

Course details

Course title

Fitness and Exercise: Dance for Health and Wellbeing

Course code

Q00016228

Course date

Start: 23/09/24

End: 02/12/24

Number of classes

10 sessions

Timetable

Mon 23rd Sep, 11:00 to 12:30

Mon 30th Sep, 11:00 to 12:30

Mon 7th Oct, 11:00 to 12:30

Mon 14th Oct, 11:00 to 12:30

Mon 28th Oct, 11:00 to 12:30

Mon 4th Nov, 11:00 to 12:30

Mon 11th Nov, 11:00 to 12:30

Mon 18th Nov, 11:00 to 12:30

Mon 25th Nov, 11:00 to 12:30

Mon 2nd Dec, 11:00 to 12:30

Branch

WLL

Tutor

Katie Kelsey

Fee range

Free to £63.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Nottingham Womens Centre (NOTTINGHAM)
30 Chaucer Street
NOTTINGHAM
NG1 5LP

Course overview

Dancing for health and wellbeing classes with Katie are a fun and gentle way of getting your body moving. Enjoyable exercise for every type of body aimed at all abilities, with no dance experience necessary. Based on contemporary dance, the style is smooth and safe, low impact and low intensity. Come along whether you are a beginner or someone who has more experience as this course is designed for everybody to get the maximum benefit for health and wellbeing.

Course description

Over the 10 weeks we will develop a new dance together as well as learning sequences and dances from different cultures. The emphasis will be on enjoyment and wellbeing. Each class will be made up of active warm ups, setting up rhythm, moving to rhythm, follow instructions, raising heart rate. Warming up the joints, in readiness for dancing, alignment and breathing exercise, for posture, alignment and strength. Swing/weight release exercises for strength alignment and balance. Feet and pliers, for strengthening and correct use of feet and knees. Dance sequences - begin to learn a short sequence of steps, helping memory and co-ordination. Introducing creative ideas, and improvisation. BBC's Michael Mosley's ('Just One Thing' podcasts) reported "dance is linked to reduced risk of stroke or heart attack, dancing can also have an impact on our mental health, when scientists looked at 40 studies, involving dance movement therapy, they found that dance reduces anxiety, depression and improves quality of life and improves cognitive skills..."

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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