

## CONTEMPORARY TO JAZZ - DANCE FOR WELLBEING

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

### 01. Who is this course for?

This is a Dance for Wellbeing course that focuses on both Contemporary and Jazz dance. It is suitable for both beginners and those who have a little/some knowledge.

### 02. What will I learn?

The first half of the course will look at some contemporary techniques and the second half of the course will look at Jazz dance techniques. Both will use the steps learnt during the course to create a dance routine.

### 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. Often in contemporary dance we work in either bare feet or socks with treads on. Jazz dance again either bare feet or light trainers. A bottle of water.

### 05. What skills or experience do I need?

This course is suitable for beginners or those with a little knowledge.

### 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.