

# Adult Learning - Course Information Sheet



## SFC1DA01 - Ballroom And Latin For Beginners

### Far Cotton Recreation Centre

Towcester Road  
Far Cotton  
Northampton

NN4 8LG

**Room** Far Cotton Recreation Centre

Start Date: 08 January 2024  
End Date: 18 March 2024  
Start Time: 8:15PM  
End Time: 9:15PM  
Day: Monday  
Sessions: 10  
Tutor: Ms Gaye Stanley

### Course aim

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 / have ready?

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

### 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](mailto:alsreferrals@northnorthants.gov.uk) or call 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://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](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

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/>

