

Adult Learning - Course Information Sheet

SPBA01CA - Ballroom And Latin For Beginners

Far Cotton Recreation Centre

Towcester Road
Far Cotton
Northampton

NN4 8LG

Start Date: 07 January 2019
Start Time: 20:15
Day: Monday
Weeks: 10
Hours: 12.5
Cost: F=£73.75; R=£25.63
Tutor: Ms Gaye Stanley

Aims

- To learn and perform a variety of easy ballroom dance steps.
- To learn basic steps and turns: quickstep, waltz, foxtrot and tango.
- To learn easy party dance routines.

Outcomes

- Identify and state terminology of ballroom dance steps
- Perform ballroom dances with confidence
- Record improved fitness and stamina
- Harmonize with dance partner showing good male and female role

How

Verbal instruction, demonstration, observation, discussion.

Qualification

No, this course is aimed for absolute beginners.

Bring

Comfortable clothing, reading glasses, pen and notepad. No stiletto or training shoes to be worn. Partner required.

Next Steps

Follow on course - improvers.

Health and Safety

Your tutor will give you information about H & S as part of your course induction. Please take your completed Activity Questionnaire to your first session (mandatory). Chewing gum and wearing jewellery will not be permitted during sessions. For re-hydration please drink water only.

Information

Due to the nature of dancing taught, it is important to learn as a pair. We therefore request that you have a partner to dance with, but please contact the tutor, if this prevents you from attending.

As part of our Information, advice and guidance service we are able to offer you an interview with a National Careers Service advisor to explore further learning, careers advice and volunteering opportunities. To register your interest, please contact: CommunityLearning@firstforwellbeing.co.uk

