

# INTRODUCTION TO SEATED BALLET

Subject Area

Student Type

Study Mode

Art & Design, Fashion  
& Creative Crafts

Adults

Part Time

## What is the course about?

This welcoming course for adults explores traditional ballet conventions while seated, making it ideal for those with limited mobility or anyone looking for a less intensive ballet class. It offers a graceful way to enjoy movement in a supportive environment.

## Why should I choose the course?

This short adult course is a wonderful introduction to Ballet through gentle, accessible movement. It provides a calming way to increase activity, support your overall wellbeing, and experience the elegance of ballet without physical strain.

## What will I learn?

You will learn basic Ballet conventions and terminology, gaining confidence in foundational movements that are adapted for seated participation.

## What will the course lead on to?

On completion of this adult course, you may be interested in exploring our Next Steps in Seated Ballet course.

Click here to view all available 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](mailto:learner.services@wvr.ac.uk).



**Warrington  
& Vale Royal  
College**

Warrington Campus  
Winwick Rd, Warrington WA2 8QA

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

 01925 494 494

Winsford campus  
Weaver St, Winsford CW7 4AH

 [learner.services@wvr.ac.uk](mailto: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 entry requirements for this adult course, other than a genuine interest in exploring Ballet. This welcoming course for adults is designed so anyone can get involved, regardless of experience.

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

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

There are no additional costs for this short adult course, but you will need to wear comfortable clothing that allows movement so you can take part with ease.



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