

NEXT STEPS 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 course for adults follows on from our Introduction course, taking your dance?fitness journey further by introducing more advanced dance movements and routines designed to deliver a complete full?body workout.

Why should I choose the course?

Dancing remains one of the most effective ways to stay active. It provides a full?body workout that boosts cardiovascular health, increases endurance, enhances coordination, burns calories, and reduces stress. This short adult course is ideal if you're looking to challenge yourself and continue progressing in a supportive, enjoyable environment.

What will I learn?

You will learn more advanced dance routines that support fitness, wellbeing, and enjoyment. This adult course focuses on helping you stay active while engaging in a fun and uplifting activity designed to improve your overall physical and mental wellbeing.

What will the course lead on to?

After completing this adult course, you may be interested in exploring more of our dance?based or performing arts provision to continue developing your skills and confidence.

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.



**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 for this adult course, other than having a genuine interest in taking part. Completion of the Introduction to Keep Fit through Dance short adult course would be advantageous and can help you feel more confident when progressing to this next level.

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 course, but you will need to attend wearing comfortable clothing that allows movement so you can take part fully and confidently.



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