

Course details

Course title

Fitness and Exercise: Movement This Autumn (Basic Disco Dance Steps for Everyone)

Course code

Q00010730

Course date

Start: 04/11/24

End: 02/12/24

Number of classes

5 sessions

Timetable

Mon 4th Nov, 10:00 to 11:00

Mon 11th Nov, 10:00 to 11:00

Mon 18th Nov, 10:00 to 11:00

Mon 25th Nov, 10:00 to 11:00

Mon 2nd Dec, 10:00 to 11:00

Tutor

Helen Watson

Fee range

Free to £18.50

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

Start your week with a fun and feelgood hour of breathing, stretching and dancing. Keep fit, move and groove to some uplifting and energising music. During this five-week course you'll learn some funky DISCO steps and complete some simple choreography. Dancing is proven to be good for your body and your mind. For improving your cognitive skills. Through learning a simple dance routine, you will: improve flexibility, minimize stress, increase energy levels and have better coordination, balance and strength. So come and release your inner disco diva and dance like no-one (or maybe everyone!) is watching.

Course description

This is a great way to start the week if you like doing exercise, dancing and having fun. Keep fit and exercise with a fun and feelgood hour of music and movement and relaxation. Work at your own pace and level. Each session you will work on: breathing exercises, simple stretching (to get warmed up & alert), easy aerobic sequences and basic DISCO dance moves (to incorporate into an uplifting song). This is a really great way to begin your week every Monday morning if you like doing moving, dancing and having fun. Keep fit and exercise with a fun and feelgood hour of music and

movement and relaxation. Research shows that moving and dancing can be extremely beneficial to your mental and physical well-being. It can help to increase self-esteem and well-being, decrease anxiety, improve your strength and fitness and develop brain function and boosts memory. This course is for beginners but it doesn't matter if you do not have any experience with dancing to participate. All abilities welcome. No experience necessary. Work at your own pace and level.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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