

STORM

08 - 10 MAR 2013

CAMBER

PASSPORT TO DANCE

www.ceroc.com/escape

OVER 15 DIFFERENT DANCE STYLES
TAUGHT MANY VARIED AND
EXCITING WORKSHOPS OVER 50
HOURS OF FREESTYLE DIFFERENT
ROOMS PLAYING DIFFERENT
STYLES OF MUSIC TEACHERS FROM
ALL OVER THE UK DJ'S FROM FAR
& WIDE LARGE GATHERING OF
CEROC TEACHERS MASSAGE HAIR
& BEAUTY PILATES SWIMMING
WORKSHOP DVDS TO TAKE HOME
SELECTION OF DANCE SHOES
AND CLOTHING ON SALE ON
LINE BOOKING WITH IMMEDIATE
CONFIRMATION GENDER
CONTROLLED BOOKING SYSTEM



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WELCOME

Welcome to Camber Sands, home to the biggest dance weekenders.

Our weekenders 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 will showcase something new; displaying their own particular style.

Ceroc 'Escape' events are all about participation, whether that be the dance, social or performance aspects of the weekend, so there are opportunities for you to learn choreography which you can perform in the team cabaret performance, pub quizzes, Karaoke and of course the competitions.

You will find over 40 classes and workshops detailed in this booklet and with the exception of Masterclasses these classes are free to attend.

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

We appreciate that the linen and towel change by Pontins is an inconvenience, but we have held our prices for the third year despite annual rent increases in recognition of this change.

We are pleased to say that every apartment has now been decorated along with new flooring.

Finally, the bookings for Scorch & Jamfest are already open.

Have a great weekend!

The Escape Committee

EXCEEDINGLY USEFUL INFORMATION

PARKING

Parking is limited at Camber and consequently we sell parking vouchers leading up to the event. If you have not booked on-site parking then you will need to park off-site as we have sold out of spaces. Please note, you may be ticketed by the local authorities if you park illegally with any wheel on the pavement or grass. We cannot be held responsible for any loss or damage to vehicles.

PROBLEMS?

If you have any problems or questions please come to the 'Weather Information Centre' situated in the main foyer of the Centre. 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. There will be row organisers in all classes to assist.

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 as we will not be held responsible for any injuries that you incur. There will be hours of dancing so remember to stay fresh and wash your hands regularly.

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.

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. Please be aware that keeping the water heater on permanently will use a lot more electricity so you are advised to switch it off when not in use.

WEATHER INFORMATION CENTRE

Located in the main foyer, this is where you can book Masterclasses, Private Lessons, Argentine Tango Sessions, Massage and buy from a range of Ceroc and Style DVD's.

LINEN AND TOWELS

Pontins are no longer providing these items. You can buy linen from reception Singles £5 and Doubles £8 to take home with you.

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).

I'M HUNGRY!!!

No problem! There are various places to get food on site including take away pizza, chicken etc at Whistle Stop situated outside the Queen Vic entrance, Hot Meals in Sands Restaurant situated behind the arcade, or for those looking to self cater a Nisa Convenience Store is also on-site.

CHECKOUT INFORMATION

You need to check out by 10am on Monday 11th March 2013. Please leave your keys at reception or with the security gate upon departure.

DVD's OF STORM CLASSES

DVD's of all classes taking place over the weekend, will be on sale from 10am on Sunday morning priced at £20. Go to the Weather Centre on Sunday to pick up your copy.

WHIRLWIND BAZAAR

Forgotten your Leopard skin dungarees or danced a hole in your shoes - then don't panic as Balca and her Stand Out Dancewear Range are located in the Main foyer. www.standoutdancewear.co.uk

StandOut
DANCEWEAR
www.standoutdancewear.co.uk

There will be no cloakroom facility due to lack of use at previous events

By now you will have been given a coloured wrist band. You are required to wear your wristband all weekend and they are coloured by gender. You cannot access the main entertainments 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. When you are wearing the wristbands you can leave and re-enter the site at any time.

These wristbands can only be removed with scissors and therefore cannot fall off by accident. If you lose your security wristband you will have to buy a replacement (£99).

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 & the Tempest Studio which is located in the far left corner of the main ballroom. These workshops will be progressive and totally rewarding.

Starting at 7pm on Friday and continuing throughout the weekend there will be 6 classes in total.

Based on feedback from past events we also schedule classes for very early intermediate dancers so that we appeal to everyone. There are 6 of these over the course of the weekend, but also plenty of beginner sessions in other styles that will help your partner dancing in general. Look out for sessions that say (All) or (-Int)

Take a look at the events listing in this booklet which lists all the workshops happening during each day of the event. There is also a booking desk for the Ceroc Wellbeing sessions.

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



LIST OF ACTIVITIES

MASTERCLASSES

With a maximum capacity of 34 people in fixed couples (excluding Ladies Styling which is for solo ladies) these sessions are for those people wanting to master the art of the dances and styles billed. These are workshops rather than classes which will offer interaction with the teachers. These classes are pre-bookable (as a couple) at the Weather Centre at a charge of £5 per head. They can be identified in the schedule at the back of this book with a double asterisk

- **Ladies Styling 1 & 2 (All) with Becki Rendell** - solo ladies only, this masterclass will teach you about posture, movement, arms etc. to make you a more elegant and stylish mover.
- **Showstoppers (Adv) with Dale St Rose & Jade Sarkhel** - This award winning duo are amazing to watch. In this masterclass they will show you some jaw-dropping moves.
- **Floorplay (Int+) with Tim Sant** - Footwork can be tricky to learn, in particular leading and following footwork, which requires technique. This masterclass will help you develop those skills further.
- **WCS X 2 sessions with Kieran & Charlie** - For experienced WCS dancers, there are 2 WCS masterclasses available this weekend. Visit the weather centre to get more information.
- **Solo Street Dance (All) with Tim Stevens** - This is an introduction to Street Dance that anyone can participate in. When you watch Tim dance Ceroc you'll see enviable funky style and this comes from his Street background.
- **Super Drops (Adv) with Tony & Hayley** - Learn powerful drops that make you go wow in a safe small group environment.
- **Seducer Technique (Int) with Steve & Ali** - For those who have not learnt drops yet and need to know the technique to execute them safely. This masterclass will leave you more confident and with a basic portfolio of drops to incorporate into your dancing.

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 that you brought your own CDs. The decks will be waiting for you in the Boudoir.

DAY TIME DANCING

Aside from dancing in the Boudoir (including Swingers Hour) outside of the scheduled entertainment you will find freestyle dance sessions in Cyclone from 3.30pm - 6pm on Saturday and Sunday afternoon and in the Cube from 2.15pm to 3.45pm on both Saturday and Sunday too.

MILONGA & ARGENTINE TANGO CLASSES

For Tango lovers, Warren, Marc & Rachel will be hosting Milongas on Friday, Saturday & Sunday in the Tempest Studio. To get you in the spirit of things there will be 3 progressive Argentine Tango classes in the Tempest Studio that are bookable at the Weather Centre. There is no charge for these classes, however you must book due to space in the room.

GREAT ESCAPEE COMPETITION

If you want to enter the Great Escapee Competition and win your place in the Ceroc Champs Final 2013 then be in the ballroom by 10pm. The competition will take place at some time around the Cabarets.

LUNCHTIME QUIZ & KARAOKE

Test your wits against your friends and have great fun with Quiz Masters Stevie T and Gordon. Teams of 6 or less Saturday and Sunday. Karaoke will be on Saturday night from 6.30pm-7.30pm.

SILENT DISCO

If you've never tried Silent Disco before, this is a must. We supply the headsets, you choose the channel from 3 playlists. Change channel as often as you like. It's a sight to behold and not to be missed. Friday and Saturday night only from midnight to 2am in the Cube.

PERFORMANCE CLASSES

Lisa Richardson will be taking these sessions that will culminate in a Latin Style Performance on Saturday night. Participate in the performance by doing the 3 Performance Classes on Saturday from midday with Lisa in the Tempest Studio. Wear Black & Red for the performance.

ZUMBA®, PILATES & POOL

There will be ZUMBA & Pilates classes this weekend. Please wear appropriate clothing and footwear (TRAINERS & FITNESS WEAR). For Pilates please bring a mat / towel to the session. Check at reception re pool opening times.

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 advanced 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.

Reflexology (£20 for 30min)

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

Osteopathic Treatment (£20 for 30min)

Focuses on total body health by treating and strengthening the musculoskeletal framework.

Acupressure Massage (£20 for 30 mins)

Targets the deep points of pain and tension in your back, neck and shoulders to gently ease the stress, strains and tension we all carry.

Acupuncture (£20 for 30 mins)

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

Reiki (£20 for 30 mins)

Japanese technique for stress reduction, relaxation and the promotion of healing.

Kinesiology (£20 for 30 mins)

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

Top to Toe Massage (£40 for 60 mins)

Combining Indian Head, Osteopathic therapy, massage and reflexology.

Relaxing Seated Chair Massage (£20 for 30 mins)

Fully clothed massage to provide relief from tired and aching muscles to make you feel deeply relaxed and totally energised ready for the long night ahead.

Natural Face-Lift Massage (£20 for 30 mins)

This is an intense tissue lifting treatment for the face, neck, head and mind. The treatment will leave your skin feeling toned, yet supple and reduce the appearance of wrinkles, scars and blemishes leaving you feeling relaxed, confident and beaming with vitality.

THE GODS OF THUNDER

Over the last 22 Escape weekenders we have put together an outstanding team of DJ's and continually add new upcoming talent to the mix to ensure that the music is always an inspiration. With DJ's from across the UK, we're hoping that this mix will provide the diversity of music that we think an event like this needs.

In the evenings there will be 3 rooms of Freestyle - Thunder Ballroom for Ceroc Classics; Cyclone for Chill-Out Music and Tango tunes in the Milongas taking place in Tempest Studio. See who's billed for each set in our schedule at the back of this booklet!

Our Gods of Thunder this weekend are:

Marc Forster, David Rokov, Garry Turner, Vince Silva, Sally Pownall, Paul Brooks, Kam Rahman, Hayley Nicholls, Chris Baker, Rachel Pears, Dale 'Smood' St Rose, Richard Oliver, Kieran Moore, Warren Richardson 'Dance Inspired', Jonny Gammon, Johnathan Goodwin, Mike Griffin & Erick Wilson

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 set-up 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 and Myles Woodhouse.

Your ESCAPE plan

OPEN	STOAM CAMBER	You are HERE!	Camber
OPEN	LONDON ceroc champs	05 MAY 2013	London
	 jamfest It's all about the music	17- 19 MAY 2013	Camber
OPEN	SCORCH SOUTHPORT	14 - 16 JUN 2013	Southport
OPEN	 CEROC CRUISE	04 SEP 2013	
	SPLASH SOUTHPORT	27 - 29 SEP 2013	Southport
OPEN	BREEZE SOMERSET	11 - 13 OCT 2013	Somerset
	BLISS CAMBER	08 - 10 NOV 2013	Camber
	BLUSH SOUTHPORT	TBA 2014	Southport
OPEN	SWISH NORFOLK	21 - 23 FEB 2014	Norfolk

Ceroc Dance Holidays MedFest

www.clubdanceholidays.com

Calpe, Spain

15 - 22 September 2013



Over 400 people enjoyed Medfest last year!

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



All New Instructional DVDs

BEGINNERS

CLASSICS

intermediate

Here
Come
the Girls
(Ladies Styling)

NEW
MOVES
VOL2



Cruise with Ceroc

Cruises are the fastest growing holiday. Ceroc will be showing you how to cruise in style with dancing under the stars, dance workshops, great on-board facilities and terrific excursions. This promises to be a truly fantastic holiday, with the huge bonus of a Southampton departure.

We have negotiated a bargain rate for our first Ceroc cruise. You can enjoy all your drinks, all your dining including 7-course lunches & dinners, sunbathing, swimming, library, gym, 36 dance classes and night's of freestyle hosted by top Ceroc DJs. We've even arranged free parking at the port, or if you prefer a free 'National Express' transfer.

4th Sept 2013

www.ceroccruise.com



WEEKENDER FEEDBACK

The good, the bad and the downright ugly!
All feedback is read and valued. You will even be entered into our **prize draw** to win your next weekender chalet for free!

1. Which was your favourite lesson and/or teacher?

2. Which classes were your least favourite and why?

3. Which DJs were hotter than Tabasco in suspenders?

4. Which tracks or music did you personally not enjoy?

5. Anything, in your opinion, that we shouldn't bother with next time?

...HAVE YOUR SAY

6. Any suggestions that you would like to see at future events?

7. Anything else that you would like to add?

8. How many Escape Weekenders have you ever attended?

Your Name

Your Email

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.

www.ceroc.com/scorch



14 - 16 JUN 2013

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



Camber
17- 19 MAY 2013

**The biggest line-up of DJs at
a dance weekend event...
it really is all about
the music!**

www.ceroc.com/escape

Great Escapee Competition

The Ceroc Champs heats - featured at all of our major Escape Weekenders and the audience vote!

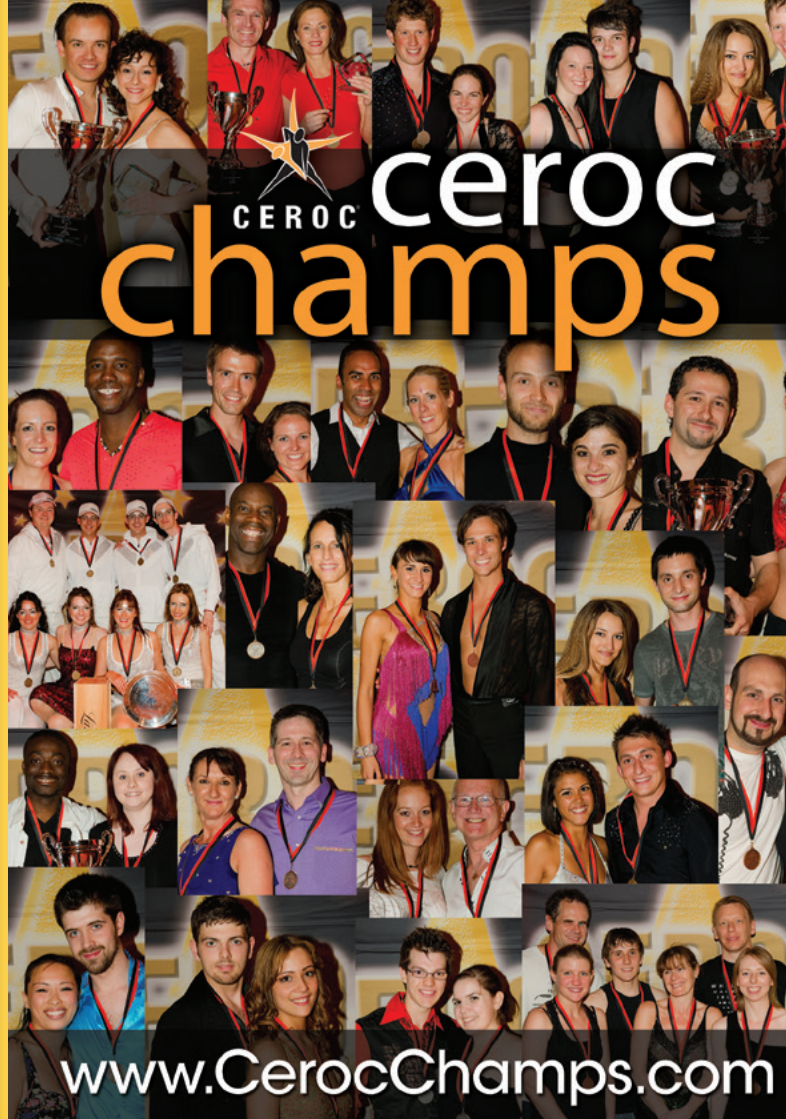
Qualify for the Great Escapee Category of the 2013 Ceroc Championships. This category will have just 1 round at the London Ceroc Champs and that will be the FINAL, so all you have to do is win your heat at a weekend then get automatic entry to the National Ceroc Championships.

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 slot 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



www.CerocChamps.com

WORKSHOP DVD AVAILABLE THIS SUNDAY

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.

2 DVD discs. £20 special discounted price, usually £25.

If you missed or all soldout, please order at

www.ceroc.com/dvd_escape

**LIMITED
AVAILABILITY
GRAB
YOUR COPY
BEFORE
THEY
SELL OUT**

Freestyle

Be filmed at
Thunderball Room
on Saturday!
Near the stage
after/before
Cabaret Hour

Teachers

BECKI RENDELL (BR)

With a background in Ceroc, Salsa, Merengue, Line Dance and Kizomba, Becki brings you style and innovation this weekend. Aside from her awesome Ladies Styling masterclasses, she will also be teaching an introduction to Kizomba and adding some Salsa style to your Ceroc.

CAINE LANGFORD (CL)

South Coast teacher Caine may be a youngster, but already has proven his talents at 3 venues. With a smooth, slotted style he'll show you dynamism and some cracking 'whips'.

CATH BEVAN (CB)

Teacher from South Wales and making her weekender debut at Storm by progressing our beginner dancers to fast track them onto the freestyle dance-floor.

CRAIG ADDISON (CA)

This London based Ceroc & ZUMBA teacher is hot property in London. His ZUMBA classes are amongst the busiest in the country and you'll find out why when you participate. His regular Holborn Ceroc nights are a popular choice too so he is also teaching a fast and furious Velocity class this weekend.

DALE ST ROSE aka Smood (DS)

Dale has won more competitions than Camber has seagulls, including the Ceroc Championships and the Open Blues Champs in 2007, 2009 & 2012. He also took home joint 1st place in the Blues showcase category in 2010 too with his dance partner this weekend, Jade Sarkhel.

GEMMA PEARCE (GP)

Regular Ceroc teacher at Bicester and ZUMBA instructor, Gemma lights up the room with her smile and sheer bubblyness. Gemma is teaching 2 classes this weekend including part 2 of 'Storm X', getting you ready for the Ceroc Championships!

GORDON & SALLY (G&S)

Gordon & Sally know how to put a smile on your face and their classes always fill the room with fun and laughter. If you're up on Sunday morning their Madison class is sure to get you energised and raring to go!

KIERAN & CHARLIE (K&C)

Franchisee for East Anglia, Kieran, and his teaching partner Charlie have been rising stars for some time, and after a number of teaching assignments on the Ceroc Weekenders, they have firmly found their place. Kieran was also the WCS UK European Open Newcomer in 2010.

LISA RICHARDSON (LR)

Teacher from Kent, Lisa, lives and breathes dance. With an extensive background in many dance styles as well as teaching kids at Stage Coach, Lisa is hot on choreography, so you can find her leading the Performance Team Cabaret classes this weekend.

LYNDSEY & MATT (L&M)

Lyndsey and partner Mark from South Wales are founders of the Welsh Champs. This weekend, due to minor injury, Mark hands the reins over to Matt who will partner Lyndsey on stage.

MARC FORSTER & RACHEL PEARS (M&R)

This adorable couple with a huge fan base are proficient in Argentine Tango and Ceroc. They are also awesome DJs! This weekend you will find them splitting their time between the Milongas and the Chill Out room and teaching a suite of stylish classes.

SAM TURNER (ST)

This little stunner has had much success at the London Ceroc Champs over the years. Her style and energy catches the eye and she's sharing her technique and style with you this weekend.

STEVE & ALISON (S&A)

Quizmaster and Compere at Camber, this London lad has the gift of the gab and the ability to entertain. At this event he is also teaching a selection of classes with partner Alison. If you're a Kent local you'll know Steve from his popular Rochester venue.

TESS NEWELL (TN)

Tess Newell has been dancing since she could walk and led her dance troupe into 2nd place at the Ceroc Champs in 2011. She is teaching 2 classes this weekend and injecting a little musical style into your dancing.

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 innovative choreography. Join the huge club of people who literally LOVE his classes!

TIM STEVENS & HEATHER LAWSON (TSH)

Tim is Street Dancer with enormous energy and an even bigger smile. Tim & Heather won the Open category at the Scottish Champs in 2012. You can also find out where Tim's funky style comes from if you join his Solo Street Masterclass.

TONY & HAYLEY (T&H)

This funky young partnership are Weekender Veterans now with a following of fans. Expect drops and moves that make you go wow! Also look out for Hayley on the Decks rocking the Thunder Ballroom.

VAL & DAVID ROKOV (V&D)

Founder partners of the popular Utopia dance nights, franchisees for Ceroc Newbury and long term teachers, With 10 years Blues dance experience they are masters of the art of connection. This weekend they bring you some Hot New Moves too!

WARREN & KERENZA (W&K)

From Brighton based Tango Bootcamps, Warren is one of our weekender Milonga DJ's and together Warren & Kerenza are popular Tango teachers. At this event they will be providing a progressive approach to their classes to enable people to fast-track their way to the Milongas.

KATE HAMMERSLEY (KH) - Pilates

Schedule



THUNDERBALL ROOM (Fun Factory)



CYCLONE DANCE ZONE (Lunars)



CUBE (upstairs before Thunderball Room)



TEMPEST STUDIO > off Thunderball Room



BOUDOIR (Queen Vic)

* PERFORMANCE CLASS

Workshop with Lisa Richardson : Follow her 3 Classes on Saturday afternoon and perform with her in the cabaret on Saturday Evening. Latin Routine - wear Black & Red

** MASTERCLASSES

These are classes with a maximum capacity of 34 people in fixed couples (except Ladies Styling & Solo Street) and are workshops rather than classes which will offer interaction with the teachers. These classes are pre-bookable at the Weather Centre at a charge of £5 per head.

*** BASIC INTERMEDIATE CLASSES

For those people trying to bridge the gap between Beginners and Intermediate classes. These sessions will help your technique to improve your lead and follow and enhance your repertoire.

PILATES & ZUMBA® Wear appropriate footwear and clothing for ZUMBA. Take a Yoga Mat or towel with you to Pilates

ARGENTINE TANGO CLASSES Due to room size, please reserve your space on the Argentine Tango Classes at the Weather Centre. No charge.

	Thunderball Room	Cyclone Dance Zone	Tempest Studio	Cube	The Boudoir
18:00-19:00	Ceroc F/Style <i>Ceroc Classic Tunes</i>	Closed	Closed	Closed	Open for drinks
19:00-20:00	Storm X (Int) TS <i>Intermediate Ice-Breaker Class</i>	Closed	Starters Orders CB <i>Ceroc for Beginners</i>	Closed	Open for drinks
20:00-21:30	Kizomba (All) BR <i>Intro to this close latin style dance</i>	Closed	Starters Orders CB <i>Ceroc for Beginners until 9pm</i>	Closed	Sack The DJ! <i>Open Decks</i>
21:30-22:30	Ceroc F/Style Jon Gammon	Closed	Argentine Tango (All) W&K <i>Pre-Milonga Intro</i>	Closed	Sack The DJ! <i>Open Decks</i>
22:30-23:30 23:30-00:30	Ceroc F/Style Erick Wilson Ceroc F/Style Chris Baker	Chill Out Sally Pownall Pure Blues Garry Turner	Milonga Dance Inspired Milonga Dance Inspired	Closed	Sack The DJ! <i>Open Decks</i>
00:30-01:30 01:30-02:30	Ceroc F/Style Garry Turner Ceroc F/Style Jon Goodwin	Pure Blues David Rokov Chill Out Vince Silva	Closed	Silent Disco midnight to 2am	Closed
02:30-03:30 03:30-04:30	Ceroc F/Style Hayley Nicholls Closed	Chill Out Marc Forster Chill Out Smood	Closed	Closed	
04:30-05:30	Closed		Closed	Closed	

SATURDAY

	Thunderball Room	Cyclone Dance Zone	Tempest Studio	Cube	The Boudoir
09:30-10:30	Starters Orders (Beg) CB <i>Beginners Ceroc</i>	Closed	Pilates (All) KH <i>Bring a Mat</i>	Private Lessons <i>Personal One to One Tuition</i>	Closed
10:45-11:45	Simply Musical (Int) TN <i>Add musical styling to simple moves</i>	ZUMBA® (All) CA <i>latin dance work out</i>	Private Lessons <i>Personal One to One Tuition</i>	Private Lessons <i>Personal One to One Tuition</i>	Sack The DJ! <i>Open Decks</i>
12:00-13:00	Coasting (Int) K&C <i>Ceroc with West Coast Style</i>	So Sassy (Int+) ST <i>Sharp & Stylish Routine</i>	*Performance Class LR <i>Choreography to perform</i>	**Ladies Styling 1 BR <i>Masterclass (Pre-Book)</i>	Sack The DJ! <i>Open Decks</i>
13:15-14:15	Cream (Adv) TS <i>Advanced Class (Ceroc)</i>	Urban Chill Out (Int) TSH <i>Style to suit funky, chill out music</i>	*Performance Class LR <i>Choreography to perform</i>	**Showstoppers DS <i>Masterclass (Pre-Book)</i>	Lunchtime Quiz <i>1pm - 2.30pm</i>
14:30-15:30	Hot New Moves 1 (Int+) V&D <i>All New Moves</i>	Latin Style (Int) GP <i>Adding latin style and footwork</i>	*Performance Class LR <i>Choreography to perform</i>	Ceroc F/Style Chris Baker <i>2.15 - 3.45pm Ceroc Freestyle</i>	Sack the DJ <i>Open Decks</i>
15:45-16:45	Ceroc to Blues (Int) S&A <i>Introducing Blues Style to Ceroc</i>	Ceroc F/Style Paul Brooks <i>3.30 - 4.30pm Ceroc Freestyle</i>	***Feet Fillers (-Int) DS <i>Simple footwork to buy time</i>	**Floorplay TS <i>Masterclass (Pre-Book)</i>	Sack the DJ <i>Open Decks</i>
17:00-18:00	Whips & Switches (Int+) CL <i>Dynamic, pivoting and place changing</i>	Chill Out F/Style Richard Oliver <i>4.30 - 6pm Chill-out Freestyle</i>	***Classic Moves 1 (-Int) TN <i>5 Classic Intermediate Moves</i>	**WCS Intermediate K&C <i>Masterclass (Pre-Book)</i>	Sack the DJ <i>Open Decks</i>
18:15-19:15	Velocity (Adv) CA <i>Fast & Advanced</i>	Salseroc (Int) BR <i>Ceroc with Salsa Styling</i>	Argentine Tango (All) W&K <i>Argentine Tango Intro part 2</i>	**Solo Street TSH <i>Masterclass (Pre-Book)</i>	Karaoke <i>6pm - 7.30pm</i>
19:30-20:30	Closed	Starters Orders (Beg) CB <i>Beginners Ceroc</i>	Closed	Private Lessons <i>Personal One to One Tuition</i>	Sack the DJ <i>Open Decks</i>

SATURDAY NIGHT

20:30-21:30	Ceroc F/Style Kam Rahman	Closed	Closed	Closed	Sack the DJ <i>Open Decks</i>
21:30-22:00	Ceroc F/Style Kam Rahman				
22:00-23:00	Ceroc F/Style Erick Wilson	Pure Blues Rachel Pears	Closed	Closed	Sack the DJ <i>Open Decks</i>
23:00-00:00	Cabarets & Competition	Pure Blues Rachel Pears			
00:00-01:00	Ceroc F/Style Garry Turner	Chill Out Richard Oliver	Milonga Marc Forster	Silent Disco	Closed
01:00-02:00	Ceroc F/Style Mike Griffin	Pure Blues Sally Pownall	Milonga Dance Inspired	midnight to 2am	
02:00-03:00	Ceroc F/Style Paul Brooks	Chill Out Garry Turner	Milonga Marc Forster		
03:00-04:00	Ceroc F/Style Chris Baker	Chill Out David Rokov			
04:00-05:00	Closed	Chill Out Vince Silva		Closed	
05:00-06:00	Closed	Chill Out Mike Griffin			

SUNDAY

	Thunderball Room	Cyclone Dance Zone	Tempest Studio	Cube	The Boudoir
09:30-10:30	Off the Blocks (Beg+) CB <i>Beginners Plus Ceroc</i>	Closed	Private Lessons <i>Personal One to One Tuition</i>	Private Lessons <i>Personal One to One Tuition</i>	Closed
10:45-11:45	Morning Madison (All) G&S <i>Madison Stroll</i>	Repertoire Enhancer (Int) S&A <i>Learn how to create moves</i>	Private Lessons <i>Personal One to One Tuition</i>	Private Lessons <i>Personal One to One Tuition</i>	Sack the DJ <i>Open Decks</i>
12:00-13:00	Hot New Moves 2 (Int+) TSH <i>Dynamic, Fresh & Funky</i>	Look No Hands (Int) DS <i>Routine featuring mainly body leads</i>	***Storm X 2 (-Int) GP <i>part 2 of the Ceroc X routine</i>	**Ladies Styling 2 BR <i>Masterclass (Pre-Book)</i>	Sack the DJ <i>Open Decks</i>
13:15-14:15	Smoothly Syncopated (Adv) K&C <i>Routine with mirrored foot patterns</i>	Bedrock Swing (Int) M&R <i>Get ready for Swingers Hour!</i>	Private Lessons <i>Personal One to One Tuition</i>	**Super Drops T&H <i>Masterclass (Pre-Book)</i>	Lunchtime Quiz <i>1:00 pm - 2:30pm</i>
14:30-15:30	F Words (Int+) L&M <i>Fun, Flashy & Freestylable</i>	S Links (Int+) V&D <i>Slow, Smooth & Sensual</i>	***Foundation Variation (-Int) CL <i>easy variations of beginner moves</i>	Ceroc F/Style Kam Rahman <i>2.15 - 3.45pm Ceroc Freestyle</i>	Swingers Hour (Mike) <i>Swing F/style</i>
15:45-16:45	Hot New Drops (Int+) T&H <i>New Dips & Drops</i>	Chill Out F/Style David Rokov <i>3.30pm - 5pm</i>	***Classic Moves 2 (-Int) ST <i>5 more classic moves</i>	**WCS Intermediate K&C <i>Masterclass (Pre-Book)</i>	Sack the DJ <i>Open Decks</i>
17:00-18:00	Cuban Blues (Int+) M&R <i>Blues with Latin Style & Patterns</i>	S'Funk F/Style Vince Silva <i>5pm - 6pm</i>	***Sway Me (-Int) G&S <i>Simply Sway Variations</i>	**Seducer Technique S&A <i>Masterclass (Pre-Book)</i>	Sack the DJ <i>Open Decks</i>
18:15-19:15	Nu-Line (All) DS <i>Learn 2 new funky line dances</i>	ZUMBA® (All) CA <i>Latin fitness class</i>	Off the Blocks (Beg+) CB <i>Beginners Plus Ceroc</i>	Private Lessons <i>Personal One to One Tuition</i>	Sack the DJ <i>Open Decks</i>
19:30-20:30	Closed	Closed	Pilates (All) KH Bring a Mat	Private Lessons <i>Personal One to One Tuition</i>	Sack the DJ

SUNDAY NIGHT

20:30-21:30	Ceroc F/Style Kam Rahman <i>Popular CEROC Mix</i>	Closed	Private Lessons <i>Personal One to One Tuition</i>	Private Lessons <i>Personal One to One Tuition</i>	Sack the DJ <i>Open Decks</i>
21:30-22:30 22.30-23:30	Ceroc F/Style Erick Wilson Ceroc F/Style Jon Goodwin	Chill Out Jon Gammon Chill Out Sally Pownall	Argentine Tango 3 W&K Milonga Dance Inspired	Closed	Closed
23:30-00:30 00:30-01:30	Ceroc F/Style Chris Baker Ceroc F/Style Mike Griffin	Chill Out Kieran Moore Chill Out Richard Oliver	Milonga Marc Forster Milonga Dance Inspired	Closed Closed	Closed
01:30-02:30 02:30-03:30	Ceroc F/Style Hayley Nicholls Ceroc F/Style Jon Gammon	Pure Blues David Rokov Chill Out Smood	Closed	Closed	Closed
03:30-04:30 04:30-05:30	Closed Closed	Chill Out Rachel Pears Chill Out Marc Forster	Closed	Closed	Closed
	Closed	Closed Closed	Closed	Closed	Closed



the CUBE



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Friday & Saturday Night
(midnight - 2am)

Grab a pair of headphones,
choose from 3 music channels
and join the Silent Disco Party!

**Plus ... Daytime freestyle
and Masterclasses**

Check the schedule
for more details.



the CUBE

