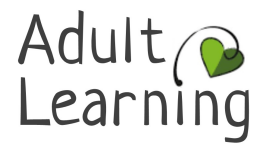


# Adult Learning - Course Information Sheet



## SFC1DA18 - Line Dancing For Beginners

### Far Cotton Recreation Centre

Towcester Road  
Far Cotton  
Northampton

NN4 8LG

**Room** Far Cotton Recreation Centre

Start Date: 13 January 2025  
End Date: 24 March 2025  
Start Time: 7:15PM  
End Time: 8:15PM  
Day: Monday  
Sessions: 10  
Tutor: Ms Gaye Stanley

### Course aim

To perform 6 - 8 line dance routines: beginner level routines; various tempos (speed of dance=slow, medium & fast); and 1, 2 & 4 wall routines.

### Course outcomes

- Identify terminology of line dance steps
- Perform line dances with confidence
- Improve fitness & stamina
- Translate/decipher a dance script
- Perform in small groups independently of tutor

### How will the course be taught?

Verbal instruction, demonstration, observation and discussion.

### What do I need to bring / have ready?

Comfortable clothing, sensible footwear, water, reading glasses, pen and notepad

### 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 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 / Online Safety

Your tutor will give you information about Health and Safety on the first session. 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/>**

