

IMPROVERS BALLROOM DANCING - STAGE 1

Subject Area
Student Type
Study Mode

Adults
Part Time

What is the course about?

Improvers Ballroom Dancing offers you the perfect opportunity to continue developing your ballroom dancing skills. Ideally, you will have completed our Beginners Ballroom Dancing course, but anyone with a basic understanding of ballroom dance is welcome to enrol. Whether you're looking to improve your technique, gain confidence on the dance floor, or simply enjoy dancing at a higher level, this part-time adult course will support you on your journey.

Why should I choose the course?

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

Ballroom dancing isn't just a fun and uplifting way to stay active—it also brings a whole range of social, physical, and mental well-being benefits. Dancing is a great way to:

- Boost your cardiovascular fitness, stamina, and overall endurance
- Strengthen your muscles while improving balance, coordination, and flexibility
- Support your mental well-being, reduce stress, and enjoy a welcome escape from everyday pressures
- Connect with others, meet new people, and build confidence in a friendly and supportive environment

Above all else, ballroom dancing is simply great fun—an enjoyable experience that leaves you smiling long after the music stops.

What will I learn?

During this next steps course, you will build on the experience gained in the beginners course and we will introduce you to more dances including the quickstep, jive and salsa. Along with the individual steps we will also cover some short dance choreographies at a comfortable pace for all students.

You will be informally assessed by the tutor, and you will also self-assess your weekly progress using an individual learning plan.

What will the course lead on to?

After completing this course, you can progress onto a more advanced course where you will learn more challenging steps and choreography.



**Warrington
& Vale Royal
College**

Warrington Campus
Winwick Rd, Warrington WA2 8QA

 wvr.ac.uk

 01925 494 494

Winsford campus
Weaver St, Winsford CW7 4AH

 learner.services@wvr.ac.uk

What support is available?

We have a team of staff dedicated to providing learning support if required, as well as a Wellbeing Team that is 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.

More information about learning support can be found here: <https://wvr.ac.uk/college-life/learning-support>

More information about financial support can be found here: <https://wvr.ac.uk/college-life/financial-support>

Why should I choose to study the course at Warrington & Vale Royal College?

Here at Warrington & Vale Royal College we have a team of dedicated, experienced staff who can share their extensive knowledge and skills with you. Learning in a friendly and inclusive environment, you will be fully supported to achieve your goals.

What are the entry requirements?

This course is suitable for adults aged 19 and over. Some previous experience is needed to enrol on to this course. Ideally, you will have attended the Beginners Ballroom Dancing course, but if you have some basic knowledge you are able to enrol.

No previous qualifications are needed to enrol on this course.

What are my funding options?

For information on funding, please contact Learner Services on 01925 494400 or email learner.services@wvr.ac.uk.

Are there any additional costs associated with the course?

There are no additional costs associated with this course.


If you do have a pair of dance shoes please wear these, however they are not compulsory. If you don't have dedicated dance shoes, please ensure you wear suitable footwear. Avoid anything very strappy with little support or anything with very grippy soles (best to avoid sprained ankles!).



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