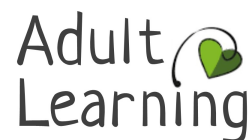


Adult Learning - Course Information Sheet



AFC1CA01 - Ballroom And Latin For Beginners

Far Cotton Recreation Centre

Towcester Road
Far Cotton
Northampton

NN4 8LG **Room** Main Hall

Start Date: 16 September 2019
End Date: 25 November 2019
Start Time: 20:15
End Time: 21:30
Day: Monday
Sessions: 10
Tutor: Ms Gaye Stanley

Course description

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.

Course 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 will the course be taught?

Verbal instruction, demonstration, observation, discussion.

What do I need to bring?

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

Further support or progression

Please let us know if there is anything we can do to help and support you on this course, or if you need help to understand our fees or concessions. You will find out about further learning opportunities and progression information during this course. Further information can also be found here:

www.northamptonshire.gov.uk/course-info

Health and Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06. 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.

Further 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.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/> s

