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## **KLab (Keshet's Kinesthetic Education Laboratory): Community Dance & fitness classes; Education and O**

**Keshet Kinesthetic Education Laboratory (KLab)** – cultivates personal growth and technical excellence by mentoring, challenging and empowering students through the experience of dance in an inclusive and nurturing environment.

- Community Dance Classes (Ages 2 through Adult) and Adult Fitness Classes
- PID (Physically Integrated Dance)
- KP3 (Keshet's Pre-Professional Program)
- M3 (Movement + Mentorship = Metamorphosis) pre and post-release program for incarcerated youth
- Title 1/ Homeless Youth Outreach

Community Outreach - Keshet uses dance to improve literacy, math and conflict resolution skills. This unique curriculum combining dance with academics and behavioral development evolved from Keshet's work with incarcerated youth at the New Mexico State Youth Detention Center and at-risk youth.

Studio Classes for youth and adults in a variety of popular dance styles. Over 60% of our students are on some kind of financial aid. No student is ever turned away due to financial hardship.

Pre-Professional Program provides a comprehensive training curriculum for committed young dancers.

Adaptive Dance Programs - Keshet pairs dancers in wheelchairs with able-bodied dancers, which often includes siblings, parents and peers, to create professional quality dance works. As a result, dancers and audience members share in the understanding of unlimited possibilities through the experience of dance.

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### **Details**

**Ages:** All ages

**Intake Process:** Walk-In

**Payment Options:** No one is refused service due to inability to pay

**Special Needs:** Physical or cognitive disabilities Veterans

**Minimum Age:** 2

**Maximum Age:** 102

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### **Services**

Educational Programs   Arts & Culture   Leisure/Recreation/Sports   Disabilities and Health Concerns

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### **Locations**

## **Keshet Center for the Arts**

*4121 Cutler Avenue NE  
Albuquerque, NM 87110*

**Phone:** 5052249808

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## **Parent Organization**

### **Keshet Dance Company**

Founded in 1996, Keshet's mission is "to inspire and unite community by fostering unlimited possibilities through dance, mentorship and a creative space for the arts." Keshet's goals are to actuate change responsive to social and community needs in the areas of juvenile justice, greater access to dance, including for individuals with disabilities and those from low- and moderate-income families, and support/resources for arts entrepreneurs. Keshet pursues these goals through the powerful vehicle of the arts, mentorship, and community collaboration.

*4121 Cutler Ave NE  
Albuquerque, NM 87110*

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***<http://www.keshetarts.org>***