

INTRODUCTION TO KEEP FIT USING DANCE

Subject Area

Student Type

Study Mode

Art & Design, Fashion
& Creative Crafts

Adults

Part Time

What is the course about?

This engaging course for adults invites you to explore dance movements and energising routines designed to deliver a balanced, full-body workout. It's an ideal adult course if you want to get moving, feel more confident, and enjoy exercise in a supportive environment.

Why should I choose the course?

As a fun and effective form of exercise, dancing offers a full-body workout that boosts cardiovascular health, builds endurance, enhances coordination, burns calories, and helps reduce stress. This short adult course is perfect if you want to improve your fitness while enjoying a lively, social activity.

What will I learn?

You will learn dance routines focused on keeping you fit while providing a fun, uplifting activity that supports your overall wellbeing. This course for adults is accessible, enjoyable, and designed to help you feel great.

What will the course lead on to?

On completion of this adult course, you may wish to explore more of our dance-based provision, including our Next Steps in Keep Fit through Dance course.

Click here to view all current adult courses: <https://wvr.ac.uk/adults>

What support is available?

We have a team of staff dedicated to providing learning support if it is required and a Wellbeing 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 personalised advice on funding, please contact our Learner Services Team on 01925 494 400 or email learner.services@wvr.ac.uk.



**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

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

Warrington & Vale Royal College offers a welcoming learning environment with modern facilities, ample on-site parking, and expert tuition from knowledgeable and supportive staff. Whether you're just starting out or looking to develop new skills, we're here to help you succeed.

What are the entry requirements?

There are no formal entry requirements, just bring your enthusiasm and a genuine interest in the course!

What are my funding options?

For more information about financial support, please visit: <https://wvr.ac.uk/college-life/financial-support>

For personalised advice on funding, please contact our Learner Services Team on 01925 494 400 or email learner.services@wvr.ac.uk.

Are there any additional costs associated with the course?

There are no extra costs for this adult course but you will need to attend in comfortable clothing that allows easy movement. This ensures you can get the most out of this short adult course and take part in every activity with confidence.



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