

SEPT DANCE STYLES  
VARIED AND EXCIT  
SHOPS OVER 50 HOU

# SEARCH

14 - 16 JUN 2013

SOUTHPORT



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**PASSPORT TO DANCE**

[www.ceroc.com/escape](http://www.ceroc.com/escape)

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 & ABROAD  
DJ'S FROM FAR & WIDE LARGE  
GATHERING OF CEROC TEACHERS  
MESSAGE PILATES ZUMBA  
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 yet another sell-out foot pounding dance extravaganza.

Here's hoping the UK weather will allow the weekend to live up to its name and allow for plenty of alfresco dancing.

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 will showcase something new, displaying their own particular style.

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

We are reviving the Latin Quarter, with over 6 hours of Latin music in the Cyclone this weekend, plus the addition of a Latin channel during Silent Disco on Friday & Saturday night.

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

Even with the myriad of dance venues this weekend, we have chosen to freeze the numbers and this is despite having an additional 93 apartments at our disposal. Be sure to check out the marquee for an all-round cooler dance experience.

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 17th June 2013. 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. NB: the Beginners classes are not included in the Weekender DVD however a Beginners Ceroc DVD can be purchased on the weekend with all Beginners Moves included.

## 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. Please remember to leave us your feedback form 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 and 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

Linen and towels are no longer provided by Pontins.

## WIFE SWAPPING

Provided by Ceroc immediately after the Cabarets.

## 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!!!

The Chip shop will be open at times over the weekend. The Nisa convenience store provides all your essentials, plus you can eat at the restaurant in the Queen Vic.

## WHIRLWIND BAZAAR

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

## 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 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.

### Osteopathic Treatment (£20 for 30 mins)

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

### 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.

### Top to Toe Massage (£40 for 60 mins)

Combining Indian Head, Osteopathic therapy, massage & reflexology

### Acupressure Massage (£20 for 30 mins)

Targets deep points of pain and tension in the back, neck & shoulders.

### Relaxing Seat Chair Massage (£20 for 30 mins)

Relaxing fully clothed massage to provide relief from tired muscles

### Reiki (£20 for 30 mins)

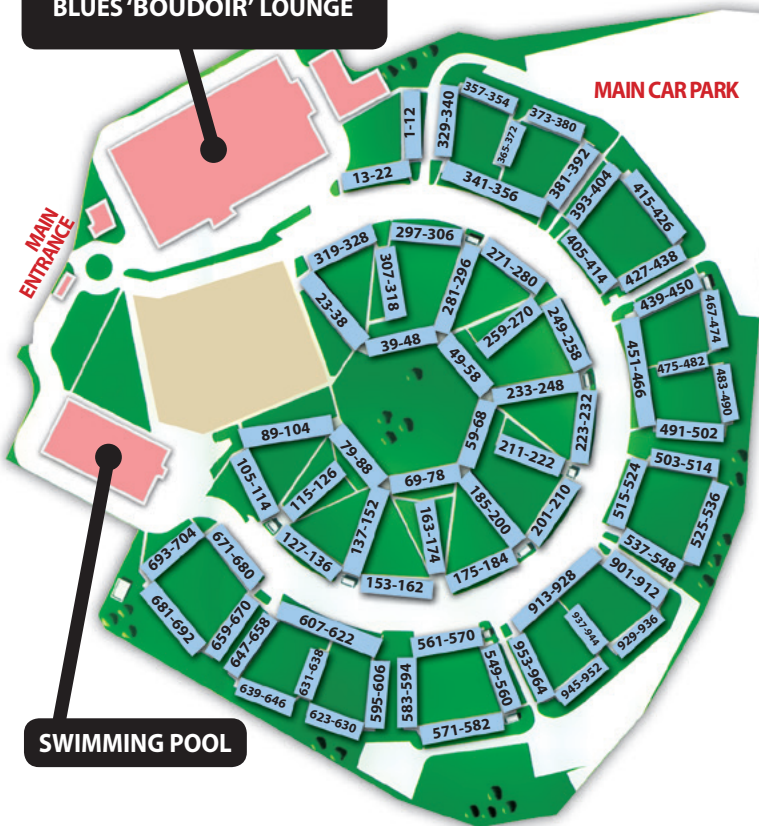
Japanese treatment to balance and enhance energy to boost vitality

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

Intense tissue lifting treatment for face, neck, head & mind

## SOUTHPORT

THUNDERBALL ROOM  
LATIN 'CYCLONE' QUARTER  
BLUES 'BOUDOIR' LOUNGE



# LIST OF ACTIVITIES

## DAY TIME DANCING

There will be non-stop dancing in the Boudoir throughout the weekend, Sack the DJ, Swingers Hour, S'Funk, Brand Spanking New, Chill Out & Hard Core. Whatever's playing the Boudoir & the Sun-deck will be a buzzing hub of daytime freestyle dancing.

## LATIN QUARTER, CUBAN BLUES & MILONGA

At this event we have introduced more Latin sets in the Cyclone where dancers can dance any style that suits them, whether that be Argentine Tango, Bachata, or your very own Latin Styling. There will still be some pure Milonga sets. Plus mid to uptempo Latin for Cerocers with a passion for Latin music and Cuban Blues for those who like slow Latin fusion.

## PURE NEO BLUES FREESTYLE

For the Neo Blues lovers here are your key times to look out for: 1.30-3.30am Friday night in the Cyclone, 11.30pm & 2.30am in the Boudoir, 3.30am in the Cube (Marquee) on Saturday, 1.30am on Sunday in the Boudoir.

## 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.

## 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. No double slots please.

## GAMES ON THE GREEN

Providing the weather is good look out for the Games on the central circle green on Saturday afternoon.

## PRIVATE LESSONS

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

## SILENT DISCO

On Friday & Saturday night you can find the Silent Disco in the Cyclone. If you've never tried this before, it's a blast! Grab a pair of headsets as you go into the room and then choose your channel. There are 3 channels available including; Latin, Ceroc Champs top play list and 'DJ Desert Island Disc' main room Floor-Fillers. Just make sure your partner is on the same channel as you!

## THE CUBE

Subject to a H&S inspection there will be a marquee at the front of the building where masterclasses will take place during the day, but by night on Friday and Saturday, will host specialist freestyle sets. Look out for; Swing, WCS, Noughties, Latin, & Blues.

## 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 10pm 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 1 & 2 - All levels for solo ladies
- Showstoppers - For Advanced Dancers
- Hot Drops - For Intermediate + / Advanced Dancers
- Blues Styling - All Levels
- WCS - There are 2 WCS masterclasses for Intermediate WCS dancers
- Dip & Drop Technique - Int dancers who want to learn dips & drops
- Urban Choreography - Learn funky partnered style for Int+ Dancers



# THE GODS OF THUNDER

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

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 Latin, Milonga, Blues and WCS

The 'Boudoir' Chill Out 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, 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, Paul Foster, Rob Ambridge, Caroline Houlton, Jonny Gammon, 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 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 & Myles Woodhouse.



# Stand Out

[standoutdancewear.co.uk](http://standoutdancewear.co.uk)



## £25

OR

## 2 for £45



**Enjoy 50% off this weekend on selected lines of dance shoes and clothing, pop into our shop as soon as you can, while stocks last!!!**

# Your ESCAPE plan

**SCORCH**  
SOUTHPORT

You are HERE! Southport



04 SEP 2013

**SPLASH**  
SOUTHPORT

27 - 29 SEP 2013 Southport

**BREEZE**  
SOMERSET

11 - 13 OCT 2013 Somerset

**BLISS**  
CAMBER

08 - 10 NOV 2013 Camber

**BLUSH**  
SOUTHPORT

TBA 2014 Southport

**SWISH**  
NORFOLK

21 - 23 FEB 2014 Norfolk

**STOAM**  
CAMBER

TBA 2014 Camber

LONDON **cerochamps**

TBA 2014 London

**jamfest**  
It's all about the music

TBA 2014 Camber

# Ceroc Dance Holidays

## MedFest

Calpe, Spain

15 - 22 September 2013



For booking & further information contact:

0207 099 4816

[theteam@clubdanceholidays.co.uk](mailto:theteam@clubdanceholidays.co.uk)

[www.clubdanceholidays.co.uk](http://www.clubdanceholidays.co.uk)

**club**  dance

# All New Instructional DVDs



BEGINNERS



CLASSICS



intermediate



Here  
Come  
the Girls  
*(Ladies Styling)*



NEW  
MOVES  
VOL2

Getting married?  
Having a party?  
Need a dance floor?  
No event too small  
Prices from £150



[www.danceflooruk.com](http://www.danceflooruk.com)

Cheap dance floors UK offer a very stylish, portable and adaptable temporary flooring solution to suit the needs of any type of event. Our dance floors can be used at weddings, birthday parties, discos, dance events, conferences etc.

We offer an economical, no fuss dance floor anywhere in the UK.

[danceflooruk@gmail.com](mailto:danceflooruk@gmail.com)

07595595941



# 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.

The background of the Bliss poster features abstract, flowing lines in shades of green and blue, creating a sense of movement and energy.

# BLISS

**CAMBER**  
**08-10 NOV 2013**

**Bookings NOW Open!**  
**Hurry! sell out fast!**  
**[www.ceroc.com/bliss](http://www.ceroc.com/bliss)**

The background of the Splash poster features abstract, flowing lines in shades of blue, purple, and orange, with bright light effects and bokeh, creating a vibrant and dynamic feel.

# SPLASH

**SOUTHPORT**  
**27-29 SEP 2013**

**BOOKINGS NOW**  
**OPEN**

**[WWW.CEROC.COM/SPLASH](http://www.ceroc.com/splash)**

# 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 2014 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 2015.

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](http://www.CerocChamps.com)**



**Breeze Weekender, Brean Sands**  
11th - 13th October 2013



*The Neo-Blues Competition for  
21st Century Blues Dancers Now in its 7th year*

**Including the following categories**

*Blues Showcase*

*Blues Open*

*Blues Dance with a Stranger*

*Masters Invitational Blues Jack & Jill*

*There is no charge to enter categories, but all entrants  
must be booked to attend the Breeze Weekender*

**How to register for the competitions**

*Blues Showcase : email [val@cerocpr.co.uk](mailto:val@cerocpr.co.uk)*

*Blues Open & Blues DWAS : Register at the Breeze Weekend  
Masters Invitational - By invitation only to past Open & Show-  
case 1st, 2nd & 3rd placers and winners of the DWAS*

**[www.ceroc.com/breeze](http://www.ceroc.com/breeze)**



# 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](http://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 & Kizomba, Becki brings you style and innovation this weekend in her Ladies Styling Masterclasses and her Stylish Partnering class.

### **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. He and partner Leah bring you some Ultimate Drops this weekend.

### **CARL & MEL (C&M)**

Joint organisers & 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.

### **DALE ST ROSE & SUZY MINOR (DS)**

Blues Champions 2012, Dale & Suzy pair up this weekend to get you confident dancing Blues. with 3 classes this weekend including their Blues Styling class you've got the perfect chance to fast-track.

### **FRANCK & SHEENA (F&S)**

Scottish Ceroc Franchisees and Hosts / Organisers of the Scottish Ceroc Championships, Franck and Sheena have the ability to break down technique in an easy and fun way to get you freestyling smarter, smoother and more confidently.

### **KAREN BROOKS (KB)**

Multi-disciplined dance Teacher & Troupe Leader of the award winning performance team from the South East's Ceroc Nights. Karen has been dancing in her parents Ballroom & Latin School since she was a tiny tot and teaching Ceroc for more than 12 years.



**KIERAN & CHARLIE (K&C)**

Kieran, and his teaching partner Charlie have been rising stars for some time. Already popular with the weekend class attendees, they have a huge following and appreciation for their moves, choreography & style.

**LYNDSEY & MARK & MATT (L&M)**

Lyndsey & Mark 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. Lyndsey also pairs up with 'Open' Winning Matt Shaw this weekend for her Showstopping Masterclass

**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)**

Want to learn Argentine Tango this weekend? Marc & Rachel will be teaching 2 Argentine Tango classes this weekend, as well as hosting the Milonga freestyle sessions. You'll also find them both DJ'ing in the Chill Out Zone.

**NICOLA DUNDAS & DARREN CHARLTON (N&D)**

Taking our Beginners on their fast-track journey this weekend are Scotlands Nicola & Darren. If you've only just started Ceroc or never done it before, these 2 will be teaching 5 classes this weekend.

**OSKAR & AGATA (O&A)**

All the way from Poland, and Showcase winners at this year's London Ceroc Champs, Oskar & Agata will be performing their amazing showcase and also teaching some Boogie Woogie. If you love Swingers Hour but struggle to dance fast then Boogie Woogie is for you.

**RICHARD & ZOE (R&Z)**

From the South West, teachers and franchisees Richard & Zoe, have a strong following of people who want to learn their smooth, slotted and elegant style. Anyone who's seen them perform or dance will understand why.

**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 bring you 3 lessons this weekend including a masterclass.

**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 hot style and innovative choreography. Join the huge club of people who literally LOVE his classes!

**TIM & HEATHER (TST)**

From South Wales, Winners of the Scottish Championship Open Category and regular teachers on the Ceroc Weekenders, Tim and Heather always have something funky and fresh in their choreography.

**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. We don't get to book him so often now he's in the RAF.

**TONY & HAYLEY (T&H)**

This funky young partnership have many many Ceroc Weekenders under their belt and return to Southport once again. This time they bring you Advanced New Moves and Hayley takes the lead into her own hands to introduce a little sabotage to the ladies. Guys you need to do this class too, to prepare yourself and help you keep control.

**KATE HAMMERSLEY (KH) PILATES INSTRUCTOR**

# Schedule



**THUNDERBALL ROOM (Fun Factory)**



**LATIN CYCLONE QUARTER (Lunars)**



**BLUES BOUDOIR LOUNGE (Queen Vic)**



**CUBE (Marquee)**

## SCHEDULE KEY

- Workshops are shown in **RED**
- (Beg) These classes are suitable for complete beginners.
- (-Int) For Early Intermediate Dancers
- (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
- SILENT DISCO - Grab a head set and choose your f/style channel
- Latin Quarter - Mid to Uptempo Latin music for Ceroc Freestyle
- Milonga - Argentine Tango Freestyle
- Cuban Blues - Slower Latin music for Blues / Tango Freestyle

	Thunderball Room	Cyclone Latin Quarter	The Boudoir / Queen Vic Pub	the CUBE
18:00-19:00	<b>Ceroc F/Style James Ross</b> <i>Ceroc Classic Tunes</i>	Closed	15.00 - 19.00 <b>Sack the DJ</b> <i>Open Decks with DJ and Room Host Marc Forster</i>	
19:00-20:15	<b>Ceroc F/Style Chris Uren</b>	<b>Starters Orders (Beg) N&amp;D</b> <i>Ceroc for Beginners</i>	19.00-20.30 <b>Chill Out Zone David Rokov</b> <i>Slow, Smooth Freestyle</i>	
20:15-21:15	<b>Simply Scorching (Int) TS</b> <i>Intermediate Ice-Breaker Class</i>	<b>Starters Orders (Beg) N&amp;D</b> <i>Ceroc for Beginners</i>	20.30-21.30 <b>Chill Out Zone Paul Foster</b>	
21:30-22:30	<b>Blues 1 (All) DS</b> <i>Introduction to Blues Dancing</i>	<b>Ceroc F/Style James Ross</b> <i>9.15pm to 10.30pm</i>	21.30-22.30 <b>Chill Out Zone Smood</b>	
22:30-23:30 23:30-00:30	<b>Ceroc F/Style Al Griffin</b> <b>Ceroc F/Style Caroline Houlton</b>	<b>Latin Quarter Rob Ambridge</b> <b>SILENT DISCO</b>	22.30-23.30 <b>Chill Out Zone OXOs</b> 23.30-00.30 <b>Chill Out Zone Vince Silva</b>	<b>Swing Chris Uren 23.30</b>
00:30-01:30 01:30-02:30	<b>Ceroc F/Style Jonny Gammon</b> <b>Ceroc F/Style John Baker</b>	<b>SILENT DISCO</b> <b>Blues Lounge David Rokov</b>	00.30-01.30 <b>Chill Out Zone Marc Forster</b> 01.30-02.30 <b>Chill Out Zone Rachel Pears</b>	<b>WCS Tunes Kieran Moore 00.30</b> <b>Noughties Craig Addison 01.30</b>
02:30-03:30 03:30-04:30	<b>Ceroc F/Style Rob Ambridge</b> <b>Ceroc F/Style Chris Baker</b>	<b>Blues Lounge Garry Turner</b> <b>Cuban Blues Marc Forster</b>	02.30-03.30 <b>Chill Out Zone Kieran Moore</b> 03.30-04.30 <b>Chill Out Zone John Baker</b>	<b>Latin Quarter Tiggerbabe 02.30</b>
	Closed Closed	<i>Latin for smooth blues &amp; tango</i> Closed	04.30-05.30 <b>Chill Out Zone Garry Turner</b> 05.30-07.00 <b>Chill Out Zone OXOs</b>	

## SATURDAY

	Thunderball Room	Cyclone Latin Quarter	The Boudoir / Queen Vic Pub	the CUBE
09:30-10:30	<b>Starters Orders (Beg) N&amp;D</b> <i>Complete Beginners Ceroc class</i>	<b>ZUMBA® (All) CA</b> <i>Latin Dance inspired workout</i>	<b>09.30 - 10.30 Sack the DJ</b> <i>Open Decks</i>	<b>Closed</b>
10:45-11:45	<b>Luscious Latin (Int) MK</b> <i>Style up your Ceroc with some Latin</i>	<b>Simply Slotted (-Int) C&amp;M</b> <i>Easy moves with slotted technique</i>	<b>10.30 - 12.00 Sack the DJ</b> <i>Open Decks</i>	<b>Pilates (All) KH</b> <i>take a mat / towel with you</i>
12:00-13:00	<b>Hot New Moves (Int+) TSH</b> <i>New Ceroc Moves</i>	<b>F Words (Int+) S&amp;A</b> <i>Fun Flashy &amp; Freestyleable</i>	<b>12.00 - 13.30 Sack the DJ</b> <i>Open Decks</i>	<b>***Showstoppers L&amp;M</b> <i>Masterclass book in advance</i>
13:15-14:15	<b>Stretch &amp; Spring (Int+) TS</b> <i>Creating momentum for speed &amp; control</i>	<b>Comfort Zone (-Int) F&amp;S</b> <i>Smooth, simple &amp; totally leadable</i>	<b>13.30-14.30 Swingers Hour Chris Uren</b> <i>Swing Freestyle</i>	<b>Private Lessons</b>
14:30-15:30	<b>Chill Out 1 (Int) K&amp;C</b> <i>Intro to Chill Out Dancing</i>	<b>Lynx Effect (Int+) KB</b> <i>Smooth Linking Routine</i>	<b>14.30-15.30 S'Funk SilverFox</b> <i>Soul &amp; Funk Classics</i>	<b>***Ladies Styling BR</b> <i>Masterclass book in advance</i>
15:45-16:45	<b>Argentine Tango 1(All) M&amp;R</b> <i>Intro to Argentine Tango</i>	<b>Cream (Adv) TS</b> <i>Advanced Ceroc Routine</i>	<b>15.30-17.00 Chill Out Zone Tiggerbabe</b>	<b>***WCS Int 1 TB</b> <i>Masterclass book in advance</i>
17:00-18:00	<b>Coasting (Int+) R&amp;Z</b> <i>Smooth &amp; Slotted Ceroc Routine</i>	<b>Blues 2 (Int) DS</b> <i>Blues Routine</i>	<b>17.00-18.00 Chill Out Zone OXOs</b>	<b>***Dip &amp; Drop Technique S&amp;A</b> <i>Masterclass book in advance</i>
18:15-19:15	<b>Wow Moves (Adv) MK</b> <i>Moves to impress</i>	<b>Split Ends (Int) KB</b> <i>different endings to expand repertoire</i>	<b>18.00 - 19.00 Hard Core Smood</b>	<b>***Ladies Styling 2 BR</b> <i>Masterclass book in advance</i>
19:30-20:30	<b>Room Closed until 8pm</b>	<b>Starters Orders (Beg) N&amp;D</b> <i>Beginners Ceroc</i>	<b>19.00 - 20.00 Sack the DJ</b>	<b>Private Lessons</b>

## SATURDAY NIGHT

20:00-21:00	<b>Ceroc F/Style James Ross</b>	<b>Closed</b>	<b>20.00-21.30 ChillOut Zone Rob Ambridge</b>	<b>Private Lessons</b>
21:00-22:30	<b>Ceroc F/Style Chris Uren</b>	<b>Tango Re-Cap and Milonga M&amp;R</b>	<b>21.30-22.30 Chill Out Zone Rachel Pears</b>	
22:30-23.30	<b>Cabarets, Competition (CB DJ)</b>	<b>Milonga Marc Forster</b>	<b>22.30-23.30 Chill Out Zone Paul Foster</b>	
23:30-00.30	<b>Ceroc F/Style Chris Baker</b>	<b>Latin Quarter Marc Forster</b>	<b>23.30-00.30 Blues Lounge OXOs</b>	<b>WCS Tunes Smood</b>
00:30-01:30	<b>Ceroc F/Style Tiggerbabe</b>	<b>SILENT DISCO</b>	<b>00.30-01.30 Chill Out Zone John Baker</b>	<b>Swing Chris Uren</b>
01:30-02:30	<b>Ceroc F/Style Jonny Gammon</b>	<b>SILENT DISCO</b>	<b>01.30-02.30 Chill Out Zone David Rokov</b>	<b>Latin Quarter Rob Ambridge</b>
02:30-03:30	<b>Ceroc F/Style Garry Turner</b>	<b>Latin Quarter Smood</b>	<b>02.30-03.30 Blues Lounge Chris Uren</b>	<b>WCS Tunes Kieran Moore</b>
03:30-04:30	<b>Ceroc F/Style Hayley Nicholls</b>	<b>Cuban Blues Marc Forster</b>	<b>03.30-04.30 Chill Out Zone Vince Silva</b>	<b>Blues Tiggerbabe</b>
04:30-05:30	<b>Closed</b>	<b>Closed</b>	<b>04.30-05.30 Chill Out Zone Garry Turner</b>	
05:30-07:00	<b>Closed</b>	<b>Closed</b>	<b>05.30-07.00 Chill Out Zone Tiggerbabe</b>	
07:00-	<b>Closed</b>		<b>07.00 - Close Sack the DJ</b>	

## SUNDAY

	Thunderball Room	Cyclone Latin Quarter	The Boudoir	the CUBE
09:30-10:30	<b>Off the Blocks (Beg) N&amp;D</b> <i>Beginners Ceroc</i>	Closed	09.30 - 10.30 <b>Sack the DJ</b> <i>Open Decks</i>	Private Lessons
10:45-11:45	<b>Double Trouble (Int+) L&amp;M</b> <i>1 Lead 2 Follows</i>	<b>Boogie Woogie (All) O&amp;A</b> <i>Intro to Boogie Woogie</i>	10.30 - 12.00 <b>Sack the DJ</b> <i>Open Decks</i>	Private Lessons
12:00-13:00	<b>Chill Out 2 (Int+) K&amp;M</b> <i>Taking Chill Out up a notch</i>	<b>Smooth Styling (Int) R&amp;Z</b> <i>Smooth routine with great style</i>	12.00 - 13.30 <b>Sack the DJ</b> <i>Open Decks</i>	<b>Pilates (All) KH</b> <i>take a mat / towel with you</i>
13:15-14:15	<b>Advanced New Moves (Adv) T&amp;H</b> <i>Tricky new moves</i>	<b>Argentine Tango 2 (All) M&amp;R</b> <i>Argentine Tango next step</i>	13.30-14.30 <b>Swingers Hour Mike Ellard</b>	<b>***Blues Styling DS</b> <i>Masterclass book in advance</i>
14:30-15:30	<b>Stylish Partnering (Int) BR</b> <i>Style for guys &amp; ladies in a routine</i>	<b>Unravel the Illusion (Adv) K&amp;C</b> <i>unusual &amp; new moves with lots of arms</i>	14.30-15.45 <b>Chill Out Zone John Baker</b>	<b>***Hot Drops R&amp;Z</b> <i>Masterclass book in advance</i>
15:45-16:45	<b>Ultimate Drop Zone (Int+) C&amp;L</b> <i>Dips &amp; Drops</i>	<b>Wicked Whips (Int+) C&amp;M</b> <i>Whip variations with pivots</i>	15.45-17.00 <b>Chill Out Zone Garry Turner</b>	<b>***WCS Int 2 TB</b> <i>Masterclass book in advance</i>
17:00-18:00	<b>Hitting the Breaks (Int+) S&amp;A</b> <i>Develop musicality and hit stops</i>	<b>Sabotage (Int+) T&amp;H</b> <i>Ladies Hijacks</i>	17.00-18.00 <b>Brand New David Rokov</b> <i>Tracks new to the Dance-floor</i>	<b>***Urban Choreography TSH</b> <i>Masterclass book in advance</i>
18:15-19:15	<b>Who framed the Columbian (Adv) F&amp;S</b> <i>Mambo Columbian Argentine variations</i>	<b>ZUMBA® (All) CA</b> <i>Latin Dance inspired workout</i>	18.00-19.00 <b>Chill Out Zone Vince Silva</b>	Closed
19:30-20:30	<b>Room Closed until 8pm</b>	Closed	19.00 - 20.30 <b>Sack the DJ</b>	Closed

## SUNDAY NIGHT

20:00-21:30	<b>Ceroc F/Style OXOs</b>	Closed	20.30-21.30 <b>Chill Out Zone Jon Gammon</b>	Closed
21:30-22:30	<b>Ceroc F/Style Chris Baker</b>	Milonga <b>Marc Forster</b>	21.30-22.30 <b>Chill Out Zone Paul Foster</b>	
22:30-23:30	<b>Ceroc F/Style Caroline Houlton</b>	Milonga <b>Marc Forster</b>	22.30-23.30 <b>Chill Out Zone Tiggerbabe</b>	Closed
23:30-00:30	<b>Ceroc F/Style Al Griffin</b>	Latin Quarter <b>Rachel Pears</b>	23.30-00.30 <b>Chill Out Zone John Baker</b>	
00:30-01:30	<b>Ceroc F/Style Jonny Gammon</b>	Latin Quarter <b>Chris Uren</b>	00.30-01.30 <b>Chill Out Zone Smood</b>	Closed
01:30-02:30	<b>Ceroc F/Style Tiggerbabe</b>	WCS F/Style <b>Craig Addison</b>	01.30-02.30 <b>Blues Lounge Rachel Pears</b>	
02:30-03:30	<b>Ceroc F/Style Hayley Nicholls</b>	Closed	02.30-03.30 <b>Chill Out Zone David Rokov</b>	Closed
03:30-04:30	Closed	Closed	03.30-04.30 <b>Chill Out Zone Kieran Moore</b>	
04:30-06:30	Closed	Closed	04.30-06.30 <b>Chill Out Zone Marc Forster</b>	Closed





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