

# NEXT STEPS TO BALLROOM DANCING

Subject Area  
Student Type  
Study Mode

Performing &  
Production Arts  
Adults  
Part Time

## What is the course about?

This next steps course provides you with an opportunity to further your ballroom dancing skills. Ideally you will have attended the beginners course, but if you have some basic knowledge, you are able to enrol.

## Why should I choose the course?

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

Most importantly of all, it is great fun!

## 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 bossa nova. 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 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](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 required, as well as a Welfare 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.

Further information can be located here: [College Life](#)

## 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 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 contact Learner Services on 01925 494400 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 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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