

CEROC

ESCAPE

DANCE • LAUGHTER • MEMORIES

BLISS

02 - 04 NOVEMBER 2018

CAMBER

www.cerocescape.com

PASSPORT TO DANCE

DIFFERENT DANCE STYLES
 TAUGHT MANY VARIED AND
 EXCITING WORKSHOPS OVER 50
 HOURS OF FREESTYLE
 DIFFERENT ROOMS PLAYING
 VARIED STYLES OF MUSIC
 TEACHERS FROM ALL OVER THE
 UK DJS FROM FAR & WIDE
 SILENT DISCO SWIMMING
 WORKSHOP DVDS TO TAKE
 HOME MASTERCLASSES
 SELECTION OF DANCE SHOES
 AND CLOTHING ON SALE
 QUIZZES GREAT ESCAPEE
 COMPETITION GENDER
 CONTROLLED BOOKING SYSTEM
 PRIVATE LESSONS MASSAGE
 DANCE, LAUGHTER, MEMORIES



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Welcome

For over 10 years, Ceroc have populated huge, fun-filled dance weekends that attract between 1500-2200 guests. To get that many like minded people continually congregating on dance weekends is a testimony to the passion of our dance community.

There are over 40 classes scheduled including different dance styles and 4 rooms for freestyle offering various genres of music to appeal to everyone.

We urge you to dip your toes into everything we have to offer, and try something you've never tried before. Whether it's learning a new dance style, freestyling to a completely different genre of music or venturing into an unknown DJ's set, our weekends can open your eyes to brand new adventures. You may even discover a new found passion to take home with you!

Back by popular demand this weekend are our fantastic Saturday night Cabarets. Spotlights from your Escape teaching cohort, professional performances from International superstars and an exciting Team Cabaret that you can learn and perform in front of the largest audience on the dance circuit!

We always gender balance our weekends, but cannot control who opts to do what classes or dance in particular dance zones, so there may appear to be an imbalance at certain times, but at least you understand better the dynamic of this weekend.

At Camber you will find that both the Boudoir and the Cyclone room are the daytime freestyle hubs, so if you want to step away from classes for a while, socialise or relax, there will be plenty of opportunity to grab a drink and bust a groove.

There are 8 Escape Dance Weekends every year and 3 of them are based at Camber, so if you love this one as much as we hope you will, you can get your next Camber fix on 15th March 2019. On-line bookings open for 'Storm' after this event. If you can't wait that long try 'Blush' at Southport on 1st March 2019.

Thank you for joining us. Have a spectacular weekend!

Mike, Tim and the entire Escape Committee x

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 offsite 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. We may be able to let cars on-site from Sunday 2pm (check at the gate). You can however drop your bags off onsite with a £50 refundable cash deposit, providing you leave within the hour.

This is the only event we charge for parking and this is simply to encourage car sharing as there are not enough parking spaces on-site and the town can't cope with excessive street parking. By charging for parking, we have been able to hold the price of accommodation.

PROBLEMS?

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

WEATHER INFORMATION CENTRE

Located in the main foyer, this is where you can book Masterclasses, Massage, organise Private Lessons and buy a range of Ceroc, SILC and Style DVDs.

CLASS ROTATION

Although we don't encourage it, it is possible to remain with a fixed partner in all classes. 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 to 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.

AERIALS, LIFTS AND DROPS

If you anticipate participating in any aerials, lifts or drops class, then we strongly recommend you bring your own safety matting, as Ceroc will not be providing any. We did provide details of a supplier in your confirmation email, and hopefully therefore you have organised your own. Ceroc will not be held responsible for any personal injury at our weekenders, and therefore it's for you to ensure you are comfortable with the content. You should leave a class if you are not entirely confident with the content.

ACCOMMODATION

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

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. Keeping the water heater on permanently will use a lot more electricity so you are advised to switch it off after your long and leisurely shower.

LINEN AND TOWELS

Pontins are no longer providing these items. You can buy linen from reception Singles £5 and Doubles £8 to take away with you, or simply bring your own finest Egyptian cotton from home.

WATER

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

GOING GREEN!

For environmental reasons, Ceroc have decided to gradually phase out the use of plastic gift bags when you arrive. We also urge you to bring your own reusable beaker or bottle out with you each evening (if your tipple is water) so we can reduce the number of plastic cups being wasted. For health and safety, Pontins have a no glass policy though, so any of your own glass bottles or beakers will be removed by security.

I'M HUNGRY!

No problem! There are various places to get food on site including take away pizza and chicken at Whistle Stop (situated outside the Queen Vic entrance), hot meals in Sands Restaurant (open 8-10am, 12-2pm & 6-8pm, situated behind the arcade) or for those looking to self cater, a Nisa Convenience Store is also on-site.

DVD OF CLASSES

DVDs of workshops taking place over the weekend will be on sale from 10am on Sunday morning priced at £20 (£25+ after the event). Visit the sale desk near the Weather Info Desk on Sunday to get your copy before they sell out! Note: Starters Orders, SILC and fee-based Masterclasses are not included.

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.

Our social photographer is Graham Farey. A selection of photos taken over the weekend can be found on his Heart and Soul Photography Facebook page, with the full album on www.ceroc.com on our Gallery page.

WHIRLWIND BAZAAR

Forgotten your velour leotard or danced another hole in your favourite Crocs? Don't panic as Balca and her Stand Out Dancewear range are located in the main foyer. www.standoutdancewear.co.uk

CLOAKROOM

There will be no cloakroom facility due to lack of use at previous events. Please be careful with your valuables, and only bring out what you need each night.

COLOURED WRISTBANDS

By now you will have been given a coloured wristband. 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 are to be held, and where the bars and restaurants are situated, without a correctly coloured wristband. Wristbands will be checked at all entrances and by roaming stewards. When you are wearing a wristband 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).

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 Tempest Studio which is located in the far left corner of the Thunderball Room upstairs. These workshops will be progressive and totally rewarding for all new starters. Commencing at 7pm on Friday and continuing throughout the weekend there will be 5 classes in total.

CEROC FOR NEW INTERMEDIATE DANCERS

Based on feedback from past events we also schedule classes for early intermediate dancers so that we appeal to everyone. Look out for (All) or (-Int).

WHERE AND WHEN?

Take a look at the events listing on the back 3 pages of this booklet which lists all the workshops happening during each day of the event. Simply turn up and take part in any of the lessons in the Thunderball Room, The Cyclone or The Tempest Studio. Masterclasses in the Cube will need to be pre-booked at the Weather Information Desk, and numbers are limited.

INJURIES/FIRST AID

If you are in need of First Aid, please alert a member of the Ceroc management team or inform Pontins Security.

TERMS AND CONDITIONS

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

CHECKOUT INFORMATION

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



List of Activities

MASTERCLASSES

These sessions are for those people wanting to master the art of particular dances and techniques. These limited capacity classes are pre-bookable at the Weather Centre at a charge of £5 per head.

- **Ladies Styling 1 & 2 (All Ladies)** with Becki - This masterclass teaches posture, movement, arms etc. to make you a more elegant and stylish mover.
- **Flying Low: Baby Aerials (Int+)** with Tony & Hayley - Exhilarating workshop covering small lifts to get your partner flying.
- **Mastering Movement (Adv)** with Kieran & Charlie - Perfect your connection and execution with these challenging movements.
- **Light & Shade (Adv)** with Caine & Danni - Add expert dimensions to your dancing by changing speed, level and the quality of your movement.
- **Competition 101 (All)** with Lyndsey - Dip your toes into the world of competition dancing, learn the basics and build your confidence.
- **Standout Seducers (Adv)** with Matt & Victoria - Exciting 'dare-devil' dips and drops to give your dancing the ultimate WOW factor.
- **Argentine Tango - Strictly Just The Showy Stuff (All)** with Warren - Master Tango 'wow' moves without the difficult technique
- **Telepathy (Int+)** with Toni - Lead and follow innovative contemporary moves building a sixth sense with your partner.
- **What The Duck? (Int)** with Adam - Lead effective ducks with technique and clarity. Follow ducks with style!
- **Shag (Int+)** with Lyndsey - An exciting new addition to your Swingers Hour.
- **Xcite (Adv)** with Karen - Sophisticated movements covering showstopping dips, ducks, counterbalances and spins.
- **Blues Musicality (Int+)** with Marc & Rachel - Learn how to feel and respond to the music in the Blues room.
- **Heels, Toes & Slides (All Men)** with Ekow - Men's styling at its best, with the most stylish lead on the dance circuit!

MUSIC

As well as our regular up-tempo Ceroc and down-tempo SILC freestyle sessions, don't forget to check out Silent Disco, Motown, S'Funk, Tango, Blues, Swingers hour and our newest freestyles:

- **'Ghetto Superstar'** - Mr Ekow plays back to the old skool RnB Anthems
- **'SILC Vibe'** - funky tunes perfect for afternoon grooving
- **'SILC Lyrical'** - soft and dreamy tracks for a smooth and gentle sway
- **'MOJO'** - hardcore Dance, House and Club Classics for all you ravers!
- **'CAMP ATTACK'** - celebrating a year of pride, the best singalong gay anthems (bring your glitter and rainbow flags!)

SACK THE DJ

Stand up for what you believe in - your chance to have a go, providing you've brought your own laptop or iPhone. The decks will be waiting for you in the SILC zone at certain times of the day. There is a schedule on the wall in the Boudoir to book your slot. No double or multiple slots please.

BIG FACT HUNT

Test your wits against your friends with Quiz Master Steve. Be prepared - the language and content can get a little colourful! Over 18s only.

SILENT DISCO

If you've never tried Silent Disco before, this is a must. We supply the headsets, you choose the channel from 3 various playlists. The party runs on both Friday and Saturday nights from midnight to 2am in the Cube. See page 21 for more details.

PRIVATE LESSONS

Some teachers are available for private lessons, please visit the Weather Information Centre for guidance or help, or, if you know who you want a lesson with approach the teacher directly. Charges £50 per hour.

PERFORMANCE CLASSES

Debbie Attwood will be hosting these exciting choreography sessions that will culminate in a Performance on Saturday night. Participate in the performance by doing the 3 Performance Classes on Saturday from 2.30pm in the Tempest Studio. Dress code for the performance - 'Cossacks & Dames'. Men in all black with red sashes/scarves, ladies all in red!

GREAT ESCAPEE COMPETITION

If you want to enter the Great Escapee Competition and win your place in the 2019 Ceroc Champs Final then be in the Thunderball Room by 10.45pm on Saturday night. This fun competition will take place at some time around the Cabarets and could result in a free Escape Weekender in 2019...if you win in the final at the Ceroc Champs of course!

SWIMMING POOL

Check at reception for pool opening times.

THE GODS OF THUNDER

The evenings will consist of 3 rooms playing different music from our outstanding line-up of DJs.

The Thunderball Room plays popular classics and new uptempo sounds every evening until the early hours

The 'Tempest Studio' plays host to the Milonga and Blues sets of the weekend, including taster classes in these styles for first timers.

The 'Cyclone' SILC Lounge, will be the non-stop music hot-spot in the afternoons, and will play a mix of chilled genres every night until the sun comes up.

Our Gods of Thunder this weekend are:

James Ross, Jon Gammon, Mike Ellard, Paul Brooks, Hayley Epps, Tony Riccardi, Howard Pelling, Lisa Benson, Ashley Davis, Kieran Moore, Steve Thomas, Tim Sant-Turner, Miranda Hewitt-Green, Neil Strugnell, Danny Gallina, Paul Foster, Denise Jaques, Caine Langford, Toni Sails, Vince Silva, Warren Richardson, Steph Oram, Ekow Oduro, Dale 'Smood' St Rose, Marc Forster and Rachel Pears.

SPECIAL THANKS

Our weekend events would not be the success that they are without our exceptional 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 show our appreciation to all the crew.

Floor Layers, Wristband Checkers, Banner Hangers, Row Organisers, Taxi Dancers, Car Park Attendants, Chief Unicorn Gaynor Crocombe and the Weather Centre team, Registration and the Duty Management Team...you make this event what it is, so thank you.

Special thanks go to Myles Woodhouse and his many set up and pack down Bulls.



SUN 05 MAY 2019

The London Champs is Ceroc's very own National Institution. This year, our 20th Championships was the biggest and best yet, with new competitors, new categories, the highest number of first time participants that we have ever celebrated, and some incredible new talent taking home trophies.

The Champs is our longest standing annual national event and odds are on for our 21st Birthday to top them all!

I've been involved with the Champs for the last 18 years and have seen quite a few changes in location and format but can genuinely say that the Champs now is the most fabulous event for both competitors and spectators that it has ever been.

We have made it as easy as possible for regular dancers to take part, so if you haven't competed previously then make this year YOUR year to experience the adrenaline and endorphins that make taking part in the Champs so exciting and addictive.

I'm very proud of this event and would love for you to share the Champs experience with me and our dedicated team.

Hopefully see you there! David Bradley, Event Organiser

www.CerocChamps.com

WWW.CEROCESCAPE.COM

BLISS
CAMBER

You are HERE!

Camber

SWISH
NORFOLK

08 - 10 FEB 2019

Norfolk

BLUSH
SOUTHPORT

01 - 03 MAR 2019

Southport

STORM
CAMBER

15 - 17 MAR 2019

Camber

LONDON **ceroc
champs**

05 MAY 2019

London

SCORCH
SOUTHPORT

07 - 09 JUN 2019

Southport

jamfest
it's all about the music

28 - 30 JUN 2019

Camber

SPLASH
SOUTHPORT

30 AUG - 01 SEP 2019

Southport

BREEZE
SOMERSET

11 - 13 OCT 2019

Brean

MEDFEST

15 - 22 SEP 2019

**650 BOOKED!
FEWER THAN
100 SPACES LEFT...**



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ON THE PLANET

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club dance



CEROC CRUISE

7 NIGHT CRUISE ONLY FROM £999 PER PERSON
7 NIGHT FLY, CRUISE FROM £1,319 PER PERSON
10 NIGHT FLY, STAY & CRUISE FROM £1,429 PER PERSON

Italy - Venice, Bari.

**Greece - Piraeus (Athens), Santorini,
Corfu, Katakolon (Olympia).**

Montenegro - Kotor.



- 7 Nights Full Board Mediterranean Cruising
- Sailing from and to Venice, Italy.
- Flight available from London Gatwick, London Heathrow, Manchester, Edinburgh, Dublin, Leeds, Bradford & Birmingham*
- An all-inclusive drinks package
- Full access of the ships fantastic facilities
- A cultural range of ports
- Exclusive use of daytime and evening dance space, both indoors and out in the open air
- Optional 3 Night Pre/Post Cruise Venice Mestre Stay

All of this, including your own dedicated crew of Ceroc and Fusion Cruises professionals.

* Regional flight supplement may apply

"The holiday of a lifetime" is how most people tend to describe their Ceroc Cruise experience to me. A cruise gives you the opportunity to see lots of interesting destinations and soak up breathtaking surroundings with minimal fuss, all whilst enjoying great food, excellent service and an all-inclusive drinks package. There's nothing quite like sipping a cocktail in the early hours of the morning when your dancing feet need a rest.

Each year, I carefully choose the finest crew who can provide outstanding dance classes, excellent DJ sets and non-stop entertainment. Based on your feedback in recent years we have some really great people in our team, and we cannot wait to reveal our 2019 cohort.

With prices from £142 per day, this holiday really is affordable, and the ship have negotiated a special deal for Ceroc guests only - the all-inclusive drinks package is on the house!

It's important to understand that the longer you leave it to book, the more expensive it will be, so if you want to go on this awesome holiday at the best price, you only need to find £300 deposit and reserve your place now.

Happy sailing!

**Michael Ellard
Owner of Ceroc**

Fusion Holidays can tailor make a package to suit your individual requirements. Please call 01903 694322 to discuss



DEPOSITS FROM **ONLY £300** PER PERSON
01903 694322 TO DISCUSS OPTIONS

WWW.CEROC CRUISE.COM

BLISS WEEKENDER FEEDBACK

... HAVE YOUR SAY

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!

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.

Full Name

Email Address

Telephone Number

How many Escape Weekenders have you ever attended?

Which was your favourite lesson and/or teacher?

Which classes were your least favourite and why?

Which DJs were hotter than Donald Trump's curling tongs?

Which tracks or music did you personally not enjoy?

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

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

Anything else that you would like to add?

CEROC 'WELLBEING'

Throughout the weekend a team of professionally qualified practitioners will be 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 (£25 for 30 mins)

Great for releasing aches and restoring tired muscles.

Osteopathic Treatment (£25 for 30 mins)

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

Acupuncture (£25 for 30 mins)

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

Kinesiology (£25 for 30 mins)

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

Top to Toe Massage (£50 for 60 mins)

Combining Indian Head, Osteopathic therapy, massage & reflexology

Sports Injuries Treatments (£25 for 30 mins)

If you have specific injuries we can provide diagnosis and treatment

Relaxing Massage (£25 for 30 mins)

Stroking massage with essential oils to relieve stress, tension, pain etc

Reflexology (£25 for 30 mins)

Using pressure points in the feet to treat a wide range of body ailments



Great Escapee Competition

This Ceroc competition is featured at all of our major Escape Weekenders and the audience vote! Qualify for the Great Escapee Final at the 2019 Ceroc Championships in May. All you have to do is win your heat at this weekender and you will get automatic entry to the National Ceroc Championships.

Winners of the Great Escape Final will receive a Free Chalet at an Escape Weekend (Southport or Camber) in 2019/20. 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 Thunderball Room on Saturday night by 10:45pm.



NEXT SOUTHPORT WEEKENDER

01 - 03 MAR 2019

BLUSH

MORE INFO & BOOKING

WWW.CEROCESCAPE.COM

NEXT CAMBER WEEKENDER

15 - 17 MAR 2019

STORM



*CHOOSE YOUR FAVOURITE MUSIC
FROM THREE CHANNELS*

SD FRESH

THE HOTTEST CHART HITS!

SD WILD

FUN PARTY TUNES WITH A HEAVY DOSE OF CHEESE!

SD GOLD

CLASSIC DANCE ANTHEMS FROM THE SIXTIES TO THE
NOUGHTIES!

*THE FINEST MUSIC SELECTED BY
RESIDENT SILENT DISCO CHAMPION JAMES ROSS
FRIDAY & SATURDAY, MIDNIGHT TIL 2AM, THE CUBE*

FREESTYLE FILMING ON SATURDAY EVENING IN
THUNDERBALL ROOM FROM THE STAGE

WORKSHOPS* FROM THIS WEEKEND

WORKSHOP DVD

AVAILABLE THIS SUNDAY

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

We're selling DVDs to take home with you on Sunday from 10am till 8pm near the Info Desk.
2 DVD discs set including Saturday Cabaret Hour & Freestyle. £20 event price, usually £25.

LIMITED AVAILABILITY, GRAB BEFORE SELL-OUT!

* This DVD does NOT include Beginners, SILC® and fee-based Masterclasses.

Teachers

Adam Deller (AD) Adam and wife Leigh are currently making waves in the South East. They are both exceptional dancers, talented choreographers and Ceroc Championship royalty...they've got the medals to prove it! "What The Duck?" is their latest (and most hilariously named) Masterclass which will teach you the skills behind stylish head rolls.

Becki Rendell (BR) When it comes to dance credentials, Becki has it all. Most recently she bagged the Grand Masters Trophy at the Ceroc Champs. It won't take long for you to realise why she is the winner of the highest accolade on the dance circuit. Oozing with style on the floor and the stage, she's guaranteed to inspire your dancing.

Brett Stewart (BS) Who says you can't have brains, brawn and beauty? Dorset's finest eye-candy Brett has been a Camber favourite for many years. His characteristic funky style is highly sought after, and at Bliss he will hone your lead and follow with his brand new 'Work The Weight' workshop.

Caine Langford & Danni Moore (C&D) Choreographic masterminds, competition legends and one of the finest teacher duos on the circuit, Caine and Danni never cease to deliver crowd pleasing classes. If you want to dance like the pros, their challenging 'Light & Shade' Masterclass is not to be missed.

Dale St Rose (DS) 'Smood' by name, and oh so smooth by nature. Our current Ceroc Open Championship winner Dale is king of rhythm and master of innovation. At Bliss, he proves he is so much more than Ceroc. His Line Dance choreographies are a highlight of the weekend for so many...turn up with a group of mates, an alcoholic beverage or 2 and you'll have a scream!

Dan Hewitt-Green (DH) With a rich background in Blues, Dan's lessons always focus strongly on technique, connection and style. Saturday afternoon's 'Movement Mechanics' is the one to watch this weekend. A brand new workshop, it covers how to flow your movement with your partner to add new dimensions to your dancing.

Debbie Attwood (DA) Debbie is one seriously hot Grandma, and a true Ceroc Goddess with bucket-loads of charisma and a motivating teaching style. This weekend she has taken on the challenge of choreographing and teaching the performance Team Cabaret! Grab as many friends as you can and come along to the Tempest Studio at 2:30pm on Saturday. Learn a full choreography in 3 hours and perform it to a massive audience during Saturday evening's Cabaret Hour!

Ekow Oduro (EO) You'll be mesmerised as you watch Ekow dance. A true master of innovation, he can take the most pedestrian movement and transform it into a jaw-dropping spectacle. It's not often the lads get their own workshop, but Ekow's 'Heels, Toes and Slides' Masterclass is for men only, and will provide you with an extensive repertoire of styling tips that impress in both freestyle, and the competition floor.

Glen Brooks (GB) Glen is part of the awesome Ceroc Nights Team who operate in Essex. An energetic and engaging instructor, his classes are educational and inspirational in equal measure. His American Smooth class receives phenomenal feedback: twist your Ceroc dancing with a Ballroom style and transform Pontins into a Strictly dance floor!

James Boys & Tamara Domb (J&T) James and Tamara are resident teachers at Ceroc Hove, and have developed an enthusiastic following since their most recent Ceroc Escape appearances. This weekend they have the important task of nurturing our first timers through their Beginner workshops. These awesome instructors are friendly, patient and thorough in their delivery, so newbies, we can confidently say you are in the safest of hands!

Jamie Eddy (JE) What Jamie and wife Jen don't know about dancing, to be frank, ain't worth knowing. Jamie's teaching style is relaxed and easy to follow, and feedback from his classes is never short of glowing. This weekend celebrates the return of his popular ICE workshop - style and technique tips to give you that Impressively Cool Edge during freestyle.

Karen Toko (KT) Karen is an incredible dancer specialising in a range of different styles. She is also a highly sought after instructor with an energising teaching style. She also runs multiple successful dance businesses including a Ballroom and Latin school, the awesome Ceroc Nights in Essex and the spectacular 5* Great Yarmouth Swish Weekender. Some people just have it all...we'd hate her if she wasn't so lovely. 'Xcite' is the Advanced Masterclass to look out for this weekend.

Kieran Moore & Charlie Brownlee (K&C) When two of the most talented and well-loved teachers join forces, you can expect dance floor magic. This partnership are always pushing the boundaries of dance, and their groundbreaking success with SILC is a testament to their creativity. Their unique teaching style ensures that both leads and follows leave feeling enriched and confident. Spoiler alert...they're rather good.

Kirstie Roper & Shaun Dobie (K&S) West Country lovelies Kirstie & Shaun are back by huge demand. Their popularity at our events is as enormous as their height difference, and they never fail to bring something fresh and exciting to each weekend they attend. Their 'Orbit' workshop covers all things rotational such as Lassos, Spins and Whips.

Lisa Maddocks (LM) Choreographic Mastermind Lisa has a rich background in Classical and Contemporary dance, and her workshops always deliver something unique. This weekend we are excited by 'This is How We Roll'...an hour dedicated to the mysterious body roll technique!

Lyndsey Bennett (LB) Lyndsey is a force to be reckoned with, oozing style and versatility on every dance floor. As accomplished in Swing as she is Tango, Blues and SILC, this dynamic teacher and performer is living proof that you really can be the full package. This weekend, her 'Shag' Masterclass is brand new. Calm yourselves...it's a dance style...and perfect for showcasing during Swingers Hour!

Marc Forster & Rachel Pears (M&R) Back by overwhelming demand, Marc & Rachel are once again championing the increasingly popular Blues lounge. Seasoned pros and new starters alike are welcomed to participate in this groovy freestyle (every evening in the Tempest Studio) and their introductory classes are perfect for first time Blues-ers.

Matt Blain & Victoria Pollard (M&V) This dynamic duo have more medals and titles than Pontins has seagulls. Whether you want to learn new moves, fine-tune your style, elevate your technique or strengthen your connection, you need look no further.

Steve Thomas (ST) An incredibly talented teacher and choreographer, mastermind behind Ceroc Evolution and host for such prestigious events as Ceroc at the legendary O2, the inimitable Steve Thomas is kind of a big deal. If you're a "tell it to me straight" sort of learner, then he's your man! If rude words make you giggle, then his Pub Quizzes are also not to be missed.

Tim Sant-Turner (TST) Equipped with sparkly new double-barrelled surname, Tim is now officially hitched, but thankfully he's bringing the missus along to Bliss. As Head of Dance for Ceroc, Tim's teaching ability can make the unimaginable seem entirely possible, and his awesome humour will keep you entertained whilst you learn. The latest string to his bow? A Yoga teaching qualification. Get your stretchy pants out and join him on Sunday evening in the Tempest Studio.

Toni Sails (TS) Founder of the increasingly popular ToneZ freestyle in Westminster, London legend Toni has already developed a unique style of his own. His 'Telepathy' Masterclass teaches how to develop a sixth sense connection with your partner. It is guaranteed to give even the thirstiest of dancers a heavy dose of technique, style and innovate movement.

Tony & Hayley Epps (T&H) (HE) Another Ceroc match made in heaven. These funky freestylers are adrenaline junkies with a passion for high flying aerials and death defying drops. Their sellout Masterclasses are the firm favourite at every event. Let's see how brave YOU are this weekend! Also, Hayley takes to the Tempest stage on her own on Sunday afternoon to teach you a fun and easy to learn solo Charleston Stroll - perfect for Swingers hour and undeniably one of the biggest laughs you'll have all weekend!

Warren & Irina (W&I) There is no-one more capable than Warren and Irina when it comes to looking after our budding Tango aficionados. New to tango or seasoned pro? Their classes and Milongas are the pinnacle of the weekend for so many of our members. Make sure you check out their new Argentine Tango Masterclass on Saturday too...perfect for those who want to glide around the dance floor like the Strictly pros without the months of training!



Tempest
(Off Thunderball Room)



Thunderball Room
(Upstairs)



The Cube
(Upstairs and left)



Cyclone
(Downstairs)



Boudoir
(Queen Vic)

Workshops are shown in **RED**
(Just turn up!)

Masterclasses are shown in **BLUE**
(Book in advance at the Weather Centre)

(All) Suitable for everyone.

(Beg) These classes are suitable for complete Beginners.

(-Int) Early Intermediate Lesson, easy and achievable.

(Int) Regular Intermediate Lesson, for confident dancers.

(Int+) More difficult Intermediate Lesson, a challenge for most.

(Adv) High level and hard moves. No Beginners or early Intermediates.

FRI	Thunderball Room	Cyclone	Tempest	The Cube	The Boudoir
18:00	Closed	Closed	Closed	Closed	Sack the DJ Open Decks
19:00	Ceroc Freestyle James Ross	Closed	Starters Orders (Beg) J&T Beginners Lesson	Closed	Sack the DJ Open Decks
20:00	Blast Off @ Bliss (All) TST Intermediate Ice-Breaker Lesson	Closed	Starters Orders (Beg) J&T Beginners Lesson	Closed	Sack the DJ Open Decks
21:00	Ceroc Freestyle Paul Brooks	SILC Zone Caine Langford	Taste of Tango (All) 21:30	Closed	Sack the DJ
22:30	Ceroc Freestyle Howard Pelling	SILC Zone Steph Oram	Milonga 22:30 - 00:00 W&I	Closed	Sack the DJ
23:30	Ceroc Freestyle Tim Sant-Turner	SILC Zone Denise Jaques	Taste of Blues (All) 00:00	Silent Disco 00:00-02:00	Sack the DJ
00:30	Ceroc Freestyle Jon Gammon	SILC Zone Kieran Moore	Blues 01:00 - 03:00 M&R	Silent Disco 00:00-02:00	WCS Sack the DJ 00:00
01:30	Ceroc Freestyle Hayley Epps	SILC Zone Tim Sant-Turner	Blues 01:00 - 03:00 M&R	Closed	WCS Sack the DJ 01:00
02:30	Ceroc Freestyle Tony Riccardi	SILC Zone Vince Silva	Blues 01:00 - 03:00 M&R		WCS Sack the DJ 02:00
03:30	Closed	SILC Zone Toni Sails	Closed		Closed
04:30		SILC Zone Ashley Davis			
05:30		Closed			

SAT	Thunderball Room	Cyclone	Tempest	The Cube	The Boudoir
09:30	Closed	Closed	Starters Orders (Beg) J&T Beginners Lesson	Closed	Closed
10:45	SILC Foundation (Int) ST An intro to smooth, slotted SILC	Keeping It Smood (Int+) DS Find your smooth Groove!	Simply Stylish (-Int) BR Simple eye-catching style	Fly Low: Baby Aerials (Int+) Masterclass with T&H	Closed
12:00	Spicy New Moves (Int+) TST Challenging New Moves	Intro To Seducers (Int) LB Safe and stylish dips and drops	Movement Mechanics (Int) DH Move together as one	Mastering Movement (Adv) Masterclass with K&C	Sack the DJ Open Decks
13:15	American Smooth (Int) GB Ceroc twisted with Ballroom style	I.C.E (Int+) JE Find your Impressively Cool Edge	Double Line Dance (All) DS "Hey Baby" & "All Of Me"	Ladies Styling Pt 1 (Ladies) Masterclass with BR	Steve's Big Fact Hunt 1 Pub Quiz (13:00-14:30)
14:30	Orbit (Int) K&S Rotational lassos, spins and whips	Latin Twist (Int) KT Ceroc Twisted with Latin Style	Performance Class (All) DA 3 sessions of choreography	Light & Shade (Adv) Masterclass with C&D	Motown/Northern Soul (14:30-15:30) with Kieran
15:45	Tag (Int+) T&H (& Jon) Two battling leads - one lucky follow!	Ceroc Classics Paul Brooks Freestyle 15:30-17:00	Performance Class (All) DA 3 sessions of choreography	Competition 101 (All) Masterclass with LB	***SILC Vibe*** (15:30-16:30) with Danny
17:00	Work The Floor (Int) AD Enjoy the space and travel	SILC Zone Vince Silva Freestyle 17:00-18:00	Performance Class (All) DA 3 sessions of choreography	Standout Seducers (Adv) Masterclass with M&V	***SILC Lyrical*** (16:30-17:30) with Tim
18:15	SILC Progressive (Int+) ST Step up your SILC game	SILC Zone Neil Strugnelli Freestyle 18:00-19:00	One Move Wonder (-Int) BS 1 Move - tons of variations	Argentine Tango: Showy Stuff (All) Masterclass with W&I	Sack the DJ from 17:30 Open Decks
19:30	Closed	SILC Zone Denise Jaques Freestyle 19:00-20:00	Starters Orders (Beg) J&T Beginners Lesson	Closed	Sack the DJ Open Decks
20:00	Ceroc Freestyle James Ross	Closed	Closed	Closed	Closed
21:00	Ceroc Freestyle Tony Riccardi	Closed	Closed	Closed	Closed
22:00	Ceroc Freestyle Lisa Benson	SILC Zone Danny Gallina	Closed	Closed	Closed
23:00	Cabaret Hour & Competition JG	SILC Zone Paul Foster	Closed	Closed	Closed
00:00	Ceroc Freestyle Paul Brooks	SILC Zone Ashley Davis	Milonga W&I	Silent Disco 00:00-02:00	WCS Sack the DJ 00:00
01:00	Ceroc Freestyle Hayley Epps	SILC Zone Caine Langford	Blues Lounge M&R	Silent Disco 00:00-02:00	WCS Sack the DJ 01:00
02:00	CAMP ATTACK! Tim Sant-Turner	SILC Zone Vince Silva	Blues Lounge M&R	Closed	WCS Sack the DJ 02:00
03:00	Ceroc Freestyle Steve Thomas	SILC Zone Kieran Moore	Blues Lounge M&R		Closed
04:00	Closed	SILC Zone Miranda Hewitt-Green	Closed		Closed
05:00		SILC Zone Smood			Closed
06:00		Closed			Closed

SUN	Thunderball Room	Cyclone	Tempest	The Cube	The Boudoir
09:30	Closed	Closed	Starters Orders (Beg) J&T Beginners Lesson	Closed	Closed
10:45	Framework (Int) C&D Posture, core & control	Work The Weight (Int+) BS Transfer weight for expert connection	Beginners Step Up (-Int) GB Beginner variations - next level	What The Duck (Int) Masterclass with AD	Closed
12:00	Levels (Int+) K&C Play with heights during freestyle	Seamless (Adv) DH Smooth flowing links	This is How We Roll (Int) LM Body rolls and ripples	Shag (Int+) Masterclass with LB	Sack the DJ Open Decks
13:15	Blocks & Freezes (Int+) BR Freeze and style for dramatic effect	Oldskool Made Nu (Int) EO Old moves, stylish makeover	Charleston Stroll (All) HE Perfect for Swingers Hour!	Xcite (Adv) Masterclass with KB	Steve's Big Fact Hunt 2 Pub Quiz (13:00-14:30)
14:30	Waltz (All) Fixed Couples Only Lyrical Ballroom discipline	SILC New Moves (Adv) K&S New moves from SILC masterminds	Multiply (-Int) K&S Expand your Basic repertoire	Telepathy (Int+) Masterclass with TS	Swinger's Hour (14:30-15:30) with Mike E
15:45	Whips and Switches (Int+) C&D Stylish contemporary techniques	MOJO! Tim Sant-Turner Freestyle 15:30-16:30	Illusions (Adv) M&V Impressive arm patterns	Blues Musicality (Int+) Masterclass with M&R	Ghetto Superstar (15:30-16:30) with Ekow
17:00	Groove The Blues (Int) M&R Contemporary Blues	S'Funk Kieran & Vince Freestyle 16:30-18:00	Back to Back (Int) JE Stylish moves back to back	Heels, Toes, Slides (Men) Masterclass with EO	ToneZ (16:30-17:30) with Toni
18:15	Torque (Int) LM Spin technique and new moves	SILC Zone Steve Thomas Freestyle 18:00-19:00	Yoga (All) TST Breathe and stretch	Ladies Styling Pt 2 (Ladies) Masterclass with BR	Sack the DJ from 17:30 Open Decks
19:30	Closed	SILC Zone Smood Freestyle 19:00-20:00	Argentine Tango Progressive (Int+) W&I	Closed	Sack the DJ Open Decks
20:30	Ceroc Freestyle Howard Pelling	Closed	Closed	Closed	Closed
21:30	Ceroc Freestyle Hayley Epps	SILC Zone Steph Oram	Closed	Closed	Closed
22:30	Ceroc Freestyle Smood	SILC Zone Ashley Davis	Milonga W&I	Closed	Closed
23:30	Ceroc Freestyle Tony Riccardi	SILC Zone Caine Langford	Milonga W&I	Closed	Closed
00:30	Ceroc Freestyle Lisa Benson	SILC Zone Kieran Moore	Blues Lounge M&R	Closed	Closed
01:30	Ceroc Freestyle Ashley Davis	SILC Zone Neil Strugnell	Blues Lounge M&R	Closed	Closed
02:30	Ceroc Freestyle Jon Gammon	SILC Zone Miranda Hewitt-Green	Blues Lounge M&R	Closed	Closed
03:30	SURVIVORS PHOTO!	SILC Zone Paul Foster	Closed	Closed	Closed
04:30	Closed	SILC Zone Marc Forster	Closed	Closed	Closed
05:30	Closed	SILC Zone Marc Forster	Closed	Closed	Closed
06:30	Closed	SURVIVORS PHOTO!	Closed	Closed	Closed



the CUBE

Head upstairs and turn left to find the

'CUBE Masterclasses'

Ladies Styling 1 & 2

Flying Low: Baby Aerials

Mastering Movement

Light & Shade

Competition 101

Standout Seducers

Argentine Tango: The Showy Stuff

What The Duck?

Shag

Xcite

Telepathy

Blues Musicality

Heels, Toes & Slides

Book at the Weather Centre!

