

Introduction to Dance



If you join the 'Introduction to Dance' course you will:

- Learn new dance moves.
- Learn how to make up your own dances.
- Improve your fitness.
- Express yourself creatively.
- Learn independent living skills (like; taking turns, working in a team and trust) through having fun with creative dance.

No dance experience is necessary to join this class but we will expect you to:

- Try your best.
- Be willing to 'have a go'.
- To enjoy learning about dance.



If you are over 19 there is a charge for this course. **However, this fee may be waived if you are on a means tested benefit.**

If you are 16-18 the course may be free.

Please ring Liz/Simon/Jane on 550770/550722/550809 for more information.

(There is also a material fee of £25)

If you would like to know more about this course; ring or email Liz Bolwell for a chat.

Tel: 550770. Email: Liz.Bolwell@iwcollege.ac.uk

