

# Adult Learning - Course Information Sheet

## SPBA02CA - Ballroom And Latin For Beginners

### Far Cotton Recreation Centre

Towcester Road  
Far Cotton  
Northampton

NN4 8LG

Start Date: 10 January 2019  
Start Time: 20:00  
Day: Thursday  
Weeks: 10  
Hours: 15  
Cost: F=£87.50; R=£29.75  
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](mailto:CommunityLearning@firstforwellbeing.co.uk)**

