



Course details

Course title

Fitness and Exercise: Summer Music and Dance

Course code

Q00020074

Course date

Start: 28/04/25

End: 14/07/25

Number of classes

10 sessions

Timetable

Mon 28th Apr, 10:00 to 11:30

Mon 12th May, 10:00 to 11:30

Mon 19th May, 10:00 to 11:30

Mon 2nd Jun, 10:00 to 11:30

Mon 9th Jun, 10:00 to 11:30

Mon 16th Jun, 10:00 to 11:30

Mon 23rd Jun, 10:00 to 11:30

Mon 30th Jun, 10:00 to 11:30

Mon 7th Jul, 10:00 to 11:30

Mon 14th Jul, 10:00 to 11:30

Tutor

Suzanne Swain

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

Ferring Country Centre (Ferring)
Rife Way, Ferring
Ferring
BN12 5JZ

Level of study

Beginners

Course overview

A fun and relaxed class with singing, dance, drama games and activities. We will work towards a performance at Apulstock in July. Suitable for all abilities. Come join in the fun.

Course description

This class is aimed at people who want to improve their mobility, get fit and develop their singing, drama and movement skills in a relaxed, fun environment.

We start off with a warm up, then a talk and activities and drama games based on a different topic each week. We then choose music to sing, play instruments and dance. Everyone can work at their own level with support for anyone who needs it.

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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