



## **BALLET FOR WELLBEING AND FITNESS**

<b>Course Name</b>	<b>Start Date</b>	<b>End Date</b>	<b>Site</b>	<b>Total Fees</b>
BALLET FOR WELLBEING AND FITNESS - MIXED LEVEL	17/09/2025	10/12/2025	ENDERBY ADULT LEARNING CENTRE	79.80
BALLET FOR WELLBEING AND FITNESS - MIXED LEVEL	15/04/2026	08/07/2026	ENDERBY ADULT LEARNING CENTRE	79.80

### **01. Who is this course for?**

Ballet is an enjoyable way to keep fit, while having lots of fun whether you are a complete beginner, have some experience or are returning to ballet after many years. Taking part in ballet is good for your body as well as your mind. In a friendly, relaxed environment you will learn the foundations of ballet including the positions, alignment, lines and co-ordination. The classes will include barre work, centre work and travelling work. A group dance will often be learnt during the course.

### **02. What will I learn?**

You will practice a variety of techniques including, barre work, centre work, travelling work and a group dance. This will enable you to increase stamina and cardio-vascular fitness, improve muscle tone and co-ordination, have a greater range of movement and flexibility and improve body confidence.

### **03. How will I learn?**

This is a tutor-led, mixed-ability 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.

### **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 formal qualifications are required - just enthusiasm to have a go!

### **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 try one of our other 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 (£27,976.16 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 £25,750 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 of your next steps, please contact us and one of our team will advise you about our courses or signpost you to other providers if necessary. Please call FREEphone 0800 988 0308 or email [adult.learning@leics.gov.uk](mailto:adult.learning@leics.gov.uk)