



# Oxfordshire Adult Learning

PROVIDED BY ABINGDON & WITNEY COLLEGE



## Course: Ballet for Adults - mixed ability - Summer (Botley) (Seacourt Hall)



Dates: Tuesday 28<sup>th</sup> April – Tuesday  
7<sup>th</sup> July 2020



Time: 6.45 – 8.15pm

Cost: £81, discounts are available for those that qualify



### Course information text:

Ballet dancing seems to be the one that people most admire. perhaps this is because of the huge MYTH surrounding classical dance which is that, unless you learn it from a very young age, you can't participate, other than as a spectator. This is absolutely untrue. It is for everyone.

This course will explore all the basics of Ballet and allow you to fully understand and perform these to a good level. Each week you will learn the basics of steps, including the terminology and correct execution, and then develop these throughout the lesson into all other areas of Ballet. Not only will you be physically challenged, but also mentally by remembering the terms and how to perform them. Mostly it will be a fun environment where the focus is to give everything a go and have an inclusive and non-judgemental community in class.



### How can I enrol?

On-line at: [www.abingdon-witney.ac.uk/courses](http://www.abingdon-witney.ac.uk/courses)

or phone: 01235 216248