

Adult Learning - Course Information Sheet



SWA3DA36 - Ballroom & Latin For Improvers

Weston Favell Academy

Booth Lane S
Weston Favell
Northampton

NN3 3EZ

Room Dance Studio

Start Date: 11 January 2023

End Date: 22 March 2023

Start Time: 8:15PM

End Time: 9:15PM

Day: Wednesday

Sessions: 10

Tutor: Ms Gaye Stanley

Course aim

1. To improve basic steps and turns in quickstep, waltz, foxtrot , tango
2. To be able to perform a variety of ballroom dance variations in quickstep, waltz, foxtrot , tango
3. To perform popular sequence dance routines

Course outcomes

- a) Recognise and understand the terminology of ballroom dance steps.
- b) Perform ballroom dances with confidence.
- c) Improve fitness and stamina.
- d) Harmonise with a partner to show good lead and follow.

How will the course be taught?

The course is taught face to face with demonstration, tutor instruction and plenty of practical exercises.

What do I need to bring?

Shoes - NO TRAINERS OR STILLETOS OR OPEN TOE SANDALS. A drink of water. Pen, notepad and reading glasses. A Partner is required.

Further support or 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

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

Essential knowledge required of basic steps for waltz, quickstep, foxtrot and tango

Due to the way the course is taught it is essential that you bring a partner to learn to dance with. This allows for practice away from the course and to learn together. Please contact us if you feel this prevents you 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/>