

African Drumming For Health 3

Course Code D01-43F



Venue: Room Large Hall

Tothill Community Centre
Knighton Road
St Judes
Plymouth
Devon
PL4 9DA

Start Date: 18 June 2020

End Date: 16 July 2020

Sessions: 5

Day(s): Thursday

Start Time: 19:00

End Time: 21:00

Cost of course: Fee £30

Entry requirements This course is for anyone, from beginners to the more advanced.

Course Description As well as being great fun, drumming has many benefits. It can enhance coordination and motor skills, is an excellent stress buster, revitalizes, energises and helps with relaxation.

In this course you will learn uplifting and empowering songs from Africa. You must be fully focused on your hands and singing which allows all the stresses of the day to melt away.

How will the course be delivered? This is a primarily practical course.

How will I know I'm making progress? Your tutor will set objectives for the session and will give feedback on how you are progressing against these.

Will I need to study or practise outside the classroom? It is always useful to practice your skills between sessions.

What will I need for the course? Drums will be provided so you just need to bring yourself and a bottle of water.

What can I learn next? Look out for information regarding follow-on courses. Visit our website at www.oncoursesouthwest.co.uk or contact us on 01752 660713.

Please Note: Most courses attract a subsidy from the Education and Skills Funding Agency and can be used to match funding for ESF. It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered. Room numbers are subject to change - please check when you arrive at the venue.

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