

BALLET BARRE FITNESS

Course Name	Start Date	End Date	Site	Total Fees
Ballet Barre Fitness	18/09/2024	11/12/2024	ENDERBY ADULT LEARNING CENTRE	72.60
BALLET BARRE FITNESS	08/01/2025	02/04/2025	ENDERBY ADULT LEARNING CENTRE	72.60
BALLET BARRE FITNESS	30/04/2025	09/07/2025	ENDERBY ADULT LEARNING CENTRE	60.50

01. Who is this course for?

Ballet Barre Fitness is designed for learners who would like to exercise their body in a safe, balanced way, with the aim of improving strength, core stability, flexibility, and bone density. It also reduces stress & improves your sense of wellbeing. Barre fitness is a form of exercise which combines ballet inspired moves with elements of Pilates, Yoga, dance and strength training. The course incorporates classic ballet movements such as plies, alongside static stretches and relaxation.

02. What will I learn?

You will learn a series of different exercises demonstrated both on a barre, and on the floor, often on a mat, to aid flexibility, balance, improve stability and strengthen the core. Ballet Barre Fitness can also improve posture and alignment. By the end of the course, you should and will feel better physically and mentally and will feel more conditioned. Intensity can be elevated by adding weights and more challenging movements if you are a more experienced learner.

03. How will I learn?

This is a tutor-led exercise class. You will be able to see your progress using the mirrors in the studio and you will feel it within yourself by how your body is adapting. Learners will also receive regular verbal and written feedback on their progress.

04. What will I need to bring?

Please wear comfortable, non-restrictive clothes, and either bare feet or grip socks. You will also need to bring an exercise mat and a water bottle.

05. What skills or experience do I need?

No experience is necessary, just a willing to try and learn new skills.

06. How will I be assessed?

The Learning for Wellbeing curriculum uses formative and summative assessment methods to evaluate learner progress. You will work towards completing a set of class learning targets, as well as your own personal development targets. Targets are reviewed at the middle and end of the course. Informal discussions with the tutor will take place throughout the course, both individually and in groups. Your progress may also be

documented through photographic evidence.

07. What could I do after this course?

Upon completing this course, you may wish to try one of our ballet, tap, or yoga classes. The Learning for Wellbeing curriculum offers a wide range of art, craft, sewing, cookery, dance and creative arts courses for you to continue developing skills specifically aimed at improving your wellbeing. Courses are available to search on the GoLearn website.

08. How will I be supported in my learning?

We aim to support all learners to succeed. Our tutors will work with all learners to meet individual needs by using a range of resources and teaching methods. When you enrol on your course you will be asked if you have any additional learning needs or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners, this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

09. Is help available with course fees?

Many of our courses are FREE to all learners. For fee-paying courses, if you are in receipt of state benefits or have a low income (£26,211.90 before deductions) you could be entitled to enrol on your course for FREE, or at a 70% Reduced Fee cost. If your course is accredited (working towards a formal qualification) your course may be FREE if you earn under £25,000 before deductions. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

10. How do I choose the right course for me?

If you are unsure about which course may be right for you, our team of Learning and Work Advisers are on hand to offer FREE and impartial information, advice and guidance on learning and work options available to you. To book your free, confidential, and impartial appointment, please call FREEphone 0800 988 0308 or email LALS.LWA@leics.gov.uk.