

# Adult Learning - Course Information Sheet

## SPBA01CA - Ballroom And Latin For Beginners

### Far Cotton Recreation Centre

Towcester Road  
Far Cotton  
Northampton

NN4 8LG

Start Date: 07 January 2019  
Start Time: 20:15  
Day: Monday  
Weeks: 10  
Hours: 12.5  
Cost: F=£73.75; R=£25.63  
Tutor: Ms Gaye Stanley

### Aims

- 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.

### 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

Verbal instruction, demonstration, observation, discussion.

### Qualification

No, this course is aimed for absolute beginners.

### Bring

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

### Next Steps

Follow on course - improvers.

### 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](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.

### 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.

**If you are enrolled on, or considering enrolling for a course or qualification with us, we can signpost you to the National Careers Service. This can be helpful if you would like to progress to further learning and/or employment and would like support from a qualified National Careers Service adviser. For more information please email: [CommunityLearning@firstforwellbeing.co.uk](mailto:CommunityLearning@firstforwellbeing.co.uk) or call us on 01604 367 119.**

