

# Adult Learning - Course Information Sheet



## SUNP14 - Line Dancing For Beginners

### Far Cotton Recreation Centre

Towcester Road

Far Cotton

Northampton

NN4 8LG

**Room** Far Cotton Recreation Centre

Start Date: 14 January 2027

End Date: 25 March 2027

Start Time: 7:15PM

End Time: 8:15PM

Day: Thursday

Sessions: 10

Tutor: Ms Gaye Stanley

### What will I learn?

This fun and friendly course is designed for complete beginners who want to learn the basics of line dancing in a relaxed and supportive environment. The aim of this ten -week course for adults is to learn a range of beginner-friendly line dance routines in various tempos (slow medium and fast) and 1,2 & 4 wall routines. You will learn dance step terminology and how to decipher a dance script. Through practise you will be able to perform line dances independently of the tutor with confidence, whilst also building your memory and sequencing skills, meeting new people and improving your fitness and stamina.

### What will I need to take part?

Come ready to join in and follow verbal instruction, observation and demonstration. You will need comfortable clothing that allows you to move freely. You will need comfortable, supportive shoes with smooth soles - soft jazz or trainer type shoes are best. No stiletto shoes or open sandals, please. A bottle of water to stay hydrated. Please bring a pen, notepad and reading glasses (if required) as you may need to complete some course paperwork.

### What to expect

The course is delivered in a welcoming and inclusive environment where everyone is encouraged to learn at their own pace. Sessions will be in groups of no more than 14 learners. You will need to sign a PARQ declaration provided by Adult Learning, which acknowledges your responsibility for taking part in physical exercise.

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?

Line dancing is a great way to exercise. It improves your heart health and helps with balance and coordination. You will want to practise at home, accompanied by country music, perhaps with online tutorials. On completion of the course you may wish to progress to an Improvers Line Dancing course, join local dancing classes or social dance groups, attend line dancing events and workshops, continue dancing as an enjoyable way to improve your fitness, wellbeing and confidence, or explore other dance of exercise courses within the adult learning programme.

### 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](mailto:adultlearning@northnorthants.gov.uk).

**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/>**

