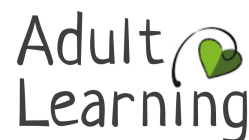


Adult Learning - Course Information Sheet



SWA2CA04 - Ballroom And Latin For Single Dancers

Weston Favell Academy

Booth Lane S
Weston Favell
Northampton

NN3 3EZ **Room** DANCE STUDIO

Start Date: 07 January 2020
End Date: 04 February 2020
Start Time: 20:15
End Time: 21:30
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

Please let us know if there is anything we can do to help and support you on this course, or if you need help to understand our fees or concessions. You will find out about further learning opportunities and progression information during this course. Further information can also be found here:

www.northamptonshire.gov.uk/course-info

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 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.

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/> s

