

# BEGINNERS BALLROOM DANCING

Subject Area  
Student Type  
Study Mode

Performing &  
Production Arts  
Adults  
Part Time

## What is the course about?

This course is an introduction to ballroom dancing for those with no prior experience. You will be learning the basic movements of several ballroom dances.

## Why should I choose the course?

If you would like to learn a new skill and meet people. This course is aimed at adults aged 19 and over from the Warrington & Vale Royal Community. This course is aimed at adults aged 19 and over from the Warrington & Vale Royal Community.

## What will I learn?

Whether you have been inspired by the TV dance show 'Strictly Come Dancing', want to try something new or learn to dance for a special occasion this is the class for you.

Not only is ballroom dancing a fun and enjoyable way to stay active it has many social, physical and mental health benefits too. Dancing is a great way to;

- increase cardiovascular fitness, stamina and endurance
- improve your mental well-being and forget about daily worries
- improve your strength, coordination and flexibility
- meet new people and make new friends

Most importantly of all, it is great fun!

During this beginners' course, you will learn some of the fundamentals and basic movements of several ballroom dances including the elegant waltz, the cheeky cha cha and the romantic rumba.

Along with the steps and we'll also cover some short dance choreographies at a comfortable pace for all the students.

(if you would like more information on the learning outcomes please email [ACLenquiries@wvr.ac.uk](mailto:ACLenquiries@wvr.ac.uk))

## What will the course lead on to?

After completing this course can progress onto our next steps course where you will learn more challenging steps and choreography.



**Warrington  
& Vale Royal  
College**

Warrington Campus  
Winwick Rd, Warrington WA2 8QA

 [wvr.ac.uk](http://wvr.ac.uk)

 01925 494 494

Winsford campus  
Weaver St, Winsford CW7 4AH

 [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk)

## What support is available?

We have a team of staff dedicated to providing learning support if it is required and a welfare team that are on hand to offer guidance, support and help when needed. Additionally, eligible students can access a wide range of finance and funding support to help them during their time at college.

For further information on student support please visit:

<https://www.wvr.ac.uk/college-life>

## What are the entry requirements?

To have an interest in the subject area. Be willing to partake in classroom activities and discussions and to self-assess your weekly progress using an individual learning plan at the end of each session.

## What are my funding options?

Please contact our friendly Learner Services team to discuss your options on 01925 494400

## Are there any additional costs associated with the course?

Please wear suitable footwear. Avoid anything very strappy with little support or anything with very grippy soles (best to avoid sprained ankles)

If you do have a pair of dance shoes, that would be perfect, if you have them.

There is no need to purchase them for the course.



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