



jamfest

it's all about the music

CAMBER

04 - 06 JUL 2014



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PASSPORT TO DANCE

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OVER 10 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
ZUMBA PILATES SWIMMING
WORKSHOP DVDS TO TAKE HOME
SELECTION OF DANCE SHOES
AND CLOTHING ON SALE ON
LINE BOOKING WITH IMMEDIATE
CONFIRMATION GENDER
CONTROLLED BOOKING SYSTEM



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WELCOME

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

Our weekenders ethos is to ensure that we provide classes of all levels for dancers of every standard. We believe in teaching you moves, styles and techniques that you can realistically take away with you and immediately put into your dancing.

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, Karaoke and of course the competitions.

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

Amongst the many Ceroc teachers holding classes this weekend, we are also introducing Zouk, Hula Hooping & FitSteps.

Jamfest is all about the music, so you can expect 27 hrs of Main Room Freestyle, 26 hours of Chill Out, 6 hours of Milonga, Motown, Swingers Hour, Funk'd Up, S'Funk and the ultimate DJ Battles in both the Cyclone and Thunderballrooms on Saturday night.

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.

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 7th July 2014**.

Please leave your keys at reception or with the security gate upon departure.

DVD's OF JAMFEST 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. The Master Classes are not available. 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

IMPORTANT INFORMATION - CHALET PARTIES

After a number of complaints from other Escape guests we are restricting the playing of music and parties in chalets to before midnight.

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 Main Ballroom, 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 7 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



LIST OF ACTIVITIES

MASTERCLASSES

With a maximum capacity of 34 people in fixed couples (excluding Ladies Styling & Street Dance), 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.
- **BodyLeads (Int) with Caine & Danni** - Improve your lead dramatically by leading through the body rather than arms. Ladies learn the art of balance, poise and resistance
- **WCS with Kieran & Charlie** - For experienced WCS dancers, there is 1 WCS master class this weekend. Visit the weather centre to get more information.
- **HulaHooping - (All) with Anna Hulagan** - Anna is a professional Hula Hooper and performs in burlesque shows as well as running HulaFit classes. Find your waist and get control of that hoop!
- **Zouk 1&2 with Ekow Oduro & Sarve** - This 2 part masterclass will introduce you to the sultry, in synch, sexiness of Zouk and develop the synonymous flowing style of the dance
- **Baby Aerials (Int+) with Tony & Hayley** - Get air bound at a low level. Learn the techniques to make small lifts look & feel easy.
- **Aerials (Adv) with Tony & Hayley** - Not for the faint hearted! This one is still about technique but does require some strength and balance.
- **Super Seducers (Adv) with Steve Thomas** - Learn the art of seduction and wow your audience too with these super seducers

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.

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

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.

MUSIC QUIZ & KARAOKE

Test your music knowledge against your friends. Quiz Masters Stevie T and Carl. Teams of 6 or less Saturday & Sunday. If enough interest Karaoke will be on Saturday night from 6.30pm.

SILENT DISCO

If you've never tried Silent Disco before, this is a must. We supply the headsets, you choose the channel from 3 playlists. Change channel as often as you like. Friday and Saturday night only from midnight to 2am in the Cube.

PERFORMANCE CLASSES

Emma Pettitt & Phil Webb 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.

ZUMBA®, PILATES, FITSTEPS & POOL

There will be ZUMBA & Pilates classes this weekend. Please wear appropriate clothing and footwear (TRAINERS & FITNESS WEAR). For Yoga 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.

PIMP YOUR PONTINS PAD

This competition has been published on facebook and on the website in advance of the weekend. The budding Laurence Llewelyn Bowen and Linda Barker who have made the best of their Pontins chalet with the aide of non-permanent decorations, lighting, drapes etc. will win a free weekend in 2015. Register your 'pimped up pad' at the Weather Centre before 1pm on Saturday. Winners announced on Saturday night.

CEROC 'Wellbeing'

Throughout the weekend a team of professionally qualified complimentary practitioners will be on hand offering a variety of treatments.

BOOKING INFO

All Treatments need to be booked in advanced at the 'Ceroc Wellbeing' desk located in the main foyer. Cash Payments only.

Deep Tissue Massage (£20 for 30min)

Great for releasing aches and restoring tired muscles.

Reflexology (£20 for 30min)

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

Osteopathic Treatment (£20 for 30min)

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

Acupressure Massage (£20 for 30 mins)

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

Acupuncture (£20 for 30 mins)

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

Reiki (£20 for 30 mins)

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

Kinesiology (£20 for 30 mins)

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

Top to Toe Massage (£40 for 60 mins)

Combining Indian Head, Osteopathic therapy, massage and reflexology.

Relaxing Seated Chair Massage (£20 for 30 mins)

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

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

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

THE GODS OF THUNDER

Over the last 24 Escape weekenders we have put together an outstanding team of DJ's and continually add new upcoming talent to the mix to ensure that the music is always an inspiration. With DJ's from across the UK, we're hoping that this mix will provide the diversity of music that we think an event like this needs.

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

Our Gods of Thunder this weekend are:

John Baker, Sheena 'Tiggerbabe' Assiph, Marc Forster, David Rokov, Garry Turner, Vince Silva, Paul Brooks, Rachel Pears, Dale 'Smood' St Rose, Hayley Nichols, Mark Kerr, Richard Oliver, Kieran Moore, Warren Richardson 'Dance Inspired', Jonny Gammon, James Ross, Miranda Hewitt-Williams, Caroline Houlton, Craig Addison, David Greaves & Sue Astle

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, Stu Bassie and Myles Woodhouse.



You are HERE!

Camber



05 - 07 SEP 2014

Southport



27 SEP - 04 OCT



10 - 12 OCT 2014

Somerset



07 - 09 NOV 2014

Camber



20 - 22 FEB 2015

Norfolk



TBA 2015

Southport



TBA 2015

Camber



03 MAY 2015

London



TBA 2015

Southport

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14th September 2014



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JAMFEST 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.

NEXT SOUTHPORT WEEKENDER

05 - 07 SEP 2014

SPLASH

MORE INFO & BOOKING

WWW.CEROC.COM/ESCAPE

NEXT CAMBER WEEKENDER

07 - 09 NOV 2014

BLISS

Special Promotion

while stocks last!

All Dresses

£24.99

End of Line Dance Shoes

£14.99



StandOut

DANCEWEAR

www.standoutdancewear.co.uk

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 10.30pm.

For more info about Champs, please visit www.CerocChamps.com



BREEZE

SOMERSET

10 - 12 OCT 2014

Over 50 hours of freestyle across
3 rooms playing different styles of music.

A stunning location in the West country.

WWW.CEROC.COM/BREEZE



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

ANNA the HULAGAN (AH)

Anna the Hulagan is "London's cult hula hooping artiste" (The Times). She is also co-founder of HulaFit, the latest fitness craze to hit the UK and she is also a fire hoop performer! Her performances are "spontaneous & spirit lifting" (The Fringe Review) and Time Out have even claimed "she can out gyrate Beyonce!"

ANDY MOBBS (AM)

Having taken our beginners on their journey at our last Camber event, Andy, from Kent, is back to do the same again. With a lovely manner and clear instruction, he's a great teacher to get our newbies motivated and up to speed!

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 classes for early intermediate dancers as well as something for the more experienced with 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, style & techniques to improve any dancer.

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. This weekend he is teaching Zumba & Ceroc and introducing you to the new Bokwa dance fitness craze

DALE ST ROSE aka Smood (DS)

Dale has won more competitions than Camber has seagulls, including the Ceroc Championships and the Open Blues Champs in 2007, 2009 & 2012. He also took home 1st place in the Blues showcase category 2013 at Breeze.

EKOW ODURO & SARVE DIDAR (E&S)

Gifted dancers with backgrounds in different styles, Ekow and Sarve will be teaching 2 Zouk Masterclasses this weekend, from Beginner to Improver. If you haven't seen Zouk before, its sexy, slinky and funky latin!

EMMA & PHIL (E&P)

Ceroc teachers, Ballroom & Latin dancers and teachers and choreographers with a proven track record in competition winning performances, Emma & Phil will be leading the way in the performance classes this weekend. Also join Emma for some Fit-Steps!

GREG URCH (GU)

From the South West, Greg went from weekender teacher novice last year to working the Cruise, Breeze & Bliss. He's back again to get you using momentum & connection for dynamism in his elastic fantastic class.

KATE HAMMERLSEY (KH)

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

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 Weekend, they have firmly found their place. Kieran was also the WCS UK European Open Newcomer in 2010.

LYNDSEY & MARK (L&M)

This 'up & at em' twosome are the energetic superstars behind the success of Ceroc South Wales and the Welsh Champs. Always creative, always funky and always full of dancing beans. This couple will leave you wanting more.

MARC FORSTER & RACHEL PEARS (M&R)

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

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!

TIM & HEATHER (TSH)

Tim is originally a Street Dancer with enormous energy and an even bigger smile. Taking this background its plain to see where their individual style comes from. Expect funky, expect fresh!

TONY & HAYLEY (T&H)

Adrenalin junkies with bags of energy, Tony & Hayley are perfectly equipped to get you airborne in their Aerials masterclasses. You can still join them if Aerials isn't for you in their Fast, Furious and Funky class.

VAL & DAVID ROKOV (V&D)

Creators of Utopia 7 years ago, the first 'all chill out' Ceroc event, franchisees for Ceroc Newbury & former UK Blues Champions, Val & David have been teaching for 12 years now. One of their specialities is Smooth Linking to give your dancing flow, synchronisation and seamless movement.

WARREN RICHARDSON (WR)

From Brighton based Tango Bootcamps, Warren is one of our weekender Milonga DJ's 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 Emma & Phil Follow their 3 Classes on Saturday afternoon and perform with her in the cabaret on Saturday Evening.

** MASTERCLASSES

These are classes with a maximum capacity of 34 people in fixed couples (except Ladies Styling & Hula Hooping) 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. For Hula-Hooping you are best advised to wear fitness or close fitting clothing.

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

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

BODJs Saturday Night, 2 DJs playing in the Main room & in the Chill out zone

	Thunderball Room	Cyclone Dance Zone	Tempest Studio	Cube	The Boudoir
18:00-19:00	Closed	Closed	Closed	Closed	DJ - Rachel Pears 5-6pm DJ - David Rokov 6-7pm
19:00-20:15	Ceroc F/Style James Ross Ceroc Classic Tunes	Closed	Starters Orders AM Ceroc for Beginners from 7pm	Closed	DJ- Craig Addison 7-8pm
20:15-21:15	Jump into Jamfest (Int) TS Intermediate Ice-Breaker Class	Closed	Starters Orders AM Ceroc for Beginners until 9pm	Closed	Sack The DJ! Open Decks
21:15-22:30	Ceroc F/Style David Greaves	Chill Out Tiggerbabe	Argentine Tango (All) WR Pre-Milonga Intro	Closed	Sack The DJ! Open Decks
22:30-23:30 23:30-00:30	Ceroc F/Style Garry Turner Ceroc F/Style Paul Brooks	Chill Out Richard Oliver Chill Out Miranda HW	Milonga Dance Inspired Milonga Dance Inspired	Closed	Sack The DJ! WCS Sack the DJ
00:30-01:30 01:30-02:30	Ceroc F/Style Jon Gammon Ceroc F/Style Hayley Nicholls	Pure Blues Marc Forster Chill Out Vince Silva	Closed	Silent Disco midnight to 2am	WCS Sack the DJ WCS Sack the DJ
02:30-03:30 03:30-04:30	Ceroc F/Style John Baker Closed	Chill Out David Rokov Chill Out Kieran Moore	Closed	Closed	
04:30-	Closed	Chill Out Garry Turner	Closed	Closed	

SATURDAY					
	Thunderball Room	Cyclone Dance Zone	Tempest Studio	Cube	The Boudoir
09:30-10:30	Starters Orders (Beg) AM <i>Beginners Ceroc</i>	Closed	Pilates (All) KH <i>Bring a Mat</i>	Private Lessons <i>Personal One to One Tuition</i>	Closed
10:45-11:45	Ready Steady Roc (Int) GU <i>Morning Ceroc class to get you going</i>	ZUMBA® (All) CA <i>latin dance work out</i>	Simply Stylish (-Int) BR <i>Add Style to easy moves</i>	**Hula Hooping AH <i>Masterclass (Pre-Book)</i>	Sack The DJ! <i>Open Decks</i>
12:00-13:00	Hot New Moves (Int+) L&M <i>New moves for the more adept dancer</i>	Chill Out 1 (Int) K&C <i>Get Chill Out Zone Ready</i>	*Performance Class E&P <i>Choreography to perform</i>	**Zouk 1 E&S <i>Masterclass (Pre-Book)</i>	Sack The DJ! <i>Open Decks</i>
13:15-14:15	Baby Got Back (Int) TS <i>1 simple technique to explode your repertoire</i>	Hot New Flava (Int+) TSH <i>New Moves with Funky Styling</i>	*Performance Class E&P <i>Choreography to perform</i>	**Ladies Styling 1 BR <i>Masterclass (Pre-Book)</i>	Steve & Carls Aural Fixation <i>1pm - 2.30pm</i>
14:30-15:30	Neo-Blues (Int) M&R <i>Introduction to Modern Ceroc Blues</i>	Ceroc F/Style John Baker <i>2.15- 3.45pm Ceroc Freestyle</i>	*Performance Class E&P <i>Choreography to perform</i>	**Hula Hooping AH <i>Masterclass (Pre-Book)</i>	Motown Garry Turner <i>Motown Classic F/Style</i>
15:45-16:45	Repertoire Enhancer 1 (Int) ST <i>Moves & Technique to add variety</i>	Chill Out F/Style David Rokov <i>3.45 - 5pm Freestyle</i>	Argentine Tango 2 (All) WR <i>Next Step Tango</i>	Ceroc F/Style James Ross <i>Practice Freestyle</i>	Funk'd Up Mark Kerr <i>Funky Freestyle</i>
17:00-18:00	Drop Zone (Adv) L&M <i>Dips , Drops & Seducers</i>	Smooth Links (Int+) V&D <i>Smooth, Seamless, Fluid Routine</i>	Foundation Variation (-Int) BS <i>Classic Moves</i>	**Body Leads C&D <i>Masterclass (Pre-Book)</i>	Sack the DJ <i>Open Decks</i>
18:15-19:15	Infinity (Adv) TS <i>Advanced Never Ending Routine</i>	Bachata (Int) DS <i>Close hold salsa style class (Intro)</i>	1st Move Fenzy (-Int) GU <i>1st Move Variations</i>	**WCS 1 K&C <i>Masterclass (Pre-Book)</i>	Karaoke <i>6pm - 7.30pm</i>
19:30-20:30		Starters Orders (Beg) AM <i>Beginners Ceroc 7.30-8.30</i>	Closed	Private Lessons <i>Personal One to One Tuition</i>	Closed
SATURDAY NIGHT					
20:00-21:00	Ceroc F/Style Craig Addison	Closed	Closed	Private Lessons	Closed
21:00-22:00	Ceroc F/Style Sue Astle				Closed
22:00-23:00	Ceroc F/Style Caroline Houlton	Chill Out Miranda H-W	Closed	Closed	Closed
23:00-00:00	Cabarets & Competition (JG)	Chill Out Craig Addison			Closed
00:00-01:00	BODJs Garry T & John B	BODJs Richard O & Kieran M	Milonga Marc Forster	Silent Disco	WCS Sack the DJ
01:00-02:00	BODJs Paul B & Jon G	BODJs Vince S & David R	Milonga Marc Forster	midnight to 2am	WCS Sack the DJ
02:00-03:00	BODJs Tiggerbabe & Smood	BODJs John B & Garry T		Closed	WCS Sack the DJ
03:00-04:00	BODJs James Ross & Mark Kerr	BODJs Marc F & Rachel P		Closed	
04:00-05:00	Closed	Chill Out Vince Silva		Closed	
05:00-06:00	Closed	Chill Out Tiggerbabe			
06:00-	Closed				

SUNDAY					
	Thunderball Room	Cyclone Dance Zone	Tempest Studio	Cube	The Boudoir
09:30-10:30	Off the Blocks (Beg+) AM <i>Beginners Plus Ceroc</i>	Closed <i>Funky Urban Routine</i>	Closed	Private Lessons <i>Personal One to One Tuition</i>	Closed
10:45-11:45	Double Trouble (Int+) L&M <i>1 Lead 2 Follows</i>	Repertoire Enhancer 2 (Int) ST <i>Double Handed Routine</i>	FitSteps (All) EP <i>Ballroom & Latin Fitness Class</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>Step up in the Chill Out Zone</i>	Elastic Fantastic (Int) GU <i>Stretch & Spring for Dynamism</i>	Classic Medley 1 (-Int) CA <i>Beginner Move Variations</i>	**Baby Aerials T&H <i>Masterclass (Pre-Book)</i>	Sack the DJ <i>Open Decks</i>
13:15-14:15	Swing Blues (Int) M&R <i>Swinging the Blues</i>	Salceroc (Int) Becki Rendell <i>Salsa Inspired Ceroc Routine</i>	Private Lessons <i>Personal One to One Tuition</i>	**Zouk 2 E&S <i>Masterclass (Pre-Book)</i>	Big Fact Hunt (Quiz) <i>1:00pm - 2:30pm</i>
14:30-15:30	Fast Furious & Funky (Adv) T&H <i>Fast moving dynamic Ceroc routine</i>	Nu-Line (All) DS <i>Modern Line Dance with cool steps</i>	Easy Feet (-Int) BS <i>Buy time using easy foot work</i>	Ceroc F/Style Craig Addison <i>Practice Freestyle</i>	Swingers Hour (Mike) <i>Swing F/style</i>
15:45-16:45	Wicked Whips (Int+) C&D <i>Dynamic Whips - feel the energy</i>	Ceroc F/Style David Rokov <i>3.30pm - 5pm</i>	Classic Medley 2 (-Int) DS <i>Classic Moves part 2</i>	**Super Seducers ST <i>Masterclass (Pre-Book)</i>	Sack the DJ <i>Open Decks</i>
17:00-18:00	Funk'd Up (Int+) TSH <i>Funky Urban Routine</i>	S'Funk F/Style Vince Silva <i>5pm - 6pm</i>	Off the Blocks (Beg+) AM <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	Block Rocker (Int+) BS <i>Blocks & Stops for Light & Shade</i>	BOKWA® (All) CA <i>New African dance style fitness class</i>	Simple Slotting (-Int) C&D <i>Using easy moves for slotting</i>	**Aerials T&H <i>Masterclass (Pre-Book)</i>	Sack the DJ <i>Open Decks</i>
19:30-20:30		Closed	Pilates (All) KH Bring a Mat	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 Caroline Houlton <i>Popular CEROC Mix</i>	Closed	Private Lessons <i>Personal One to One Tuition</i>	Private Lessons <i>Personal One to One Tuition</i>	Closed Closed
21:30-22:30 22.30-23:30	Ceroc F/Style Paul Brooks Ceroc F/Style James Ross	Chill Out Miranda HW Chill Out Tiggerbabe	Argentine Tango 3 WR Milonga Dance Inspired	Closed	Closed
23:30-00:30 00:30-01:30	Ceroc F/Style David Greaves Ceroc F/Style Sue Astle	Chill Out Jon Gammon Chill Out Smood	Milonga Dance Inspired Milonga Dance Inspired	Closed Closed	Closed Closed
01:30-02:30 02:30-03:30	Ceroc F/Style Caroline Houlton Ceroc F/Style Jon Gammon	Chill Out Richard Oliver Chill Out Rachel Pears	Closed	Closed	Closed
03:30-04:30 04:30-05:30	Closed Closed	Chill Out Miranda HW 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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