

INTRODUCTION TO BALLET FOR WELLBEING AND FITNESS

01. Who is this course for?

This is a ballet course for beginners, covering the basic foundations of technique, focusing on fitness and wellbeing.

02. What will I learn?

During this course you will learn the basic positions of the feet and arms. You will learn how to demonstrate exercises at the barre and in the centre, and develop confidence to travel and move with a balletic style. Often there will be a choreographed piece to learn each week.

03. How will I learn?

This is a tutor-led, beginner dance 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. Please avoid taking holidays during courses. Missed lessons can affect funding for adult learning courses.

04. What will I need to bring?

Please wear comfortable, non-restrictive clothes, and either bare feet or ballet shoes. You will also need to bring a water bottle. You will need to have completed a Physical Activity Readiness Questionnaire (PARQ) before starting the course.

05. What skills or experience do I need?

No experience necessary. This course is suitable for complete beginners.

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/video evidence.

07. What could I do after this course?

Upon completing this course, you may wish to progress to 'BALLET FOR WELLBEING AND FITNESS' or 'BALLET FOR WELLBEING AND FITNESS - INTERMEDIATE LEVEL' 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.