Leicestershire County Council

BHANGRA AND BOLLYWOOD - DANCING FOR WELLBEING

Course Name	Start Date	End Date	Site	Total Fees
Bhangra and Bollywood - Dance for Wellbeing	25/09/2025	04/12/2025	LOUGHBOROUGH MOIRA CENTRE	99.75
Bhangra and Bollywood - Dance for Wellbeing	15/01/2026	26/03/2026	LOUGHBOROUGH MOIRA CENTRE	99.75
Bhangra and Bollywood - Dance for Wellbeing	23/04/2026	02/07/2026	LOUGHBOROUGH MOIRA CENTRE	99.75

01. Who is this course for?

This course is for anyone looking for an enjoyable way to keep fit while having lots of fun, whether you are a complete beginner or have some experience. Taking part in dance classes is also a good way to boost your wellbeing. In a friendly environment you will learn the foundations of Bhangra and Bollywood dancing, benefitting both body and mind.

02. What will I learn?

You will practice a variety of techniques, movements and routines. This will enable you to increase stamina and cardio-vascular fitness, have a greater range of movement and flexibility and improve body confidence. You will also learn about the culture and history of Bhangra and Bollywood.

03. How will I learn?

This is a tutor-led, mixed-ability dance class. You will be able to see your progress as you practice different routines 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. 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.

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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. When you enrol on your course you will be asked if you have any learning difficulties and/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