



# BLISS

07 - 09 NOV 2014

CAMBER



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## PASSPORT TO DANCE

[www.ceroc.com/escape](http://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  
PILATES ZUMBA FITSTEPS  
SWIMMING WORKSHOP DVDS  
TO TAKE HOME SELECTION OF  
DANCE SHOES AND CLOTHING  
ON SALE ON LINE BOOKING  
WITH IMMEDIATE CONFIRMATION  
GENDER CONTROLLED BOOKING  
SYSTEM



## WELCOME

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

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.

We try hard to gender balance our events, but the problem we are finding is fewer girls are interested in the classes, so we have men over in many classes, but then the appearance of girls over in the freestyle. We obviously can't force anyone to dance in the day or the evening, but at least you now understand better the dynamic of the weekend.

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 & sack the DJ.

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

Masterclasses are billed at various levels and are not just for advanced dancers. Go to the Weather Centre and you can find out more about each of the masterclasses billed.

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.

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. We may be able to let cars on-site from Sunday 2pm (check at the gate).

### 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

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 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.

### PARKING

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

### 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 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 10th November 2014**. Please leave your keys at reception or with the security gate upon departure.

### DVD's OF BLISS CLASSES

DVD's of all classes taking place over the weekend, will be on sale from 10am on Sunday morning priced at £20. NB the beginner Ceroc classes are not on this DVD but a DVD of just the beginners moves is on sale at the weather centre 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](http://www.standoutdancewear.co.uk)

## CLOAKROOM

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

## COLOURED WRIST BANDS?

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).

## 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 Cyclone Dance Zone & 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.

## CEROC FOR NEW INTERMEDIATE DANCERS

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)

## WHERE AND WHEN?

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.

## TERMS AND CONDITIONS

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

# CAMBER



- ① SUPERMARKET
- ② QUEEN VIC PUB
- ③ STANDOUT DANCEWEAR SHOP
- ④ SWIMMING POOL

# LIST OF ACTIVITIES

## MASTERCLASSES

With a maximum capacity of 34 people in fixed couples (excluding Ladies Styling), these sessions are for those people wanting to master the art of the dances and styles billed. These classes are pre-bookable (as a couple) at the Weather Centre at a charge of £5 per head.

- **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.
- **Baby Aerials (Int+/Adv) with Tony & Hayley** - Covering mini aerials to get your partner sweeping and flying.
- **WCS with Kieran & Charlie** - For experienced WCS dancers, there is 1 WCS master class this weekend.
- **Wicked Whips (Int+/Adv) with Caine & Danni** - Teaching a variety of whips and covering the techniques necessary to ensure the moves are led and followed with control, momentum and perfect balance.
- **Zouk 1 & 2 (All) with Ekow & Sarve** - 2 introductory classes to Zouk. This dance is the latest latin inspired close hold dance with plenty of sultry sex appeal!
- **Dip & Drop Technique (Int) with Steve Thomas** - If you want to do dips and drops but are unsure about the technique and safety aspects this workshop is for you.
- **Aerials (Adv) with Tony & Hayley** - For the adrenaline junkies, prepare to get airborne. Remember - Aerials are not permitted on the freestyle dance-floor, but these moves are great for competition and performances.

## MILONGA & ARGENTINE TANGO CLASSES

There will be Milongas on Friday, Saturday & Sunday in the Tempest Studio. There will be 3 Argentine Tango classes in the Tempest Studio. These are bookable at the Weather Centre. There is no charge for these classes, however you must book due to space in the room.

## DAY TIME DANCING

Aside from dancing in the Boudoir you will find freestyle dance sessions on Saturday & Sunday afternoon and in the Cyclone & Cube

## 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.

## WCS SACK THE DJ & FREESTYLE

WCS DJs are invited to book themselves an hour slot during the allotted times on Friday and Saturday night in the Boudoir. 12am - 3am.

## GREAT ESCAPEE COMPETITION

If you want to enter the Great Escapee Competition and win your place in the Ceroc Champs Final 2015 then be in the ballroom by 10.30pm. The competition will take place at some time around the Cabarets.

## LUNCHTIME QUIZ

Test your wits against your friends. Quiz Masters Stevie T and Carl. Teams of 6 or less Saturday & Sunday. Be prepared, these quiz's are for over 18's!

## 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. Friday and Saturday night only from midnight to 2am in the Cube.

## PERFORMANCE CLASSES

Jenni Harrison will be taking these sessions that will culminate in a Performance on Saturday night. Participate in the performance by doing the 3 Performance Classes on Saturday from midday in the Tempest Studio. Theme - Putting on the Ritz. Guys should wear Black Trousers, White Shirts, Bow Tie and Braces and Girls should wear a Black Dress (with plenty of movement), for the performance.

## ZUMBA®, FITSTEPS, BOKWA, PILATES & POOL

There will be ZUMBA®, BOKWA, FITSTEPS & 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.

## 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.

## PURE BLUES

For the pure Blues lovers, there will be a few Pure Blues sets billed over the weekend. Friday night - Cyclone 11.30pm - 12.30am; Saturday night Cyclone 1am - 2am; Sunday night Cyclone - 11.30pm - 12.30am.

**And introducing... Pure Blues in the Tempest Studio with Marc & Rachel on Friday night from 12.30am and Sunday night from 1.30am.**

# CEROC 'WELLBEING'

Throughout the weekend a team of professionally qualified complimentary 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 (£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

# THE GODS OF THUNDER

The evenings will consist of 5 rooms playing different music from our outstanding line-up of DJ's.

The Thunder Ballroom playing popular and new uptempo sounds from evening until 3.30/ 4am

Cyclone will be the non-stop music hot-spot. Playing traditional Escape Chill Out & Blues tunes

Boudoir (otherwise known as the Pub). This is the home of daytime dancing including Swingers Hour and on Friday & Saturday nights WCS Sack the DJ freestyle.

The Cube - Silent Disco on Friday and Saturday night and daytime practice freestyle sessions

Tempest Studio - Milonga and Pure Blues Freestyles

Our Gods of Thunder this weekend are:

*Marc Forster, David Rokov, Hayley Nicholls, Rachel Pears, Sheena 'Tiggerbabe' Assiph, Dale 'Smood' St Rose, Caroline Houlton, Jonny Gammon, James Ross, Kieran Moore, Garry Turner, Richard Oliver, Miranda Hewitt-Green, Keith Evans, Dave Greaves, Paul Brooks, Dayle Blencowe & Warren 'Dance Inspired' Richardson*

## THANKS

Our weekend events would not be the success that they are without our great 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 Head Bull Myles Woodhouse and his many Calves.



[WWW.CEROC.COM/ESCAPE](http://WWW.CEROC.COM/ESCAPE)



You are HERE!

Camber



20 - 22 FEB 2015

Norfolk



27 FEB - 01 MAR 2015 Southport



13 -15 MAR 2015

Camber



03 MAY 2015

London



05 - 07 JUN 2015

Southport



03 - 05 JUL 2015

Camber



04 - 06 SEP 2015

Southport



30 SEP 2015



09 - 11 OCT 2015

Somerset

# Ceroc Dance Holidays

## MedFest

Calpe, Spain

13th - 20th September 2015



Over 620 already booked  
... a truly awesome holiday

0207 099 4816

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

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

club dance

# Cruise with CEROC in 2015

Departing 30th September  
aboard the magnificent MSC Divina.  
10 - day Western Mediterranean cruise.  
Workshops, freestyles and the all important  
drinks package!



A truly memorable holiday

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



## BLISS 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.

# CEROC INSTRUCTIONAL DVDS



# SWISH

*A weekend like no other*

**Friday 20th February - Monday 23rd February 2015**

**Full Board Weekender at a 5\* resort**

**Over 30 varied workshops for all levels of dancer**

**Freestyle until the early hours**

**Hotel and Bungalow Accommodation available**

**Golf, Swimming, Badminton, Squash, Ten Pin Bowling,  
Segways, Rock Climbing Wall and many more**

**Three meals a day and a midnight snack**

**Three West End Style Shows**



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

# 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 2015 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 2016.

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 11pm.

For more info about Champs, please visit **[www.CerocChamps.com](http://www.CerocChamps.com)**



**StandOut**  
DANCEWEAR



Pop in to see StandOut Dancewear's shoes and clothing in the shop next to the weather info desk

Opening hours : Friday 17:30-23:30, Sat 10:30-19:00, Sun 10:30-18:00.

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



FREESTYLE FILMING ON SATURDAY EVENING  
IN THUNDERBALL ROOM FROM THE STAGE

ALL WORKSHOPS\* FROM THIS WEEKEND



# WORKSHOP DVD AVAILABLE

## THIS SUNDAY

HOW 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 INFO DESK.

2 DVD DISCS SET INCLUDING CABARET AND FREESTYLE FOOTAGES

**£20 SPECIAL DISCOUNTED PRICE, USUALLY £25**

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

\*STANDARD BEGINNERS CLASSES & FEE-BASED MASTERCLASSES ARE NOT INCLUDED.

## Teachers

### **BECKI RENDELL (BR)**

With a background in Ceroc, Salsa, Merengue, Line Dance and Kizomba, Becki brings you style and innovation this weekend. Her Ladies Styling Masterclasses are broken down into different areas of style focus and you can find out what she's teaching at the Weather Centre.

### **BRETT STEWART (BS)**

Someone recently said that if Disney drew a Ceroc Prince it would be Brett, so the Dorset members are lucky ladies! This weekend he will be teaching you some Classic Moves as well as a few of his favourite blocks and stops.

### **CAINE & DANNI (C&D)**

South Coast teacher Caine may be a youngster, but already has proven his talents at 3 venues. With a smooth, slotted style he and multiple competition winning partner, Danni will show you dynamism and sassy style!

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

Organiser of the popular Bristol Switch freestyles along with John Baker. Carl loves challenging chill out music and the dynamics of dancing to this genre. You can also spot him co-compering the Pub Quiz's.

### **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.

### **DALE ST ROSE (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 1st place in the Blues showcase category 2013 at Breeze. This weekend he shows you more of his dance talents introducing you to Kizomba and teaching a new Funky Line Dance



### **EKOW & SARVE (E&S)**

Gifted dancers with backgrounds in different styles, Ekow & Sarve will be teaching 2 Zouk Masterclasses this weekend, from Beginner to Improver. Zouk is sexy, slinky & funky Latin!

### **GLEN & JO (G&J)**

Glen Brooks from Franchise Ceroc Nights and Jo Easterbrook both teach in the Essex area. They are teaching 4 classes this weekend including Double Trouble.

### **GEMMA PEARCE (GP)**

Bubbly, smiley and super sweet, Gemma is charming and full of energy. Join her for Pilates and FitSteps - the Ballroom and Latin inspired fitness workout.

### **GREG URCH (GU)**

Teacher from the South West. He's got 2 classes for you this weekend - Funky & Freestylable and All Wrapped Up.

### **JACKY GLANCEY (JG)**

Teacher from Kent, Jacky is taking our Beginners on their progressive journey this weekend to get them freestyle ready and comfortable on the dance-floor.

### **JENNI HARRISON (JH)**

Jenni has swept up a plethora of titles and trophies over her competition years including 3 wins at this years London Ceroc Champs alone. Her choreography is creative and dancing precise and stylish. Jenni is introducing you to some Samba this weekend, but is also leading the Performance Team Cabaret classes, so join her and then get to perform with her on Saturday night.

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

From 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.

### **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, Pure Blues Sessions and the Chill Out room plus teaching some smooth blues!

### **STEVE THOMAS (ST)**

From Kent, the organiser and host of the ever popular Rochester Dance Junction events, Steve has been teaching Ceroc for over 10 years. His engaging and charismatic teaching style makes him a popular choice. You can also see him hosting the Pub Quiz.

### **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!

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

This teaching couple are adrenaline junkies! Funky, fresh, energetic and fans of aerials and superdrops, you can join them on their Baby Aerial and Aerial Masterclasses. They are also teaching an advanced Tornado class. Expect a fast, spinny routine to make you go wow!

### **WARREN RICHARDSON (WR)**

From Brighton based Tango Bootcamps, Warren is one of our weekender Milonga DJs and is a popular Tango teacher. At this event he will be providing 3 Argentine Tango classes to fast-track people on their way to the Milongas.

# 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 Jenni Harrison: Follow her 3 Classes on Saturday afternoon and perform with her in the cabaret on Saturday Evening. Putting on the Ritz!

### \*\* MASTERCLASSES

These are classes with a maximum capacity of 34 people in fixed couples (except Ladies Styling) 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.

### (-Int) 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, FITSTEPS, BOKWA & ZUMBA®** Wear appropriate footwear and clothing for these classes. 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 <b>James Ross</b>	Closed	Closed	Closed	<b>DJ - Caz Houlton 5-6pm</b> <b>DJ - Smood 6-7.30pm</b>
19:00-20:30	Ceroc F/Style <b>James Ross</b> Ceroc Classic Tunes	Closed	<b>Starters Orders JG</b> Ceroc for Beginners from 7pm	Closed	<b>DJ - Garry Turner 7.30-8.30</b> Open Decks
20:30-21:30	<b>Bliss Breaker (Int) TS</b> Intermediate Ice-Breaker Class	Closed	<b>Starters Orders</b> Ceroc for Beginners until 9pm	Closed	<b>Sack The DJ!</b> Open Decks
21:30-22:30	Ceroc F/Style <b>Jon Gammon</b>	Closed Chill Out <b>Rachel Pears 10pm</b>	<b>Argentine Tango (All) WR</b> Pre-Milonga Intro	Closed	<b>Sack The DJ!</b> Open Decks
22:30-23:30 23:30-00:30	Ceroc F/Style <b>Caroline Houlton</b> Ceroc F/Style <b>Keith Evans</b>	Chill Out <b>Rachel Pears</b> Pure Blues <b>Richard Oliver</b>	<b>Milonga Dance Inspired</b> <b>Milonga Dance Inspired</b>	Closed	<b>Sack The DJ!</b> <b>WCS Sack the DJ</b>
00:30-01:30 01:30-02:30	Ceroc F/Style <b>David Rokov</b> Ceroc F/Style <b>Paul Brooks</b>	Chill Out <b>Miranda H-G</b> Chill Out <b>Kieran Moore</b>	Pure Blues <b>Marc &amp; Rachel</b>	<b>Silent Disco</b> <b>midnight to 2am</b>	<b>WCS Sack the DJ</b> <b>WCS Sack the DJ</b>
02:30-03:30 03:30-04:30	Ceroc F/Style <b>Hayley Nicholls</b> Closed	Chill Out <b>Smood</b> Chill Out <b>Tiggerbabe</b>	Closed	Closed	
04:30-	Closed	Chill Out <b>Garry Turner</b>	Closed	Closed	

SATURDAY					
	Thunderball Room	Cyclone Dance Zone	Tempest Studio	Cube	The Boudoir
09:30-10:30	Closed	Closed	Starters Orders (Beg) JG <i>Beginners Ceroc</i>	Private Lessons <i>Personal One to One Tuition</i>	Closed
10:45-11:45	Repertoire Enhancer (Int) ST <i>Moves &amp; Technique to add variety</i>	ZUMBA® (All) CA <i>latin dance work out</i>	Classic Moves 1(-Int) G&J <i>Classic Moves</i>	**Ladies Styling 1 BR <i>Masterclass (Pre-Book )</i>	Sack The DJ! <i>Open Decks</i>
12:00-13:00	Against All Odds (All) TS <i>The secret to smooth footwork</i>	Kizomba (All) DS <i>Intro to this close hold dance</i>	*Performance Class JH <i>Choreography to perform</i>	**WCS Intermediate K&C <i>Masterclass (Pre-Book )</i>	Sack The DJ! <i>Open Decks</i>
13:15-14:15	Double Trouble (Int) G&J <i>1 Leader, 2 Follows</i>	Salceroc (Int) BR <i>Ceroc routne with Salsa Styling</i>	*Performance Class JH <i>Choreography to perform</i>	**Baby Aerials T&H <i>Masterclass (Pre-Book )</i>	Lunchtime Quiz <i>1pm - 2.30pm</i>
14:30-15:30	Chill Out 1 (Int) K&C <i>Intro to smooth chillout style</i>	Ceroc F/Style Garry Turner <i>2.15- 3.45pm Ceroc Freestyle</i>	*Performance Class JH <i>Choreography to perform</i>	**Zouk 1 E&S <i>Masterclass (Pre-Book )</i>	Sack the DJ <i>Open Decks</i>
15:45-16:45	Up In Arms (Adv) TS <i>Advanced New Moves</i>	Chill Out F/Style David Rokov <i>3.45 - 5pm Freestyle</i>	Simply Smooth Links(-Int) BS <i>Easy moves fused together</i>	**Dip & Drop Technique ST <i>Masterclass (Pre-Book )</i>	Sack the DJ <i>Open Decks</i>
17:00-18:00	Smooth Blues (Int) M&R <i>Intro to Neo-Blues</i>	Control & Momentum (Int+) C&M <i>Developing controlled dynamism</i>	Classic Moves 2 (-Int) G&J <i>Classic Moves</i>	Ceroc F/Style James Ross <i>4.45pm - 7.30pm</i>	Sack the DJ <i>Open Decks</i>
18:15-19:15	Smooth & Sassy (Adv) C&D <i>Smooth routine with adv moves</i>	Line Dance (All) DS <i>Funky Line Dance</i>	Pilates (All) GP <i>Bring a Mat</i>	Ceroc F/Style James Ross	Sack the DJ <i>Open Decks</i>
19:30-20:30	Closed	Starters Orders (Beg) JG <i>Beginners Ceroc 7.30-8.30</i>	Argentine Tango 2 (All) WR <i>Next Step Tango</i>	Private Lessons <i>Personal One to One Tuition</i>	Closed
SATURDAY NIGHT					
20:00-21:00 21:00-22:00	Ceroc F/Style Dave Greaves Ceroc F/Style Dave Greaves	Closed	Closed	Private Lessons <i>Personal One to One Tuition</i>	Closed Closed
22:00-23:00 23:00-00:00	Ceroc F/Style Jon Gammon Cabarets & Competition (JG)	Chill Out Tiggerbabe Chill Out Tiggerbabe	Closed	Closed	Closed Closed
00:00-01:00 01:00-02:00	Ceroc F/Style Garry Turner Ceroc F/Style Keith Evans	Chill Out Richard Oliver Pure Blues David Rokov	Milonga Marc Forster Milonga Dance Inspired	Silent Disco midnight to 2am	WCS Sack the DJ WCS Sack the DJ
02:00-03:00 03:00-04:00	Ceroc F/Style Paul Brooks Ceroc F/Style Dayle Blencowe	Chill Out Kieran Moore Chill Out Garry Turner	Milonga Dance Inspired		WCS Sack the DJ
04:00-05:00 05:00-06:00	Closed Closed	Chill Out Marc Forster Chill Out Miranda HG		Closed	
06:00-	Closed				

SUNDAY					
	Thunderball Room	Cyclone Dance Zone	Tempest Studio	Cube	The Boudoir
09:30-10:30	Closed	Closed	Off the Blocks (Beg+) JG <i>Beginners Plus Ceroc</i>	Private Lessons <i>Personal One to One Tuition</i>	Closed
10:45-11:45	Straight off the Blocks (Int) BS <i>Blocks &amp; Stops</i>	FitSteps (All) GP <i>Ballroom &amp; Latin inspired fitness</i>	Your Choice (-int) G&J <i>Create the routine to suit you</i>	Private Lessons <i>Personal One to One Tuition</i>	Sack the DJ <i>Open Decks</i>
12:00-13:00	Chill Out 2 (Int+) K&C <i>Routine for the Chill Out Zone</i>	Samba (All) JH <i>Intro to Samba</i>	Simply Stylish (-Int) BR <i>Adding style to easy moves</i>	**Zouk 2 DS <i>Masterclass (Pre-Book )</i>	Sack the DJ <i>Open Decks</i>
13:15-14:15	Body Control (Int+) C&D <i>Using arm, hip and shoulder to lead</i>	Funky & Freestylable (Int+) GU <i>Adding Funky, Fresh style to moves</i>	Private Lessons <i>Personal One to One Tuition</i>	**Aerials T&H <i>Masterclass (Pre-Book )</i>	Lunchtime Quiz <i>1:00pm - 2:30pm</i>
14:30-15:30	Swinging the Blues (Int+) M&R <i>Swingy Uptempo Blues</i>	Playtime (Int) K&C <i>Playing ith musicality</i>	Private Lessons <i>Personal One to One Tuition</i>	Ceroc F/Style with Dayle Blencowe	Swingers Hour (Mike) <i>Swing F/style</i>
15:45-16:45	Seducers (Int+) ST <i>Ultimate drops</i>	Ceroc F/Style Tiggerbabe <i>3.30pm - 5pm</i>	All Wrapped Up (-Int) GU <i>Basket Variations</i>	**Wicked Whips C&D <i>Masterclass (Pre-Book )</i>	Chill Out - David Rokov <i>Chill Out Freestyle</i>
17:00-18:00	Only One (Int) C&M <i>Lead &amp; follow technique &amp; tips</i>	S'Funk F/Style Garry Turner <i>5pm - 6pm</i>	Off the Blocks (Beg+) JG <i>Beginners Plus Ceroc</i>	**Ladies Styling 2 BR <i>Masterclass (Pre-Book )</i>	Sack the DJ <i>Open Decks</i>
18:15-19:15	Tornado (Adv) T&H <i>Fast, Spinny &amp; Whippy!</i>	BOKWA® (All) CA <i>New dance fitness craze</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>
19:30-20:30	Closed	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>
SUNDAY NIGHT					
20:30-21:30	Ceroc F/Style Paul Brooks <i>Popular CEROC Mix</i>	Closed	Private Lessons <i>Personal One to One Tuition</i>	Closed	Closed
21:30-22:30 22:30-23:30	Ceroc F/Style Caroline Houlton Ceroc F/Style Tiggerbabe	Chill Out Richard Oliver	Argentine Tango 3 WR Milonga Dance Inspired	Closed Closed	Closed
23:30-00:30 00:30-01:30	Ceroc F/Style Dave Greaves Ceroc F/Style Hayley Nicholls	Pure Blues Rachel Pears Chill Out Miranda HG	Milonga Dance Inspired Milonga Marc Forster	Closed Closed	Closed Closed
01:30-02:30 02:30-03:30	Ceroc F/Style Keith Evans Ceroc F/Style Jon Gammon	Chill Out Tiggerbabe Chill Out Kieran Moore	Pure Blues Marc & Rachel	Closed	Closed
03:30-04:30 04:30-05:30	Closed Closed	Chill Out Miranda HG Chill Out Marc Forster	Closed	Closed	Closed
05:30-	Closed	Closed Closed	Closed	Closed	Closed





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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.



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