

Adult Learning - Course Information Sheet



SPBF02CA - Ballroom And Latin For Single Dancers

Weston Favell Academy

Booth Lane S
Weston Favell
Northampton

NN3 3EZ

Start Date: 08 January 2019
Start Time: 20:15
Day: Tuesday
Weeks: 5
Hours: 6.25
Cost: F=£39.38; R=£15.31
Tutor: Ms Gaye Stanley

Aims

To learn and perform a variety of easy ballroom dance steps.
To learn basic steps and turns in: waltz, tango, rock 'n' roll, salsa and charleston.
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.

Next Steps

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

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

