

SOUTHPORT

# PASSPORT TO DANCE

WWW.CEROC.COM/ESCAPE



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# WELCOME

Welcome to yet another fun packed, foot pounding dance weekend extravaganza at Southport.

If the weather at Camber is anything to go by this weekend should reflect its name, and hopefully the outdoor Olympic private party on Saturday afternoon will put London to shame.

If this is your first visit to an Escape Weekend event then we hope it lives up to your expectations and opens your eyes to the huge dance scene that we are all a part of.

Our weekender ethos is to ensure that we provide classes of all levels for dancers of every standard. We believe in teaching you moves, styles and techniques that you can realistically take away with you and immediately put into your dancing.

Our team of teachers & DJs come from far and wide so you may see some familiar faces as well as some who can showcase something new and different, displaying their own particular style.

You will find over 40 classes and workshops detailed in this booklet and these sessions are free to attend.

If everything goes to plan this weekend, we will hosting a couple of 'Silent disco' parties - so look out for the signs.

Hopefully this guide will give you all the information that you need, but any queries visit the Weather Centre between 10am - 10pm.

As ever if you have any feedback please email ceroc7@ceroc.com or grab a member of crew over the weekend.

Have a great weekend!

The Escape Committee

# **EXCEEDINGLY USEFUL INFORMATION**

# **PARKING**

There is ample parking at Pontins in Southport so there is no need to book a parking space in advance.

# PROBLEMS?

If you have any problems or questions please come to the 'Weather Information Centre' situated in the middle foyer near Stand Out Dancewear. The main Pontins reception is also manned and there is security on duty all night.

# **CLASS ROTATION**

It will be possible to remain with a fixed partner in all classes if you choose. There will inevitably be more of one gender than another in some classes. However our gender balancing policy should alleviate this problem considerably.

# **DANCE ETIQUETTE**

Please be considerate of your partner and fellow dancers and remember airsteps are not permitted for safety reasons. Take care when doing any form of drop keeping safety and spatial awareness at the forefront of your mind. There will be hours of dancing so remember to stay fresh and wash your hands frequently.

# **ACCOMMODATION**

Just to remind you, your apartment will not be cleaned during the weekend. All breakages or problems must be reported at the Pontins reception window. If your electricity is metered, you will need tokens. See 'Electricity' below.

# **CHECKOUT INFORMATION**

You need to check out by **10am** on Monday 18th June 2012. Please leave your keys at the security gate upon departure.

# **DVD OF SCORCH WORKSHOPS**

DVD of workshops taking place over the weekend, will be on sale from 10am on Sunday morning priced at £20 (£25 after the event, online). Go to the Weather Centre on Sunday to get your copy before they sell out! We are open till 10pm on Sunday.

# **WEATHER INFORMATION CENTRE**

Located in the main foyer, this is where you can book Private Lessons, Masterclasses, Massage and buy a range of Ceroc and Style DVD's. You can also drop your feedback form here once completed and torn out from the centre of this booklet.

# COLOURED WRIST BANDS?

You are required to wear your gender coloured wristband all weekend. You cannot access the main entertainment's complex where all the workshops and freestyle dancing is to be held, and where the bars and restaurants are situated without a correctly coloured wrist band. Wristbands will be checked at all entrances or by roaming stewards. These wristbands cannot fall off by accident, they can only be removed with scissors and therefore if you lose your security wristband you will have to buy a replacement (£99).

# **TOWEL SWAPPING**

If you have Club accommodation you can swap your towels during your stay. Ask reception for a towel swap.

# **ELECTRICITY**

If you are in Classic or Budget accommodation you will need tokens which feed the meter. Tokens can be purchased at Pontins Main reception counter and out of hours at Security at the Club Gate. Remember to turn the Water Heater off.

### PHOTOGRAPHS AND FILMING

All recordings and photographs made during this event are the property of Ceroc and may be used by them at any time.

# **WATER**

We have organised complimentary water from coolers in the main dance venues (subject to availability).

# WHAT'S ON TV?

The PTV channel on your TV will show a live feed from the main Thunderball Room. There are 4 other channels available.

# I'M HUNGRY!!!

No problem there! Bake'n'bite provides freshly baked crusty baguettes, croissant, sweet pastries and savoury snacks; Nisa convenience store provides all your essentials and a lot more, plus you can eat at the restaurant in the Pub located on site, the fish and chip shop and burger bar in the main foyer.

# WHIRLWIND BAZAAR

Stand Out Dancewear Range are on hand for dance clothing and shoes. Located in the middle foyer between the main ballroom and the pub. www. standoutdancewear.co.uk

### **TERMS & CONDITIONS**

All Terms & Conditions apply and can be found on our website.

# **CEROC'WELLBEING'**

Throughout the weekend a team of professionally qualified complimentary practitioners will be on hand offering a variety of treatments.

# **BOOKING INFO**

All Treatments need to be booked in advance at the 'Ceroc Wellbeing' desk located in the main foyer.

Cash Payments only.

# Deep tissue massage (£20 for 30min)

Great for releasing aches and restoring tired muscles.

# Indian Head Massage (£20 for 30 mins)

Treatment involves massage of the head, neck & facial areas with the intention of manipulating energy flow.

# Acupuncture (£20 for 30 mins)

Uses fine sterile needles placed in specific points on the body to balance energy.

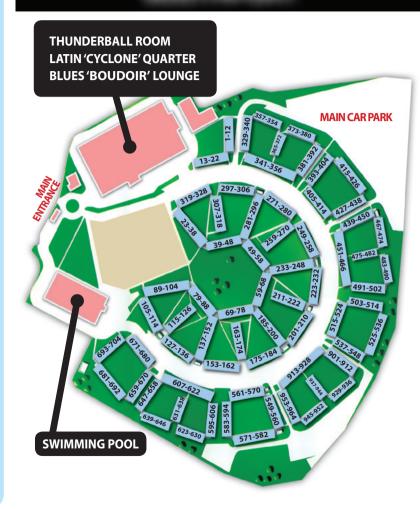
# Kinesiology (£20 for 30 mins)

Gentle muscle testing, good for relieving and preventing muscle strain.

# Reflexology (£40 for 60 mins)

Stimulation of pressure points in the feet to correspond to body organs. Results can include break-up of stress and release of toxins.

# SOUTHPORT



# **LIST OF ACTIVITIES**

### **DAY TIME DANCING**

There will be non-stop dancing in the Boudoir throughout the weekend. You will also find Swingers Hour in the Pub during the afternoon on Sunday to get your heart racing for the ultimate cardiovascular workout. S'Funk Hour for some Soul Funk Classics on Saturday afternoon along with some Summer Classics too. We also hope to host some 'Silent Disco' sessions in the day.

# **MILONGA**

For the growing following of Tango Dancers, Marc Forster & Warren Richardson AKA Dance Inspired will be hosting Milongas on Saturday and Sunday in the Cyclone Latin Quarter.

# **PURE BLUES**

We regularly have requests for Pure Blues Music. For the Blues lovers here are your key times to look out for: 10.30pm - 1.30am Friday night in the Cyclone, 1.30am - 3.30am Friday night in the Boudoir (Pub), 1.30am - 3.30am Saturday night in the Pub, 12.30am - 2.30am Saturday also in the Pub.

# **BATTLE OF THE DJs**

On Sunday afternoon from 2.30pm - 5pm, you can dance to and witness Garry Turner, Ian 'OXOs' Morgan & John Baker battling it out with the ultimate DJ Tag session. They'll be ready to out do each other with a whole mix of fabulous music!

### **CEROC FOR BEGINNERS**

In addition to the many advanced workshops this weekend, Ceroc has not forgotten its roots and we will be hosting workshops specifically designed for beginners.

These will be held in the Main Ballroom & Cyclone Dance Zone. These workshops will be progressive and totally rewarding.

Starting at 7pm on Friday and continuing throughout the weekend there will be 5 X 1 hour long classes in total.

# **SWIMMING POOL**

The swimming pool will be open from 4pm - 7pm on Friday and 7am - 7pm on Saturday & Sunday.

### **PRIVATE LESSONS**

Some teachers are available for private lessons, please visit the Weather Information Centre for availability and to book or approach the teachers directly. Charges £50 per hour payable to the teachers directly.

### **SACK THE DJ**

Stand up for what you believe in - your chance to have a go, providing you brought your own CD collection. The decks will be waiting for you in the Blues Lounge at certain times of the day. There is a schedule on the wall in the Boudoir to book your slot.

### **CABARET**

Join us at 10.30pm on Saturday night in the main ballroom to see some of our UK Ceroc Champ Winners perform.

# **GREAT ESCAPE COMPETITION**

If you want to enter the Great Escape Competition be in the ballroom by 10:30pm on Saturday in preparation for competition commencement which will take place at some time during the Cabaret.

# **MASTERCLASSES**

Masterclasses are small classes that are taught in fixed couples. They provide teacher interaction and the opportunity to master the art or technique being taught. You do not have to be an advanced dancer to participate! You do however have to book in advance at £5 per head in your fixed partnership.

- · Ladies Styling All levels for solo ladies
- Baby Aerials For Intermediate + Dancers
- Super Hot Drops For Intermediate + Dancers
- Blues Connection All Levels
- WCS There are a selection of WCS masterclasses from Int level and up

# **CEROC OLYMPICS**

If you've been to Scorch before you'll know that the weather is usually pretty good and consequently people organise games in the 'circle green'. It usually involves lots of water, sunshine, music, drink, BBQ's and laughs, so if you fancy a break from classes & dancing on Saturday afternoon, come to the Green!

# THE GODS OF THUNDER

The evenings will consist of 3 rooms playing different music from our outstanding line-up of DJ's from across the UK.

The Main Ballroom playing popular and new uptempo sounds from evening until 4.30am on Saturday and Sunday morning and 3.30am on Monday morning.

The Latin 'Cyclone' Quarter playing set genres including Milonga and WCS

The Blues 'Boudoir' Lounge, otherwise known as the 'Pub' will be the non-stop music hot-spot. Playing traditional Escape Chill Out tunes whilst the Milonga sets are taking place in the Cyclone to suit the Blues and WCS enthusiasts and switching to Pure and Eclectic Blues whilst WCS is being played in the Cyclone.

Our Gods of Thunder this weekend are:

Marc Forster, David 'Rocky' Rokov, Warren 'Dance Inspired' Richardson, Mike Sailsman, Chris Baker, Chris Uren, Hayley Nicholls, Mike Ellard, Rachel Pears, Sheena 'Tiggerbabe' Assiph, Dale 'Smood' St Rose, John Baker, Craig Addison, Garry Turner, Vince 'SilverFox 'Silva, Ian 'OXOs' Morgan, Kieran Moore, 'Steve J' Joynson, Paul Foster, Alison 'ZebraWoman' Banning, Rob Ambridge, James Ross & Al Griffin

# **THANKS**

Our weekend events would not be the success that they are without the assistance of our crew. It's the people behind the scenes from setup through to take down, who often go unrecognised and we would therefore like to offer our appreciation to all the crew from Floor Layers, Wristband Checkers, Row Organisers, Taxi Dancers, Weather Centre Staff, Registration and the Duty Management Team. Special thanks go to Marc Forster, Chris Baker, Alan Finch & Myles Woodhouse.

# Buy a pair of shoes, get an item of clothing half price\*

\*terms and conditions apply



Visit our shop to see our latest collection of shoes and clothing

# **Your ESCAPE Plan**



You are HERE! Southport



28 - 30 SEP 2012 Southport



12 - 14 OCT 2012 Somerset



09 - 11 NOV 2012 Camber



**TBA 2013 Southport** 



22 - 24 FEB 2013 Norfolk



**TBA 2013 Camber** 



5th May 2013 London



TBA 2013 Camber

# Ceroc Dance Holidays MedFest www.clubdanceholidays.com

Calpe, Spain 16 - 23 September 2012



Weekend Options also available
For booking & further information contact:
Club Dance Holidays

Tel +44 08702 866000 Fax +44 08702 866001 Email: info@www.clubdanceholidays.com Website: www.clubdanceholidays.com



# RESULTANT OF CEROC Instructional DVD MONES OF CEROC INSTRUCTION INSTRUCT

This instructional DVD will teach you 49 new moves that have been added to the Ceroc teaching syllabus.

Our dance takes it inspiration from the vast spectrum of other dance forms. What's also really exciting about learning to dance with Ceroc is that we don't stand still, and the dance is constantly evolving.

This DVD is easy to follow and it includes a demo and slow teach for all the 49 new moves.

These moves are really only suitable for people that are comfortable with the Intermediate classes. The moves are a mix of easy, medium & hard Intermediate moves.

OR ONLINE WWW.CEROC.COM

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Having a party?
Having a dance floor?
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Prices from £150

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danceflooruk@gmail.com 07595595941

# **WEEKENDER FEEDBACK**

# ...HAVE YOUR SAY

The good, the bad and the downright ugly!	6. Any suggestions that you would like to see at future events?	
All feedback is read and valued. You will even be entered into our <b>prize draw</b> to win your next weekender chalet for free!		
1. Which was your favourite lesson and/or teacher?		
	7. Anything else that you would like to add?	
2. Which classes were your least favourite and why?		
3. Which DJs were hotter than Tabasco in suspenders?	8. How many Escape Weekenders have you ever attended?	
4. Which tracks or music did you personally not enjoy?	Your Name	
	Your Email	
The state of the s		
5. Anything, in your opinion, that we shouldn't bother with next time?	Your Telephone Number	
	Please tear these pages out of your booklet and leave in the 'Feedback Box'. The box will be placed at reception during opening hours between 10am and 10pm. Thanks for your time.	



# 09 - 11 NOV 2012

Most popular Camber weekender.

Tickets for Camber events are hotter than an exclusive night club in the Earth's core where the air conditioning has failed.

Bookings open soon.

# 28 - 30 SEP 2012

Next Southport weekender in September.
Remember you need to book early for
Southport especially if you are a girl.
Remember the earlier you book,
the cheaper the price. Bookings open soon.

**Great Escapee Competition** 

This competition is now a feature at all of our major Weekenders. The winners are determined by the audience, and they will compete in the 'Great Escapee' final at the London Champs (May 2013).

This category will have just 1 round at the London Ceroc Champs and that will be the FINAL, so all you have to do is win your heat at a weekender then you get automatic entry to the National Ceroc Championship.

Winners of the Great Escape Final will receive a Free Chalet at an Escape Weekend (Southport, Camber or Brean Sands) in 2014.

So get your favourite dancing shoes on, get your supporters into the ballroom.... remember the spectators determine the winners.

Heats will take place during the Cabaret Hour so competitors and would-be judges need to be in the Thunder Ballroom on Saturday night by 10pm.

For more info about Champs, please visit www.CerocChamps.com



CEROC ESCAPE DANCE WEEKENDER

# 

SOMERSET

# 12 - 14 OCT 2012

Over 50 hours of freestyle
Over 30 varied & exciting workshops
3 rooms playing different styles of music

# THE UK BLUES CHAMPIONSHIPS

Including Blues Open, DWAS and Blues Showcases



Saturday Night Main Room Event funKed uP is all about musicality... Expect soul, funk, r'n'b, funky blues & hip hop

WWW.CEROC.COM/BREEZE



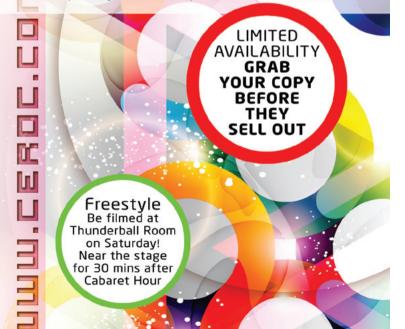
All workshops\* from this weekend

How can you remember all workshops from this weekend? We have the solution!

We're selling DVDs to take home with you on Sunday.

Yes, this Sunday! From 10am near Info Desk till 10pm. 2 DVD discs. £20 special discounted price, usually £25.

\*Complete Beginners and theory based classes are not included.



# **Teachers**

# **ALEX FAULKNER (AF)**

Winner of many Ceroc Champ titles and years of teaching experience to belie his age, Alex will be teaching footwork & liquid linking.

# **CRAIG ADDISON (CA)**

Qualified Ceroc and Zumba teacher has more energy than one of those toys on a Duracell advert, and apparently he is also way more cute. Get ready for some lively latin inspired workout routines.

# CHRIS & LEAH (C&L)

Chris Baker, once our youngest ever Ceroc teacher, now runs his own dance empire in the North East. With his Pole Dancing partner Leah they make aerials look easy!

# CARL & MEL (C&M)

Regular fixtures and wonderful hosts at the Bristol 'Switch' nights, Carl & Mel are a popular duo with a slotted and dynamic style. At home in both the Main Room and the Chill Out Zone, you'll find the style they teach suits both rooms.

# DEBBIE ATTWOOD (DA)

Whoever said Birmingham was all about canals and the Rotunda had clearly never been to one of Debbie's classes. She is more cutting edge than any High Speed link, and has the energy and enthusiasm that would shame any striking factory picket line!

# EMMA PETTITT(EP)

Emma is a pocket rocket with posture, style and dance flowing through her veins. Winner of many Champs titles and bursting with choreography, amongst other things, she is offering the ladies some styling at this event.

# FRANCK & SHEENA (F&S)

Franck and Sheena have the ability to break down technique in an easy and fun way to get you dancing smarter. They make even the most basic moves look and feel fantastic.

### **KIERAN MOORE (KM)**

This young teacher from the West Midlands is a true dance genius and a dream to partner. This weekend he takes our beginners on their dance journey.

# **KERRY RUTHERFORD (KR)**

Well experienced teacher from the North East, Kerry is popular with her local dancers. This weekend she is going to get you working that floor, but not forgetting spatial awareness!

# LYNDSEY & MARK(L&M)

Mark & Lyndsey from South Wales ooze fresh and funky with energetic moves and routines. Breathing new life into the Ceroc dance scene in South Wales they are also the Welsh Champs Organisers. Always creative in their classes so Hot New Moves is a doddle for them!

# **MAJA KOCANOVA (MK)**

Ceroc's latin queen. The gracious Maja will be mixing a unique cocktail of hot rhythms, inspiring technique, sweeping footwork, plenty of dance attitude with her own unique and sassy latin style.

# MARC & RACHEL (M&R)

This adorable couple run the Milonga with Warren Richardson. So to get you comfortable in that environment they are teaching Tango for Ceroc and Argentine Tango this weekend.

# PHIL WEBB (PW)

Phil is no stranger to the competition circuit and is certainly no stranger to 1st place and all the other shiny medals & trophies that go along with it. Starting out as a Ballroom & Latin Dancer, he has settled into the Ceroc dance scene and teaches style coupled with great routines.

# PIOTR & MARTA (P&M)

All the way from Poland, and winners of this year's London Ceroc Champs, Piotr and Marta are here to show you some of their winning choreography. With a background in Salsa, Argentine Tango, Ballroom & Latin and Jive. Their style is awesome. You will get to see them perform their winning showcase on Saturday night and see just what you could learn across their 2 classes on Sunday.

# STEVE & ALISON (S&A)

From Kent, the organiser and host of the ever popular Rochester Dance Junction events, Steve has been teaching Ceroc for over 10 years. He and his partner Alison have a beautiful, Bluesy flowing style and will be sharing their techniques this weekend with Ceroc to Blues.

# TIM SANT (TS)

This young, highly talented dancer and teacher has a huge following that grows with each City he visits. As Head of Dance for Ceroc, Tim offers the latest techniques, the hottest style and the most innovative choreography.

# TIM STEVENS (TST)

Now teaching in Wales, but originally from the London and Surrey area, Tim is a Street Dancer by heart who has developed his own funky style in Ceroc and teaches increasingly popular classes in Wales.

# TOM BAKER (TB)

Having walked away with the 1st place Novice Title in his very first foray into the competitive world of US WCS, Tom has gone on to continue taking home titles in the UK competitions. Something that comes naturally to this young teacher who was once the undefeated Ceroc Open Champion 3 years in a row.

# TONY & HAYLEY (T&H)

This funky young partnership have quite a few Ceroc Weekenders under their belt and return to Southport with ever popular Drops and Superdrops.

# VAL & DAVID (D&V)

Blues Champs, Co-Creators of Utopia & Twisted and Organisers of the LUX Dance Weekend. David & Val have been teaching for over 8 years. Join their Blues Connection Masterclass on Sunday.

# WARREN RICHARDSON (WR)

Organiser & Teacher of Brighton based Tango Bootcamps, Warren is one of our weekender Milonga DJs. At this event he will be introducing you to Milonga Rhythm and Argentine Tango.

KATE HAMMERSLEY (KH) PILATES INSTRUCTOR

# Schedule



**THUNDERBALL ROOM (Fun Factory)** 

**LATIN CYCLONE QUARTER (Lunars)** 

**BLUES BOUDOIR LOUNGE (Queen Vic)** 

# **SCHEDULE KEY**

- Workshops are shown in RED
- (Beg) These classes are suitable for complete beginners.
- (Beg+) You should have done at least 6 classes.
- (Int) Regular Intermediate Lesson.
- (Int+) More difficult Intermediate Lesson.
- (Adv) For advanced dancers who pick up moves easily.
- (All) Suitable for everyone.
- ZUMBA Dance inspired fitness class wear suitable attire.
- · Pilates Take a towel or Mat
- \*\*\*Masterclasses book in advance at the Weather Centre

	Thunderball Room	<b>Cyclone Latin Quarter</b>	The Boudoir / Queen Vic Pub
18:00-19:00	Ceroc F/Style James Ross Ceroc Classic Tunes	Closed	15.00 - 19.00 Sack the DJ Opportunities with DJ and Room Host Marc Forster Open Decks
19:00-20:15	Ceroc F/Style Al Griffin	Starters Orders (Beg) KM Ceroc for Beginners 7-8pm	19.00-20.30 Chill Out Zone Rocky Slow, Smooth Freestyle
20:15-21:15	Simply Scorching (Int) TS Intermediate Ice-Breaker Class	Starters Orders (Beg) KM Ceroc for Beginners	20.30-21.30 Chill Out Zone OXOs
21:30-22:30	Ceroc F/Style Chris Uren 9.15pm		21.30-22.30 Chill Out Zone ZebraWoman
22:30-23:30 23:30-00:30	Ceroc F/Style Chris Uren Ceroc F/Style OXOs	Blues Lounge Garry Turner Blues Lounge GT & Rocky	22.30-23.30 Chill Out Zone Paul Foster 23.30-00.30 Chill Out Zone Smood
00:30-01:30	Ceroc F/Style Craig Addison	Blues Lounge Rocky	00.30-01.30 Chill Out Zone John Baker 01.30-02.30 Blues Lounge Rachel Pears
01:30-02:30	Ceroc F/Style Garry Turner	WCS F/Style Kieran Moore	02.30-03.30 Blues Lounge Tiggerbabe 03.30-04.30 Chill Out Zone SilverFox
02:30-03:30 03:30-04:30	Ceroc F/Style John Baker Ceroc F/Style Chris Baker	WCS F/Style Craig Addison	04.30-05.30 Chill Out Zone Mike Sailsman 05.30-07.00 Chill Out Zone Steve J

# **SATURDAY**

	Thunderball Room	<b>Cyclone Latin Quarter</b>	The Boudoir / Queen Vic Pub	The Pod
09:30-10:30	Starters Orders (Beg) KM Complete Beginners Ceroc class	<b>ZUMBA® (All) CA</b> Latin Dance inspired workout	<b>09.30 - 10.30 Sack the DJ</b> Open Decks	Closed
10:45-11:45	Work the Floor (Int) KR Traverse the floor safely!	Luscious Latin (Int+) MK Style up your Ceroc with some Latin	10.30 - 12.00 Sack the DJ Open Decks	***Ladies Styling EP  Masterclass book in advance
12:00-13:00	Tango Breaks (Int) M&R Tango Ceroc Fusion - switching styles	Strictly Style (Int+) PW American Smooth Style Ceroc	12.00 - 13.00 Sack the DJ Open Decks	***WCS Passes TB  Masterclass book in advance
13:15-14:15	Brand Spanking New (Int+) TS New moves from Tim	Footwork Frenzy (Int+) AF Footwork based routine	13.00-14.00 Sack the DJ Open Decks	Relax & Practice Area
14:30-15:30	Dips, Drops & Leans (Int) DA dips & drops technique & moves	Ceroc to Blues 1 (Int) S&A Adapt your Ceroc to the Blues Room	14.00-15.30 Summer Anthems Dance Inspired	***Ladies Styling EP  Masterclass book in advance
15:45-16:45	Body Leads & Mind Reading F&S Learn total connection & partnering	Control & Momentum (Int+)C&M initiating momentum & using it	15.30-16.30 S'Funk SilverFox Soul & Funk Classics	Relax & Practice Area
17:00-18:00	Argentine Tango 1 (All) WR Embrace, Walks, Posture	Secret Ingredients (Int) TS Expand repertoire with tips & tricks	16.30-18.00 Chill Out Zone Smood	***WCS Whips TB  Masterclass book in advance
18:15-19:15	<b>Liquid Links (Adv) AF</b> Fluid, quick linking routine	Smouldering Gaze (Int) MK Killer eye contact moves	18.00 - 19.00 Sack the DJ	Relax & Practice Area
19:30-20:30	Room Closed until 8pm	Starters Orders (Beg) KM Beginners Ceroc	19.00 - 20.30 Sack the DJ	Relax & Practice Area
	SATURDAY NIGHT			
20:00-21:00 21:00-22.00	Ceroc F/Style Al Griffin Ceroc F/Style Al Griffin	Milonga Rhythm (All) WR9.30pm Fast Rhythmic Tango Class 9.30pm	20.30-21.30 Chill Out Zone Paul Foster 21.30-22.30 Chill Out Zone Paul Foster	Relax & Practice Area
22:00-23.00 23:00-00.30	Ceroc F/Style Chris Uren Cabarets, Competition (GT DJ)	Milonga Marc Forster 10.30pm Milonga DanceInspired 11.30pm	22.30-23.30 Chill Out Zone Rob Ambridge 23.30-00.30 Chill Out Zone Tiggerbabe	Relax & Practice Area
00:30-01:30 01:30-02:30	Ceroc F/Style John Baker Ceroc F/Style Tiggerbabe	Milonga Marc Forster 00.30am WCS F/Style Kieran M 1.30am	00.30-01.30 Chill Out Zone Mike Sailsman 01.30-02.30 Blues Lounge Smood	Relax & Practice Area
02:30-03:30 03:30-04:30	Ceroc F/Style James Ross Ceroc F/Style Hayley Nicholls	WCS F/Style John Baker Closed	02.30-03.30 Blues Lounge OXOs 03.30-04.30 Chill Out Zone Rocky	Relax & Practice Area
04:30-05:30 05:30-07:00	Closed Closed	Closed Closed	04.30-05.30 Chill Out Zone SilverFox 05.30-07.00 Chill Out Zone Garry Turner	Closed
07:00-	Closed		07.00 - Close Sack the DJ	

# **SUNDAY**

	Thunderball Room	Cyclone Latin Quarter	The Boudoir	The Pod
09:30-10:30	Off the Blocks (Beg+) KM Beginners Plus Ceroc	Pilates (All) KH Please take a mat / towel	<b>09.30 - 10.30 Sack the DJ</b> Open Decks	Relax & Practice Area
10:45-11:45	<b>Supersonic Swap (Int) TST&amp;C&amp;L</b> Super Smooth, Super Speedy - Tag	In the Spotlight (Int) EP Style & moves to get you noticed	10.30 - 12.00 Sack the DJ Open Decks	Relax & Practice Area
12:00-13:00	Winning Formula 1 (Adv) P&M Choreo from Winning Showcase	Smooth & Slotted (Int) C&M  Dynamic and smooth routine	12.00 - 13.00 Sack the DJ Open Decks	***WCS Advanced TB  Masterclass book in advance
13:15-14:15	Dynamic Drops & Moves (Adv) T&H Big Moves & Ultimate Drops	Blocks, Stops & CounterbalanceF&S Add contrast & drama to your dancing	<b>13.00-14.30 Swingers Hour Mike Ellard</b> Swing Freestyle	***Baby AerialsC&L Masterclass book in advance
14:30-15:30	Hot New Moves (Int+) L&M New Moves from Lyndsey & Mark	Argentine Tango 2 (All) M&R Introducing Pivots & Ochos	<b>14.30-17.00 Battle of the DJs</b> Garry Turner, John Baker & OXOs battle it out!	Relax & Practice Area
15:45-16:45	In Sync (Int+) DA Frame with Footwork	Ceroc to Blues 2 (Int) 5&A 2nd routine for the Blues room	14.30-17.00 Battle of the DJs Garry Turner, John Baker & OXOs battle it out!	***Super Hot Drops T&H Masterclass book in advance
17:00-18:00	Tornado Turns (Int+) TST Multiple turns, quick spins	Rumba Essence (Int) PW Rumba for the Chill Out & Blues Rooms	17.00-18.00 Chill Out Zone Rob Ambridge	***Blues Connection D&V Masterclass book in advance
18:15-19:15	Winning Formula 2 (Adv) P&M 2nd part choreography class	ZUMBA® (All) CA Latin Dance inspired workout	18.00 - 19.30 Sack the DJ	Relax & Practice Area
19:30-20:30	Room Closed until 8pm	Closed	19.30 - 20.30 Sack the DJ	Relax & Practice Area
	SUNDAY NIGHT			
20:00-21:30 21:30-22:30	Ceroc F/Style Hayley Nicholls Ceroc F/Style Al Griffin	Closed Milonga Dance Inspired	20.30-21.30 Chill Out Zone Mike Sailsman 21.30-22.30 Chill Out Zone Rachel Pears	Closed
22:30-23:30 23:30-00:30	Ceroc F/Style Tiggerbabe Ceroc F/Style Chris Baker	Milonga Marc Forster Milonga Dance Inspired	22.30-23.30 Chill Out Zone Steve J 23.30-00.30 Chill Out Zone ZebraWoman	Closed
00:30-01:30 01:30-02:30	Ceroc F/Style Rob Ambridge Ceroc F/Style John Baker	WCS F/Style Craig Addison WCS F/Style Steve J	00.30-01.30 Blues Lounge Rachel Pears 01.30-02.30 Blues Lounge Rocky	Closed
02:30-03:30 03:30-04:30	Ceroc F/Style Smood Closed	Closed Closed	02.30-03.30 Chill Out Zone Tiggerbabe 03.30-04.30 Chill Out Zone SilverFox	Closed
04:30-06:30	Closed	Closed	04.30-06.30 Chill Out Zone Marc Forster	Closed

