

Adult Learning - Course Information Sheet



SUNP19 - Salsa For Beginners

Weston Favell Academy

Booth Lane S
Weston Favell
Northampton

NN3 3EZ

Room Weston Favell Academy

Start Date: 12 January 2027

End Date: 23 March 2027

Start Time: 7:15PM

End Time: 8:15PM

Day: Tuesday

Sessions: 10

Tutor: Ms Gaye Stanley

What will I learn?

The aim of this 10-week course for adults is to learn the basic Salsa steps following the music according to Salsa rhythm. Aim to develop Salsa style with the movement of shoulders and hips in simple Salsa steps and develop your own improvisation based on learned step sequences. Taking part in a dance class helps develop a positive learning attitude, with respect and tolerance for others!

What will I need to take part?

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

What to expect?

The sessions will be in a group of no more than 12 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?

Salsa dancing is a great way to exercise. It improves your heart health, helps with balance and coordination. You will want to practise at home, accompanied by country music, perhaps with online tutorials.

Course eligibility and fees

This adult learning course is available to residents of Northamptonshire who are:

- aged 19 or over on 31st August in the funding year
- living in England, outside a devolved adult skills funding area.
- ordinarily resident in England on the first day of learning.
- Resident in England for the duration of your learning.

If you don't meet the above requirements, including some international students or people not ordinarily resident in the UK, you will not be able to attend this course.

Asylum seekers may be eligible to attend in some circumstances, including where they have lived in the UK for 6 months or longer while their claim is being considered, or where they receive certain types of local authority support.

Fees are payable on enrolment as published on the booking page.

If you are in receipt of certain benefits or in employment and earning below £25,750 a year, you may be eligible for reduced fees.

Under certain circumstances you may be asked to provide evidence of your identity, residency, prior qualifications and where relevant, benefits or income.

If you are not sure what support you are eligible for please phone our office between 10 -4 on weekdays 0300 303 1058 or email 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/>