

# Adult Learning - Course Information Sheet



## AWA2DA16 - Ballroom And Latin For Single Dancers

### Weston Favell Academy

Booth Lane S  
Weston Favell  
Northampton

NN3 3EZ      **Room** Weston Favell Academy

Start Date: 10 September 2024  
End Date: 08 October 2024  
Start Time: 8:15PM  
End Time: 9:15PM  
Day: Tuesday  
Sessions: 5  
Tutor: Ms Gaye Stanley

### Course description

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.

### 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.

### Further support or progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01536 535809 (answerphone available). Visit our website <https://www.northnorthants.gov.uk/adult-learning/fees-and-refunds> for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

### 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. 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

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/>

