

ALDD - Dance and Movement

Have fun while keeping healthy and fit through dance and movement.

The course will follow a set programme of recreational and vocational activities to encourage, promote and develop your personal skills, confidence and physical abilities. These informal learning opportunities will be delivered in a relaxed and friendly environment by tutors empathetic to ALDD needs.

This course will empower you to develop your dance skills to well-known party music and explore new forms of dance from around the world such as belly dance and rock n roll. You will be encouraged to use self-expression throughout, practice copying simple movements and interact with others during partner dancing.

Your tutor will regularly review your activities and offer you support and guidance. You will be encouraged to identify small, realistic and achievable goals to work towards throughout the course and will keep a learning log to monitor your progress and achievement within the group.

Learners will be advised any special equipment or resources at the first class.

Entry Requirements

This course is aimed at adults aged 19 (as at 31st August 2021) and over with mild physical or learning disabilities. Care support is not available through the college but learners may be supported by their own carers, who will be expected to participate in the activities.

What's Next

Your tutor will be able to advise you of any follow on or suitable alternatively funded courses.

Your Options

	Start Date	End Date	Course Level
Dance and Movement (ALDD) (Part Time)			
Forest of Dean	14/01/22	01/04/22	E
Dance and Movement (ALDD) (Part Time)			
Forest of Dean	29/04/22	15/07/22	E