



CAM ACADEMY TRUST COURSE INFORMATION



Course Title	DANCE FITNESS – The Musicals				
Course Description	This upbeat dance fitness class involves learning a mix of different dance styles, to fun and exciting Musical themed routines.				
Start Date	25 th Sep 24 15 th Jan 25 30 th Apr 25	Day & Time	Wednesday 19.00 – 20.00	Venue	Comberton Village College
Tutor Details	Victoria is a highly trained dancer with a professional dance background and brings a wealth of knowledge and experience from the dance and fitness industry.				
No. of wks	10	Terms	3		
Fee	£63	Concessionary Fee	£48		
Course Level:	Mixed ability		x		
	Level 1, Level 2 (equiv. to GCSE / NVQ2)				
	Level 3 Equivalent GCE A Level				
Skills or qualifications needed for entry into the class		No previous experience is required for this class as it is aimed for all abilities.			
Course aims & objectives					
<p>This Dance Fitness class aims to improve your general fitness, strength, coordination, agility and flexibility. There will be high and low impact options, so you will be able to workout at the intensity you wish to. Dance Fitness not only improve physical fitness, but also can be profound in improving mental well-being too and will promote a friendly and inclusive environment.</p>					
Progression – after this course what might you do next?					
<p>The Dance Fitness ‘The Musicals’ classes will vary each week, providing a fun variety for regular students. Sessions will also be progressive, gradually developing and expanding on routines from previous weeks. Students will be able to see improvements in their dance and fitness ability and levels, as well as a positive impact on physical and mental health.</p>					
Materials/equipment required for first class		Please wear comfortable clothing to workout in, and suitable footwear, such as trainers. Please do also bring along water with you too. No specific equipment is required.			

Contact for further information

Adult Education: 01223 264721
commed@catrust.co.uk

Enrolment and Payment

Please enrol at Comberton Village College for all courses, including those in Cambourne, Melbourn and online. Please assume the class is running once payment has been received unless you hear to the contrary.

We can currently accept card payments within our office based in Comberton Village College. We accept cash and cheques made payable to The Cam Academy Trust. We will be available in class to collect contactless card payments in person, at the beginning of each term. We can also send out secure payment requests for fees, via email and text messages. **Please note, we no longer accept payments over the telephone.**

By Phone: 01223 264721 – once the office is open in September
Email: commed@catrust.co.uk
Cheques: The Cam Academy Trust
Address: Adult Education, Comberton Village College, Comberton, Cambridgeshire, CB23 7DU

Refunds

Refunds are only available if we close a class or you withdraw at least two weeks before the start. In the latter case there is a £5 administrative charge. Classes cancelled by us due to unforeseen circumstances (e.g. tutor illness/snow) will be replaced with an extra class at the end.

Concessionary Fees

25% discount (excluding materials) is available for those in receipt of JSA/ESA, Universal Credit, Carers Allowance or a social care assessment (EHCP, PIP) evidence to be provided. It is also possible to pay by instalments, please ask for details.

Calendar (Please check start date of specific courses)

Autumn Term Half term 28th Oct – 1st Nov 2024
Spring Term Half term 17th Feb – 21st Feb 2025
Summer Term Half term 26th May – 30th May 2025

During the summer holiday our office is open on reduced hours. We are closed in other school holidays.

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2024). We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of other adult learning opportunities across Cambridgeshire to support adults with the lowest level of qualifications or no qualification at all, and so typically find themselves in lower paid, less secure jobs or unemployed. Search our website www.camsals.co.uk for details of all our funded courses.

Safeguarding Statement

Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.

How we use your data

<https://www.gov.uk/government/publications/esfa-privacy-notice>