

Adult Learning - Course Information Sheet



AWA2DA31 - Ballroom & Latin For Single Dancers

Weston Favell Academy

Booth Lane S
Weston Favell
Northampton

NN3 3EZ

Room Dance Studio

Start Date: 13 September 2022
End Date: 11 October 2022
Start Time: 8:15PM
End Time: 9:15PM
Day: Tuesday
Sessions: 5
Tutor: Ms Gaye Stanley

Course aim

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

- a) Identify and state terminology of ballroom dance steps
- b) Perform ballroom dances with confidence
- c) Record improved fitness and stamina
- d) 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 / have ready?

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

Further support and 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 or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info 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 / Online Safety

Your tutor will give you information about Health and Safety on the first session. 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 for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

Further information

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.

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/>

