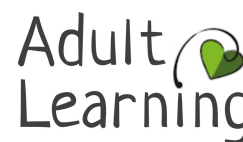


Adult Learning - Course Information Sheet

AUNP10 - Ballroom & Latin Beginners (couples)



Far Cotton Recreation Centre

Towcester Road

Far Cotton

Northampton

NN4 8LG

Room Far Cotton Recreation Centre

Start Date: 14 September 2026

End Date: 30 November 2026

Start Time: 8:15PM

End Time: 9:15PM

Day: Monday

Sessions: 10

Tutor: Ms Gaye Stanley

What will I learn?

This course will include basic steps and turns in: waltz, tango, rock 'n' roll, salsa and Charleston towards mastering easy party dance routines.

What will I need to take part?

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. You will need comfortable clothing - soft jazz or trainer type shoes are best. No stiletto shoes or open sandals, please. Please bring a pen, notepad and reading glasses (if required) as you may need to complete some course paperwork

What to expect

Come ready to join in and follow verbal instruction, observation, discussion and demonstration. The sessions will be in groups of no more than 12 learners.

Adult Learning Tutors use Google Classroom to help make course resources available both during and between sessions. Please take advantage of joining your Classroom when invited to do so. For IT help please visit <https://learners.northantsadultlearning.ac.uk/it-tips>

Where can it lead to?

Ballroom and Latin dance is a great way to exercise and a fun social activity. It improves your heart health, helps with balance and coordination and can be a real mood booster. You will want to practise at home, accompanied by dance music, perhaps with online tutorials.

Course eligibility and fees

This course is for adult residents of Northamptonshire aged 19+. Fees are payable on enrolment as published on the booking page. If you are in receipt of certain benefits, in employment and earning a low salary, you could be eligible for reduced fees. If you are not sure what support you are entitled to, please phone our office between 10-4 on weekdays 0300 303 1058 or email adultlearning@northnorthants.gov.uk.

Please note that the fee is per dancer, not per couple

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/>

