

DANCE FOR FITNESS AND WELLBEING

Course Name	Start Date	End Date	Site	Total Fees
Dance for Fitness and Wellbeing	06/01/2027	17/03/2027	ENDERBY ADULT LEARNING CENTRE	69.00
Dance for Fitness and Wellbeing	14/04/2027	07/07/2027	ENDERBY ADULT LEARNING CENTRE	82.80
Dance for Fitness and Wellbeing	16/09/2026	09/12/2026	ENDERBY ADULT LEARNING CENTRE	82.80

01. Who is this course for?

This course is suitable to anyone who wants to improve their health, fitness and wellbeing while dancing and exercising to music.

02. What will I learn?

During the course you will learn various dance routines and fitness exercises from different genres including, modern, ballet, line dancing, etc. The focus of the course is improving health and wellbeing, as well as developing skills and ability. The benefits of this course include increased general fitness, improved confidence, and a feeling of wellbeing while dancing in a fun and supportive environment.

03. How will I learn?

This is a tutor-led class. You will learn through class demonstrations and receive 1:1 support from the tutor. 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?

You will need comfortable clothes to move in and a pair of trainers. A bottle of water

05. What skills or experience do I need?

This course is suitable for both beginners and those with some dance experience.

06. How will I be assessed?

Tutors will use 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 photograph and video evidence.

07. What could I do after this course?

Upon completing this course, you can progress onto another dance course or join a class within the community. Your tutor will be happy to provide you with further information. If you have completed all courses available in

your current subject, other subjects are available. 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 on the 'courses' tab. GoLearn! offers courses in different curriculum areas: Mental Health, Learning for Independence (learners with learning differences), Skills for Life (English and Maths), EDS (Employment and Digital skills), ESOL English for Speakers of Other Languages, Languages – learn another language including British Sign Language, Family Learning – learn how your children learn or learn with your children, Work Based Learning apprenticeships.

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 (£28,733.50 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 £26,800 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