [Horton](#) – the foundation of choreography seen in many of Alvin Ailey’s works – each **Sunday at 3pm ET** with **Fernando Carrillo**. Fitness enthusiasts will enjoy an online [Yoga-Lattes](#) class combining yoga and Pilates for a mindful workout that strengthens and aligns the body led by former [Alvin Ailey American Dance Theater](#) company member **Olivia Bowman-Jackson** on **Sundays at 11am ET**.

Ailey Extension’s first-ever hybrid workshop invites students to celebrate Latin Heritage Month by learning Brazil’s national dance and music from celebrated samba dancer and choreographer Quenia Ribeiro on **Saturday, September 25 at 3pm ET**. Dancers can join the [Samba workshop](#) in-studio or online and dive into its cultural essence and roots as Quenia guides them through different styles of samba dance and rhythms from Rio de Janeiro to Salvador de Bahia, Brazil.

Teens and tweens will also get to join their peers in-person once again during the [Kids & Teens Fall Session](#) which runs from **Sunday September 19 – Sunday December 12**. Students ages 12-14 and 15-17 can explore [ballet](#), [contemporary](#) and [hip-hop](#) styles in a judgment-free zone with a small group of their peers. [Hip-hop](#) and [ballet](#) classes for small children ages 5-7 and 8-11 will remain online allowing Ailey’s youngest dancers to join in the fun from wherever they are. Students are encouraged to enroll in the full 12-week session or welcome to drop-in to one of the weekly classes.

As Ailey opens its doors to the public, the health and well-being of all dancers, students, instructors, and staff remains a top priority. An Ailey Forward re-entry plan to safely welcome dancers, instructors, and staff back to The Joan Weill Center for Dance has been developed and continues to be updated with consideration of all government and regulatory guidelines as well as information from health professionals. **All visitors to the building – including students, instructors, and staff – will be required to submit proof of full vaccination as well as a negative PCR test, and have their temperature taken upon arrival.** Students are encouraged to visit alvinailey.org/extension/reopening for the most updated information regarding COVID safety protocols.

With nearly 40 weekly classes and special workshops each month Ailey Extension allows students all over the world to explore different dance styles seven days a week. For more details about Ailey Extension’s variety of in-person, virtual, and hybrid class options – which include hip-hop, ballet, Horton, West African, Zumba®, samba, contemporary, Pilates, Broadway Jazz and more – please visit alvinailey.org/extension.

NEW HYBRID CLASSES & WORKSHOPS FOR ADULTS

SATURDAY SCHEDULE

PILATES with SARITA ALLEN

A progressive Pilates class designed to help redefine the body with exercises rooted in ballet, modern dance, and yoga. This class will focus on developing strength and flexibility through graceful movements that will lengthen, strengthen, and improve the functionality of certain muscle groups often ignored in traditional exercise. **Saturdays at 9:30am EST**

ABSOLUTE BEGINNER BALLET with DAWN HILLEN

This class is designed for students to continue their developing knowledge of ballet terminology with slow and thorough exercises to ensure a better understanding of proper body placement and positioning. Most of the barre exercises will be done at the barre. It is recommended to wear ballet shoes or socks along with clothing like a leotard or tank top that allows the instructor to view body alignment. Virtual students can use a countertop or furniture like a chair in replacement of a barre. **Saturdays at 10:30am EST**

ZUMBA® with RICHARD MARTINEZ

High energy and motivating music allows 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 11:30am EST**

[WEST AFRICAN with MAGUETTE CAMARA](#)

With live drumming, this class will teach you the fundamentals of traditional West African dance with an emphasis on an understanding of the accompanying drum rhythms. Classes start with a thorough warm-up, followed by a sequence of movements across the floor. **Saturdays at 12:00noon EST**

[LIMON with BECKY BROWN](#)

Limón technique emphasizes the natural rhythms of fall and recovery, a conscious use of breath, and the interplay between weight and weightlessness. It provides dancers with an organic approach to movement that easily adapts to a range of choreographic styles. **Saturdays at 1:00pm EST**

[SAMBA WORKSHOP with QUENIA RIBEIRO](#)

Celebrate the spirit of the national dance and music of Brasil by diving into Samba's cultural essence and roots. Quenia will lead students through the different styles of Samba dance and rhythms, from Rio de Janeiro to Salvador Bahia, Brasil. **Saturday, September 25 at 3:00pm EST**

SUNDAY SCHEDULE

[ZUMBA® with JOSE OZUNA](#)

High energy and motivating music allows 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. **Sundays at 9:30am EST**

[BEGINNER BALLET with ANNA LEDERFIEND](#)

This class is designed for students to continue their developing knowledge of ballet terminology with slow and thorough exercises to ensure a better understanding of proper body placement and positioning. Most of the barre exercises will be done at the barre. It is recommended to wear ballet shoes or socks along with clothing like a leotard or tank top that allows the instructor to view body alignment. Students can use a countertop or furniture like a chair in replacement of a barre. **Sundays at 10:00am EST**

[MODERN AFRO-CUBAN with NOIBIS LICEA](#)

Cuban modern dance is a dynamic fusion of North American dance techniques (Graham, Limon, Taylor), ballet and Afro-Cuban dances and rhythms. The class consists of a warm-up with a concentration on breathing and undulation exercises, along with across-the-floor and open dance combinations. The unique movement, routines, and rhythms introduced in class will require dancers to think more intently about space, time, and musicality. The purpose of this class is to introduce dancers to a new, rarely seen form of modern dance and provide them with a new avenue for self-expression. **Sundays at 1:00pm EST**

[AFRICAN-BRAZILIAN with JANETE DA SILVA](#)

The culture of Brazil is a colorful blend of different ethnicities. The African influences are strongest in the North. Afro-Brazilian dance is full of spontaneous, soulful, exotic, and dynamic movement that will energize your body and spirit. These classes present sequences and exercises to prepare the body for uplifting and exciting dances from northern Brazil. You will learn to develop rhythm & coordination, stay fit, relieve stress, and of course learn about Brazilian culture. **Sundays at 1:30pm EST**

[BEGINNER BALLET with YUKA KAWAZU](#)

This class is designed for students to continue their developing knowledge of ballet terminology with slow and thorough exercises to ensure a better understanding of proper body placement and positioning. Most of the barre exercises will be done at the barre. It is recommended to wear ballet shoes or socks along with clothing like a leotard or tank top that allows the instructor to view body alignment. Students can use a countertop or furniture like a chair in replacement of a barre. **Sundays at 2:00pm EST**

NEW IN-STUDIO ONLY CLASSES FOR ADULTS

MAMBO with KATHERINE JIMENEZ

Originally from Cuba, the Mambo is enjoyed throughout the world because of its high energy and infectious rhythms. NY Style Mambo had its humble beginnings at the infamous Palladium Ballroom. This style is a flirtatious dance component that includes the basics, body movement, steps, footwork, and timing. Learn the foundation of Mambo dancing with occasional points, kicks, and exaggerated hip movements combined with long, flowing movements and sharp quick steps. This beginner-level workshop is an open shines class that aims to bring some classic NY Style Mambo back to its roots. **Saturdays at 3pm EST**

HORTON with FERNANDO CARRILLO

This class will teach students the basic fundamentals of the Horton technique, the foundation of choreography performed by the Alvin Ailey Dance Company. The class will consist of studies to stretch and strengthen different areas of the body. Many of the beginning level studies which are taught will include flat backs, primitive squat, lateral stretches, release swings, leg swings, deep lunges, and T positions. Simple combinations are taught to introduce musicality and dynamics to the beginning dancer's vocabulary. **Sundays at 9:30amEST**

HIP-HOP with MIYABI WRIGHT

This class is designed to introduce hip-hop culture through the element of dance. Beginning with a basic warm-up to stretch and tone the body, this class will challenge every dancer with the dynamics of movement and challenging combinations. In a non-competitive environment, this class encourages individualized style while staying true to the technique. **Sundays at 2:30pm EST**

NEW VIRTUAL ONLY CLASSES FOR ADULTS

YOGA-LATTES with OLIVIA BOWMAN-JACKSON

Combining both Yoga and Pilates, Yoga-Lattes was created to align both techniques' emphasis on posture, breathing, and meditation. This class is a mindful workout aimed to strengthen and align the body using the best stretches from Yoga and the best core exercises from Pilates. Yoga-lattes is adaptable to all ages, abilities, and levels. We recommend participating on a non-slip yoga or Pilates mat. **Sundays at 11am ET**

IN-STUDIO & VIRTUAL CLASSES FOR KIDS & TEENS

KIDS & TEENS ONLINE SUMMER SESSION

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 the city's top instructors. **Fall Session runs from September 19 – December 12 (no classes November 28).**

In-Studio Only (Ages 12+)

- **JUNIOR BALLET (Ages 12-14)** Sundays, 10:00-11:00am EDT
Yuka Kawazu will progress students at the barre, develop coordination through combinations, develop flexibility, and grow their ballet vocabulary.
- **JUNIOR CONTEMPORARY (Ages 12-14)** Sundays, 11:00am-12:00pm EDT
Jessica Amber Pinkett will help students find freedom in the use of movement while developing technique and building a strong foundation. A fusion of modern, ballet, and jazz' this unique style explores a wide range of expressive movements and syncopated rhythms. Each class involves learning original choreography while focusing on theatrical elements and mastering musicality.
- **JUNIOR HIP-HOP (Ages 12-14)** Sundays, 12:00-1:00pm EDT
Miyabi Wright 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.

- **TEEN BALLET (Ages 15-17)** Sundays, 11:00am-12:00pm EDT
[Yuka Kawazu](#) will help teens continue their knowledge of ballet terminology with slow and thorough exercises to ensure a better understanding of body alignment and vocabulary. It is recommended that students wear ballet shoes or socks along with clothing like a leotard or tank top that allows the instructor to view placement.
- **TEEN CONTEMPORARY (Ages 15-17)** Sundays, 12:00-1:00pm EDT
[Jessica Amber Pinkett](#) will help students find freedom in the use of movement while developing technique and building a strong foundation. A fusion of modern, ballet, and jazz' this unique style explores a wide range of expressive movements and syncopated rhythms. Each class involves learning original choreography while focusing on theatrical elements and mastering musicality.
- **TEEN HIP-HOP (Ages 15-17)** Sundays, 1:00-2:00pm EDT
Miyabi Wright 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.

Virtual Only (Ages 5-11)

- **INTRO TO BALLET (Ages 5-7)** Sundays, 10:00-10:45am EDT
[Jessica Amber Pinkett](#) will introduce students to the ballet vocabulary while progressing at the barre, developing coordination through combinations.
- **INTRO TO HIP-HOP (Ages 5-7)** Sundays, 9:00-9:45am EDT
Erin Finley will lead your 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 8-11)** Sundays, 9:00-10:00am EDT
[Yuka Kawazu](#) will further students' ballet vocabulary while progressing at the barre, developing coordination through combinations.
- **HIP HOP 4 KIDS (Ages 8-11)** Sundays 10:00-11:00am EDT
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.

**In-Studio classes and workshops from Ailey Extension take place at The Joann Weill Center for Dance (405 W 55th Street)
Virtual classes and workshops from Ailey Extension take place on Zoom**

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.

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