



Course details

Course title

Fitness and Exercise: Dance for Health and Wellbeing

Course code

Q00020097

Course date

Start: 13/01/25

End: 17/02/25

Number of classes

6 sessions

Timetable

Mon 13th Jan, 11:00 to 12:30

Mon 20th Jan, 11:00 to 12:30

Mon 27th Jan, 11:00 to 12:30

Mon 3rd Feb, 11:00 to 12:30

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

Mon 17th Feb, 11:00 to 12:30

Tutor

Katie Kelsey

Fee range

Free to £37.80

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

Level of study

Beginners

Course overview

This is a 6 week series of gentle dance classes for all ages and abilities, promoting health and wellbeing.

Course description

Dance for Health and Wellbeing classes with Katie are a fun and gentle way of getting your body moving. These classes are enjoyable exercise for every body, they are aimed at all abilities, with no dance experience necessary. Based on contemporary dance, the style is smooth and safe, low impact and low intensity. Classes are relaxed and fun, with easy to follow dance moves. 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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