

**Starts Monday 9th  
January 2023**

**7—8pm**

**Fee : £65**

**10 week course**

**Tutor: Anna Harris**



For anyone wanting to have some fun, do some light exercise and learn a new or refresh an old skill. In beginner Ballet, we will work on basic techniques at the barre and in the centre with a focus on strengthening our core and maintaining a correct posture. Every class will finish with the opportunity to put some of these skills to work in a short dance piece which we will build on each week.

## About Your Tutor

Anna has loved dance and exercise for as long as she can remember! After completing her degree in Exercise and Health she went on to train as a professional dancer here in Cambridge at Bodyworks Performing Arts. She has had the privilege of dancing and performing on many stages in and around London as well as teaching a variety of people of all ages and abilities. She's passionate about encouraging her students to help them be their best whilst creating a fun and inclusive atmosphere.

## What you need to bring to the first session

Wear comfortable stretchy clothes and ballet shoes or soft jazz shoes if you have them. Some sensible socks are fine to start you off. Bring water to keep hydrated.

### How to book

You may enrol by:

- Phone: 01954 288751
- Email: [community@astreacottenham.org](mailto:community@astreacottenham.org)

Course fees are payable in full at the time of booking. Bookings and course fees must be made at least 5 working days before the start of the course.

### Ways to pay

- Payment can be taken by cheque, payable to Astrea Academy Trust or by credit/debit card in person at Cottenham Village College.
- Credit/debit card payments can be taken over the telephone on 01954 288751

Please note refunds can only be made if a class is cancelled or closed.

### Terms and Conditions

Full terms and conditions can be found on our website:  
<http://community.cvcweb.net/home/learner-information>

### Equalities Statement

The Trust operates an Equality of Opportunity Policy. We believe everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust. Please contact us in confidence to discuss any support you may need.