

Course Information Sheet

Strictly Ballroom Beginners and Improvers

Introduction

A Beginners course will introduce you to the basics of Ballroom Dancing and help you to learn styles and techniques. The Improvers course will introduce you to more advanced styles of technique and footwork in Ballroom Dancing and increase your confidence.

What are the course entry requirements?

If you want structured courses that will help you to learn ballroom dancing in a fun and lively way whilst developing your dancing skills this is for you.

How long is the course?

Please see current brochure

What will the course involve?

Learn to participate in partner dancing. Learn basic Waltz, Quickstep, social Foxtrot, Rumba, Cha Cha and Tango and others in the more advanced courses

How will I be learning?

Whole group and smaller groups following tutor step by step.

What equipment will I need?

Wear suitable footwear (not stilettos) and clothing suitable for movement and dance.

How will I know if I am making progress?

Your tutor will monitor your progress by carrying out an assessment at the start of the course and giving individual help and advice during each session

What course work will I be expected to complete?

What can I expect to learn from this course?

The confidence to dance a number of different dances with a partner

Will I need to cover anything in addition to the course fee?

No

What other training programmes and progression opportunities are there?

If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website www.lancashire.gov.uk/adultlearning

