



BLUSH

28 FEB - 02 MAR 2014

SOUTHPORT



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PASSPORT TO DANCE

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 DJ'S FROM FAR & WIDE
LARGE GATHERING OF CEROC
TEACHERS MASSAGE 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 of the biggest dance weekends on the planet.

Our weekend 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 do try hard to gender balance our events, but the problem we are finding is fewer girls are interested in taking the classes, so we are finding men over in some of the classes, but then the appearance of girls over in the freestyle. We obviously can't force you to do the classes in the day and then dance all night, but at least you understand better the dynamic of this weekend.

You will find over 40 classes and workshops detailed in this booklet and these sessions are free to attend. We have a diverse line-up of 17 teachers and 18 DJs to please people of different tastes across the board. If you wish to participate in any of the 9 Masterclasses these cost £5 per head and will give you the best possible opportunity to learn the techniques and moves covered in this small group environment. Naturally we save some of the more jaw dropping moves for this environment, including Aerials, to alleviate any risk and to help you achieve them.

At Southport you will find the Pub is the daytime freestyle hub, so if you want to step away from learning for a while and simply socialise, relax or just dance this is the place to be. Freestyle is pretty much 24 hours a day in this zone!

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

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.

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 3rd March 2014. Please leave your keys at the security gate upon departure.

DVD OF BLUSH 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.

TERMS & CONDITIONS

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

CEROC 'WELLBEING'

Throughout the weekend a team of professionally qualified complimentary practitioners will be 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)

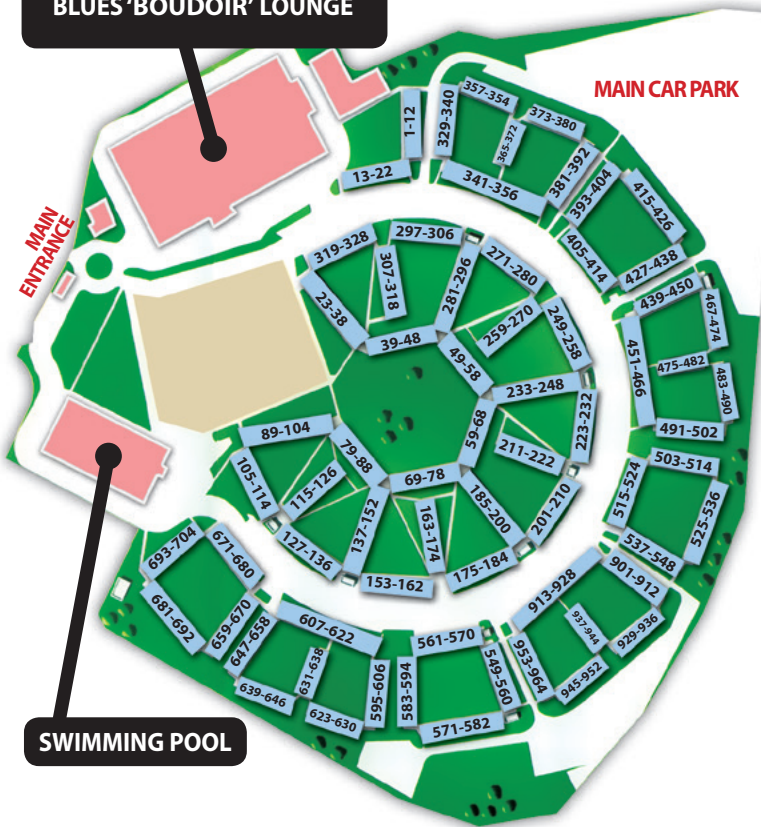
Japanese treatment to balance and enhance energy to boost vitality

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, Retro Chill & Chill Out. Whatever's playing the Boudoir & the Sun-deck will be a buzzing hub of daytime freestyle dancing.

LATIN QUARTER & MILONGA

There will be 2 Latin sets in the Cyclone where dancers can dance any style that suits them, whether that be Argentine Tango, or your very own Latin or Tango styled Ceroc. There will also be pure Milonga sets for the Argentine Tango purists.

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, 2.30-4.30am in the Boudoir on Saturday, 12.30pm - 2.30am on Sunday in the Boudoir.

WCS FREESTYLE

There will be some specific WCS sets being played across the weekend, but do also remember that the Chill Out sessions accommodate this musical genre also. WCS specific sets - Friday 3.30am - 4.30am in the Cyclone, Saturday 3am - 4.30am in the Latin Quarter / Cyclone, Sunday 12.30pm - 2.30am in the Latin Quarter / Cyclone

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.

CABARET

Join us at 10.30pm on Saturday night in the main ballroom to see some of our Teachers perform.

GREAT ESCAPEE 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.

SWIMMING POOL

The swimming pool will be open Fri, Sat & Sun. Check at reception for times.

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 so that you can always find something you want to dance to..... Just make sure your partner is on the same channel as you!

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
- Role Reversal - Switching lead & follow to improve techniques
- Aerials - For Advanced Dancers
- Beyond the Comfort Zone - Switching between fast & slow music
- Ignite the Momentum - using momentum for dynamism
- Spin & Turn Technique - Advanced techniques for couples
- Baby Aerials 1 - Int+ / Advanced Level
- Morning After Blues - Subtle Body Leads and Unusual Connection Points

CEROC X

You will find a class scheduled for 1.15pm on Sunday called Ceroc X. Not only is this a great routine for all dancers to improve repertoire, but it's also the routine that will be used in the Ceroc X Category at the UK National Ceroc Champs 2014. Learn it, style it, Win it! www.cerocchamps.com

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.

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 Uren, Hayley Nicholls, Rachel Pears, Sheena 'Tiggerbabe' Assiph, Dale 'Smood' St Rose, Paul Foster, Caroline Houlton, Jonny Gammon, Kevin Sambridge, Miranda Hewitt-Williams, James Ross, Mark O'Reilly, Ian 'OXOs' Morgan, Vince Silva, Craig Addison & Mike Griffin

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 Marc Forster, Jon Gammon, Alan Finch & Myles Woodhouse.

Special Promotion

while stocks last!

All Dresses

£19.99

End of Line Dance Shoes

£14.99



www.standoutdancewear.co.uk

BLUSH
SOUTHPORT

You are HERE!

Southport

STOAM
CAMBER

14-16 MAR 2014

Camber

LONDON **ceroc**
champs

24 MAY 2014

London

SCORCH
SOUTHPORT

06-08 JUN 2014

Southport

jamfest
It's all about the music

04-06 JUL 2014

Camber

SPLASH
SOUTHPORT

05 - 07 SEP 2014

Southport

CEROC CRUISE

27 SEP - 04 OCT

BREEZE
SOMERSET

10 - 12 OCT 2014

Somerset

BLISS
CAMBER

07 - 09 NOV 2014

Camber

SWISH
NORFOLK

20 - 22 FEB 2015

Norfolk

Ceroc Dance Holidays

MedFest

Calpe, Spain

14th September 2014



For booking & further information contact:

0207 099 4816

theteam@clubdanceholidays.co.uk

www.clubdanceholidays.co.uk

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visiting Venice, Dubrovnik and Istanbul.
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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



NEXT SOUTHPORT WEEKENDER

06 - 08 JUN 2014

SEARCH

MORE INFO & BOOKING

WWW.CEROC.COM/ESCAPE

NEXT CAMBER WEEKENDER

14 - 16 MAR 2014

STORM

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**



www.cerocchamps.com

**SATURDAY
24TH
MAY
2014**

CEROC **ceroc
champs**

The Champs is the ultimate event on the Ceroc calendar whether you are a competing dance professional or a newbie enjoying the many hours of freestyle. In its 16th year, this world renowned event brings together some of the best dancers from across the Globe.

A full day of freestyle and competition, held on Spring Bank Holiday Saturday at the refurbished 'Art Deco' wonder that is Watford Colosseum.

Enjoy the event from the great balcony, or the excellent tiered seating or book a premium chair at a round table and experience the 'Front Row' treatment.

There is non-stop dancing, entertainment, laughs and competition until 2am.

Whether you compete, freestyle, spectate or just socialise you are guaranteed a fabulous Bank Holiday packed full of action.

FREESTYLE FILMING ON SATURDAY EVENING
AT THUNDERBALL ROOM FROM THE STAGE

ALL WORKSHOPS* FROM THIS WEEKEND

WORKSHOP DVD AVAILABLE THIS SUNDAY

HOW CAN YOU REMEMBER ALL 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.
£20 SPECIAL DISCOUNTED PRICE, USUALLY £25
ONLINE AT WWW.CEROC.COM/DVD**

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 & Kizomba, Becki brings you style and innovation this weekend in her Ladies Styling Masterclass and introduces you to a little Salsa styling

CAINE & DANNI (C&D)

Southcoast teacher Caine and his 2013 UK Ceroc Champion Danni ooze style with a sleek and slotted dynamic to their dancing.

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.

DALE ST ROSE (DS)

This guy has won more competitions than Pontins has seagulls! From Ceroc to Blues to Showcases, Dale's the man with the moves! Check out his classes to adopt some of his competition winning style.

DEBBIE ATTWOOD (DA)

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

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.

JAMIE STORMER (JS)

Young teacher with spin technique befitting his background in figure skating makes Jamie the ideal person to help you master the art of spinning. He teaches 2 classes this weekend including his Spin Masterclass.

KATE HAMMERLSEY (KH)

Pilates Instructor Kate has been teaching on our weekends for 5 years now. She is a dancer herself, so can introduce you to the perfect Pilates routine to get your core engaged.

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.

MICHAEL CALDOW (MC)

Michael teaches for Ceroc Addiction and having developed his teaching style and material for his suite of 'Beyond' specialist workshops in the North West area, he shares some of tricks and techniques this weekend.

NICOLA DI FOLCO (ND)

Taking our Beginners on their fast-track journey this weekend is Scotland's Nicola Di Folco. Charming and encouraging, she will be taking 5 classes this weekend.

PHIL WEBB (PW)

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

STEVE THOMAS (ST)

From Kent, the organiser and host of the ever popular Rochester Dance Junction events, Steve has been teaching for over 10 years. His engaging and charismatic teaching style makes him a popular choice whatever technique or style he is teaching.

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 in 2012 and regular teachers on the Ceroc Weekenders, Tim and Heather always have something funky and fresh in their choreography. They want you to Funk it Up this weekend with their Nu-line Class & Advanced Funk'd Up routine.

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 Superdrops and Aerials for the adrenalin junkies!

Schedule



THUNDERBALL ROOM (Fun Factory)



LATIN CYCLONE QUARTER (Lunars)



BLUES BOUDOIR LOUNGE (Queen Vic)



CUBE (Foyer)

SCHEDULE KEY

- Workshops are shown in **RED**
- (Beg) These classes are suitable for complete beginners.
- (-Int) Early Intermediate Lesson.
- (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.

***Masterclasses - book in advance at the Weather Centre

SILENT DISCO - Grab a head set and choose your f/style channel

Latin Groove - Mid to Uptempo Latin music for Ceroc Freestyle

Milonga - Argentine Tango Freestyle

	Thunderball Room	Cyclone Latin Quarter	The Boudoir / Queen Vic Pub	The Cube
18:00-19:00	Closed	Closed	15.00 - 19.00 Sack the DJ <i>Open Decks with DJ and Room Host Marc Forster</i>	
19:00-20:00	Ceroc F/Style James Ross	Starters Orders (Beg) ND <i>Ceroc for Beginners</i>	19.00-20.00 Chill Out Zone Chris Uren <i>Slow, Smooth Freestyle</i>	
20:00-21:00	Boogie into Blush (Int) TS <i>Intermediate Ice-Breaker Class</i>	Starters Orders (Beg) ND <i>Ceroc for Beginners</i>	20.00-21.00 Chill Out Zone Kevin Sambridge	
21:00-22:00	Ceroc to Tango (Int) M&R <i>Add some tango steps to your Ceroc</i>	Ceroc F/Style Chris Uren <i>9.15pm to 10.30pm</i>	21.00-22.00 Chill Out Zone Jon Gammon	
22:00-23:30 23:30-00:30	Ceroc F/Style Caroline Houlton Ceroc F/Style Tiggerbabe	Latin Groove Marc Forster SILENT DISCO	22.00-23.30 Chill Out Zone Smood 23.30-00.30 Chill Out Zone OXOs	Closed
00:30-01:30 01:30-02:30	Ceroc F/Style Chris Uren Ceroc F/Style OXOs	SILENT DISCO Blues Lounge David Rokov	00.30-01.30 Chill Out Zone Rachel Pears 01.30-02.30 Chill Out Zone Marc Forster	Closed Closed
02:30-03:30 03:30-04:30	Ceroc F/Style Hayley Nicholls Ceroc F/Style Jon Gammon	Blues Lounge Smood WCS Kevin Sambridge	02.30-03.30 Chill Out Zone Vince Silva 03.30-04.30 Chill Out Zone Tiggerbabe	Closed
04:30-	Closed Closed	Closed Closed	04.30-05.30 Chill Out Zone OXOs 05.30-07.00 Chill Out Zone Paul Foster	

SATURDAY				
	Thunderball Room	Cyclone Latin Quarter	The Boudoir / Queen Vic Pub	The Cube
09:30-10:30	Starters Orders (Beg) ND <i>Complete Beginners Ceroc class</i>	ZUMBA® (All) CA <i>Latin Dance inspired workout</i>	09.30 - 10.30 Sack the DJ <i>Open Decks</i>	Closed
10:45-11:45	Easy Feet (Int) DA <i>Simple Footwork routine</i>	Simply Smooth & Classic (-Int) MC <i>Smooth routine of classic moves</i>	10.30 - 12.00 Sack the DJ <i>Open Decks</i>	Pilates (All) KH
12:00-13:00	Leans Dips & Drops (Int) ST <i>Intro to dips & drops</i>	One Track Mind (Int) F&S <i>On & off piste for slotting & momentum</i>	12.00 - 13.30 Sack the DJ <i>Open Decks</i>	*** Ladies Styling BR <i>Masterclass book in advance</i>
13:15-14:15	Argentine Tango 1 (All) M&R <i>Intro to Argentine Tango</i>	Bodywork (Int+) TS <i>Using close frame for power and drama</i>	13.30-14.30 Swingers Hour Chris Uren <i>Swing Freestyle</i>	*** Baby Aerials T&H <i>Masterclass book in advance</i>
14:30-15:30	Salceroc (Int+) BR <i>Ceroc with Salsa Styling</i>	Nu-line (All) TSH <i>Funk'd Up Couples Line Dance</i>	14.30-15.30 Retro Chill David Rokov <i>Re-discover feel good chill out tracks</i>	*** Ignite the MomentumMK <i>Masterclass book in advance</i>
15:45-16:45	Ultimate Drop Zone (Int+) T&H <i>Various Dips & Drops</i>	X-Style Blues (-Int) ST <i>Simple moves with Blues Styling</i>	15.30-17.00 Chill Out Zone Miranda H-W	*** Morning After Blues F&S <i>Masterclass book in advance</i>
17:00-18:00	Cream (Adv) TS <i>Advanced Ceroc Routine</i>	Smooth Links (Int+) DS <i>Continuous fluid routine</i>	17.00-18.00 Chill Out Zone OXOs	*** Spin & Turn Technique JS <i>Masterclass book in advance</i>
18:15-19:15	Hot New Moves 1 (Int+) C&D <i>New Ceroc Moves</i>	Latin Flair (Int) MK <i>Latin Style Ceroc</i>	18.00 -19.00 Sack the DJ	Private Lessons
19:30-20:30	Room Closed	Starters Orders (Beg) ND <i>Beginners Ceroc</i>	19.00 - 20.30 Sack the DJ	Private Lessons
SATURDAY NIGHT				
20:30-21:30 21:30-22:30	Ceroc F/Style Mark O'Reilly Ceroc F/Style Craig Addison	Closed Closed	20.30-21.30 ChillOut Zone Kevin Sambridge 21.30-22.30 Chill Out Zone Mike Griffin	Private Lessons
22:30-23.30 23:30-00.30	Cabarets, Competition (JG DJ) Ceroc F/Style Jon Gammon	Closed SILENT DISCO	22.30-23.30 Chill Out Zone Chris Uren 23.30-00.30 Chill Out Zone Paul Foster	
00:30-01:30 01:30-02:30	Ceroc F/Style Tiggerbabe Ceroc F/Style Chris Uren	SILENT DISCO Milonga Marc Forster	00.30-01.30 Chill Out Zone Miranda H-W 01.30-02.30 Chill Out Zone David Rokov	
02:30-03:30 03:30-04:30	Ceroc F/Style OXOs Ceroc F/Style Hayley Nicholls	Milonga Marc Forster until 3am WCS Miranda H-W from 3am	02.30-03.30 Blues Lounge Rachel Pears 03.30-04.30 Blues Lounge Smood	
04:30-05:30 05:30-07:00	Closed Closed	Closed Closed	04.30-05.30 Chill Out Zone Vince Silva 05.30-07.00 Chill Out Zone Mike Griffin	
07:00-	Closed		07.00 - Close Sack the DJ	

SUNDAY				
	Thunderball Room	Cyclone Latin Quarter	The Boudoir	the CUBE
09:30-10:30	Off the Blocks (Beg) ND <i>Beginners Ceroc</i>	Closed	09.30 - 10.30 Sack the DJ <i>Open Decks</i>	Private Lessons
10:45-11:45	Footwork Frenzy (Int+) PW <i>Various Footwork Patterns</i>	Classically Stylish (-Int) BR <i>Classic moves with added style</i>	10.30 - 12.00 Sack the DJ <i>Open Decks</i>	Private Lessons
12:00-13:00	Smooth & Bluesy (Int) ST <i>Blues Routine</i>	Argentine Tango 2 (IntAT) M&R <i>Argentine Tango - Next Step</i>	12.00 - 13.30 Sack the DJ <i>Open Decks</i>	Pilates (All) KH
13:15-14:15	Ceroc X (Int) TS <i>See page 7 for more info</i>	Tied Up In Knots (Int+) F&S <i>Complex arm moves - fluidity & comfort</i>	13.30-14.30 Swingers Hour	*** Ladies Styling 2 BR <i>Masterclass book in advance</i>
14:30-15:30	Fast & Furious (Adv) T&H <i>Fast Paced advanced routine</i>	Simply Slotted (Int) C&D <i>Slotting techniques or a smooth look</i>	14.30-15.30 S'Funk Vince Silva	*** Role Reversal JS <i>Masterclass book in advance</i>
15:45-16:45	Hot New Moves 2 (Int+) DS <i>Brand New Moves</i>	Funk'd Up (Adv) TSH <i>Advanced Funky Styled Routine</i>	15.30-17.00 Chill Out Zone David Rokov	*** Beyond the Comfort Zone MC <i>Masterclass book in advance</i>
17:00-18:00	Crowd Control (Int) DA <i>Double Trouble - 1 lead, 2 follows</i>	Spin City (Adv) JS <i>Adv Spinning & Turning routine</i>	17.00-18.00 Chill Out Zone Tiggerbabe	*** Aerials T&H <i>Masterclass book in advance</i>
18:15-19:15	Body Symmetry (Int+) PW <i>using hips, isolations, body lines & frame</i>	ZUMBA® (All) CA <i>Latin Dance inspired workout</i>	18.00-19.00 Chill Out Zone Kevin Sambridge	Closed
19:30-20:30	Room Closed until 8pm	Closed	19.00 - 20.00 Sack the DJ	Closed
SUNDAY NIGHT				
20:00-21:30	Ceroc F/Style Craig Addison Ceroc F/Style Mark O'Reilly	Closed	20.00-21.30 Chill Out Zone Miranda HW	Closed
21:30-22:30		Latin Groove Marc Forster	21.30-22.30 Chill Out Zone Mike Griffin	
22:30-23:30	Ceroc F/Style James Ross Ceroc F/Style Chris Uren	Milonga Marc Forster	22.30-23.30 Chill Out Zone Jon Gammon	Closed
23:30-00:30		Milonga Rachel Pears	23.30-00.30 Chill Out Zone Smood	
00:30-01:30	Ceroc F/Style Caroline Houlton Ceroc F/Style Jon Gammon	WCS F/Style Kevin Sambridge	00.30-01.30 Blues Lounge Rachel Pears	Closed
01:30-02:30		WCS F/Style Miranda HW	01.30-02.30 Blues Lounge Tiggerbabe	
02:30-03:30	Ceroc F/Style Mike Griffin Closed	Closed	02.30-03.30 Chill Out Zone David Rokov	Closed
03:30-04:30		Closed	03.30-04.30 Chill Out Zone Vince Silva	
04:30-06:30	Closed	Closed	04.30-06.30 Chill Out Zone Marc Forster	Closed



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Visit the Foyer to find the
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Available for Masterclasses in the
daytime and as a freestyle practice &
quiet zone in the evening

NOTE:

*The Silent Disco can be found in the
Cyclone / Latin Quarter
on Friday & Saturday nights*



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