

# THE AILEY EXTENSION

Celebrate the Special Woman in Your Life with Mother's Day Weekend Classes at The Ailey Extension:  
Mother/Daughter SharQui Bellydance on Saturday, May 9  
Mother's Day West African Dance on Sunday, May 10

May is National Physical Fitness Month! Have Fun and Get Fit for Summer with a New Class and Old Favorites!



SharQui Bellydance with Sharon Zaslav; West African Dance Class. Photos by Kyle Froman.  
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**(New York) April 30, 2015**—The Ailey Extension, a beacon of dance and fitness for a diverse array of people in New York City and beyond, kicked off its 10<sup>th</sup> Anniversary celebration in April. The festivities continue in May with two special [Mother's Day Classes](#), a new [West African Dance](#) class, and more. May is **National Physical Fitness Month**, so find the right class for you, grab a friend, and get moving at The Ailey Extension!

Show the special woman in your life how extraordinary she is with two unforgettable Mother's Day dance experiences for all levels. [Mother/Daughter SharQui Bellydance](#) on **Saturday, May 9 at 5:00pm** is a full body workout for women of all ages, shapes, and skill levels. Taught by [Sharon Zaslav](#), this technique works the entire body, with emphasis on the core. Feel sexy, energetic, and feminine as you and your mother (aunt, sister, or friend) shake and shimmy your way to a better body. Girls as young as age six are welcome to share in the fun, and hip scarves will be provided.

If the playful, energetic dances of Guinea and West Africa are more your mom's style, bring her to Nimatoulaye Camara's [Mother's Day West African Dance Class](#) on **Sunday, May 10 at 5:00pm**. West African is a vivacious and rhythmic dance experience that combines mind, body, and spirit. The class features live drumming and unites the music, dance, and oral tradition of the West African people. An internationally recognized master of West African dance, Nimatoulaye teaches these traditions with warmth and encouragement.

But don't let the moving stop there! **May is National Physical Fitness Month**, so bring a friend, and continue dancing through the month with a variety of fun classes, including a new [West African](#) class taught by [Mouminatou Camara](#) beginning on **Saturday, May 9 at 5:00pm**. Mominatou's class is a high energy exploration of the traditional dances of West Africa, featuring one or two new dances each week. The class will be accompanied by live music on traditional instruments, such as the djembe and the djun-djun drums. All levels are welcome.

Whether you've danced since childhood or have never set foot in a studio, now is the time to get physical at The Ailey Extension. Experience the joy of movement, while getting in shape for summer during National Physical Fitness Month. With over 80 weekly offerings, you're sure to find a class that works for you! Techniques include Yoga, DanzaTone™, Hip-Hop, and Horton - the dance technique featured in classics like Ailey's must-see *Revelations*, which will be

performed by Alvin Ailey American Dance Theater on Mother's Day weekend at the [New Jersey Performing Arts Center](#) in Newark, May 8—10, and during Ailey's [Lincoln Center](#) season, June 10—21.

For the complete Ailey Extension schedule or to register, visit [www.aileyextension.com](http://www.aileyextension.com).

For additional press materials including photos, video, and class descriptions please visit the links below or <http://pressroom.alvinailey.org/>

## MAY HIGHLIGHTS

### [Mother/Daughter SharQui Bellydance Class with Sharon Zaslav](#)

Saturday, May 9; 5—6:30pm; *\$30/pair*

### [Mother's Day West African Dance](#)

Sunday, May 10; 5—6:30pm; *\$19/person*

### [West African Dance with Mouminatou Camara](#)

Saturdays: beginning May 9; 5pm – 6:30pm; *\$19/person*

For more information on group visits or to schedule your trip, visit the group visits page [here](#).

### [Electronic Press Kit](#)

Since its inception in 2005, The Ailey Extension has fulfilled Mr. Ailey's life-long commitment of bringing dance to everyone by offering "real classes for real people." The Ailey Extension offers of over 80 classes per week in more than 25 different dance and fitness techniques such as [Horton](#), [Ballet](#), [Masala Bhangra](#), [West African](#), [Samba](#), [Jazz](#), [Zumba](#), [House](#) and [Hip Hop](#). All levels are welcome, including beginners! Over 86,000 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!

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