



SWISH

A weekend like no other

Friday 20th February - Monday 23rd February 2015

Welcome to **SWISH 2015!** If this is your very first year with us, we wish you a very warm welcome and we hope that you thoroughly enjoy the Swish experience. For those of you returning for our ninth year we thank you for your continued support. We could not run such a great event without you.

During this Escape weekend, we will be offering you over 30 varied dance workshops together with a number of diverse sporting activities including the Segway Challenge, Giant Swing, Rock Climbing Wall, Clay Pigeon Shooting, Archery and the Ultimate Game of Volleyball, to name just a few. Don't forget to also check out the new Jacuzzi, Steamroom and Sauna! The Sunday Lunchtime Karaoke will once again be making an appearance with the winner of the challenge having a chance to perform in Sunday night's Finale show. Who wins? You decide! We hope to see lots of you being brave enough to give it a go.

The Potters Theatre Company have prepared a selection of top quality shows to entertain you after dinner. However, we will be starting your weekend off with a bonus show tonight (Friday) with **"A celebration of Frankie Valli and The Four Seasons"** at **6.00pm in the theatre.**

Freestyle will kick off from 10.00pm continuing until the early hours of the morning. If this wasn't enough and to keep you dancing all night, there will be a midnight snack available in the Terrace Bar. Saturday night will be an optional smart dress evening (suits and dresses) with Bucks Fizz after dinner. Please take a moment to read this programme to ensure that you don't miss out on any of the activities.

On behalf of Ceroc and Potters Resort we welcome you to Swish and we hope that you have a fantastic weekend.



Useful Information



Meals

All main meals are served in the Garden Restaurant or Gallery Lounge (aka the Chill Out Room). You can arrive at your leisure between...

Breakfast: 8.30am – 10.00am (Sat/Sun) and 9.30am (Mon)
Lunch: 12.30pm – 1.30pm
Dinner: 6.30pm – 7.30pm
Midnight Snack: Will be served at midnight in the Terrace Bar



Black Rock Grill

The Black Rock Grill is a stylish and contemporary restaurant overlooking the Norfolk coast. The Black Rock Grill offers a unique dining experience to those wishing to try something exciting and a little different.

The fixed price offers a delicious choice of satisfying starters, indulgent desserts and of course the unique Black Rock main course; a selection of the freshest fillets, seafood and shellfish are presented to your table along with your own volcanic 'Hot Rock' on which you cook the ingredients exactly to your own taste.

The price is £25.00 and can be booked in advance or on the day. Places are subject to availability and can be booked at Reception.



Water

Tap water is available from any of the bars and there is a water fountain by the Squash Courts.



Facilities / Activities

The following activities are available FREE OF CHARGE and can be played at any time when the facilities are not in use by a scheduled event.

All the equipment you will need is available from the Potters Shop (next to the Small Sports Hall) in exchange for your room key: Adventure Golf, Badminton, Bowls, Darts, Football, Pitch & Putt (Par 3), Table Tennis, Tennis, Swimming, Sauna, Steam Rooms, Jacuzzi and Techno Gym.

There is a small charge for the activities below:
Pool Tables, Squash / Racquet Ball, Gaming Machines.



Have You Come On your Own?

If so, please look out for the 'Meeting Area' signs in the Theatre, Main Room and Chill Out Room. Hopefully you will meet lots of familiar faces and new people here.



Photo Wizards

Potters resident photographer will be outside the Garden Restaurant on Saturday evening between 7.30pm and 9.00pm to take your formal portrait poses. Your pictures will then be available to purchase on Sunday morning, so please visit the Photo Centre between the Main Dance Room and the International Bowling Arena.

Useful Information

Swish DVD 2015

It's impossible to attend all the classes this weekend... and how can you remember everything you learn? Well we have the solution!!! We are producing the official Swish DVD which contains all the classes from the weekend.

The DVD will be available to purchase from Sunday morning at 10.00am from the Ceroc Information Desk at the special discounted rate of £20 (usually £25+p&p online). There is limited availability so grab your copy before they sell out and take it home with you!



Practice Music

With more new dance styles appearing at this event, we felt it was important to give you a chance to practice your new steps directly after your class. Therefore, where the schedule permits after a specialist class e.g. Argentine Tango, suitable music will be played in the Chill Out Room, Theatre or Small Sports Hall. Please check the schedule for details.



Re-Booking Swish

To rebook this event for 19th – 22nd February 2016 at this year's prices (before 28th February), please visit the 'Booking Lounge' (by the main entrance) from 9.00am – 5.00pm on Saturday or Sunday and from 9.00am on Monday morning. Alternatively, you can visit www.ceroc.com/swish after the event. Please see the back of this booklet for room options and prices.



Aphrodite Beauty Studio

The Aphrodite Beauty Studios offer a wide range of beauty treatments from clinical procedures, sports injury massages and alternative therapies to beauty treatments all targeted to your specific needs. Please visit the studios adjacent to the swimming pool for a full list of treatments and prices.



Hair Studio

Brand new hair salon, pop along and see Abbie to book an appointment located next to Aphrodite at the Palms Entrance.

Sports Injury Massage

A group of Trainee Sports Injury Massage Therapists are back this year and will be available to massage those aches and pains from 10.00am – 4.00pm on Sunday. If you would like an appointment for a taster massage then please sign up at the 'Information Desk' from midday on Saturday.

The massage is FREE OF CHARGE although if you would like to make a voluntary donation to the 'TIP POT' then we are sure that would be much appreciated by the therapists who have given up their time to help at this event.



House-Keeping

Hotel rooms are serviced daily and if you do not wish to be disturbed, please use the 'Do Not Disturb' sign in your room. Bungalows are only serviced on the Saturday morning of Swish, and if you do not wish to be disturbed at this time, please notify reception by 10.00pm on the Friday evening.



The 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 one round at the London Ceroc Champs and that will be the FINAL. So all you have to do is win your heat at the weekender then get automatic entry to the National Ceroc Championships.

Winners of the Great Escape Final will receive a Free Chalet at an Escape Weekender (Southport, Camber or Brean Sands). So get your favourite dancing shoes on and get your supporters into the Theatre. Remember the spectators determine the winners.

Heats will take place prior to showtime so competitors and would-be judges need to be in the Theatre on Saturday night by 8.30pm.

For more info about the Champs, please visit

www.cerocchamps.com



STANDOUT DANCEWEAR WILL BE PRESENT AT SWISH OFFERING THE LATEST COLLECTION OF SHOES AND DANCE CLOTHING. MANY OF THE LINES ARE REALLY POPULAR, SO MAKE SURE YOU COME EARLY TO GET A FULL CHOICE!
MOST MAJOR CREDIT / DEBIT CARDS ARE ACCEPTED, ALONG WITH CASH.

OPENING HOURS

FRIDAY 20TH FEBRUARY - 3.00PM - 10.00PM
SATURDAY 21ST FEBRUARY - 10.30AM - 7.00PM
SUNDAY 22ND FEBRUARY - 10.30AM - 4.00PM



WWW.STANDOUTDANCEWEAR.CO.UK

Potters Theatre Company



FRIDAY AT 6.00PM - BONE'S SHOW

'A CELEBRATION OF FRANKIE VALLI AND THE FOUR SEASONS'

This show celebrates the timeless songs which sold millions of albums and made four boys from Jersey household names.

Now bringing their music to a new generation, *Potters Theatre Company* has put together a brand new show featuring stunning vocals, choreography, staging and guaranteed floor fillers.

Enjoy tapping your feet along to hits including 'Walk Like a Man' and 'Sherry Baby'



FRIDAY

'MADE IN BRITAIN'

Britain's greatest songs together in one amazing show which draws on the best in popular music from the past 50 years.

SATURDAY

'LEGENDS'

A show which spotlights the true legends from the world of entertainment. Legends pays homage to some of the greatest artists of all time and some of the world's greatest musical genres.

SUNDAY

'STAGE & SCREEN'

A musicals show guaranteed to keep your feet tapping from start to finish in a spectacular extravaganza full of lavish sets and stunning choreography.

SILENT DISCO

FRIDAY & SATURDAY NIGHT

The Cube (Small Sports Hall)

11.30pm to 1.00am

Choose from 3 music channels and join the party!



PRIZM

ONE OF THE BIGGEST FREESTYLES IN HISTORY

3am Finish - 3 Rooms
Headliner DJ's and incredible venue
Sweet & savoury pancakes at Midnight
Book online at www.cerocfusion.co.uk

Charter Hall, Cowdray Avenue, Colchester Essex, CO1 1YH

SATURDAY 16TH MAY 2015

CEROC FUSION

Teachers at Swish

Becki Rendell (BR)

Full of life and laughter Becki brings an enjoyable energy to her classes. She is one of Ceroc's finest when it comes to style & technique giving you that personal touch in her Ladies Styling masterclasses. With nearly two decades of dance experience ranging from Ceroc to Salsa, Becki has competed, taught & performed internationally. She is enthusiastic in sharing her wealth of experience in the dance scene with everyone she meets. She does everything with a smile and is always on the dance floor from dusk until dawn!

Brett Stewart (BS)

Also known as the 'Ceroc Prince' coming from a kingdom far-far away (Dorset), he got told one day; if Disney drew a Ceroc teacher he would be it. Semi-finalist with Sarah at their first Pro-Am and teaching at Camber for over a year, Brett proves his love for dance on and off the stage with his funky moves, big smile and a can-do attitude making him a popular choice on the dance floor.

Caine Langford and Danni Moore (CD)

South Coast teachers Caine & Danni may be youngsters but have already proved their talents at three Ceroc Fever venues. With smooth, slotted styles, these two will be teaching you how to look ultra cool on the dance floor.

Dale St Rose (DR)

Dale originally trained in Salsa, West Coast Swing and Line Dancing and has now been teaching for Ceroc London for the past 8 years. During that time he has been the Blues open winner in 2007, 2009 and 2012, the Blues Showcase Winner in 2010 and 2013 and the Ceroc Scotland Showcase winner in 2012 and Funked up winner at the Welsh Champs 2014.

Jo Easterbrook (JE)

Ceroc Nights teacher Jo, has her roots in Ballroom and Latin dancing which she trained in for many years. Jo is a young and enthusiastic Ceroc Teacher who is not only a great teacher but is also an inspirational dancer having recently won three competition golds.

Kieran Moore and Charlie Brownlee (KC)

Kieran and Charlie have been rising stars for some time and after numerous classes, masterclasses, workshops and performances across the UK and Europe they have cemented their place as one of the top teaching couples around. Their popularity has soared in recent years and with their moves and routines it's not hard to see why. You may have seen them at any of the Ceroc Escape Weekenders in the UK or even in Spain at the Ceroc Medfest Holiday.

Marc Forster and Rachel Pears (MR)

Slinky, bluesy, elegant dancers Marc and Rachel have been introducing dancers to blues and tango for a number of years and are back at Swish for the eighth year in a row. Not only are they awesome teachers but they are also top DJs. You will find these two predominantly in the Chill Out room this weekend.

Teachers at Swish

Mark Kerr and Lyndsey Bennett (ML)

Six times open winners, aerials, double trouble and blues champions, organisers of the massive annual Welsh Champs and teachers / franchisees for Ceroc South Wales, this couple bring you workshops that will raise your heart rate, show-off-ability and many observing eyebrows!

Richard and Zoe Beauvoisin (RZ)

Richard and Zoe have, collectively, over 20 years of dance teaching and competition experience. In addition to the Ceroc Live and Ceroc Devon franchises that they run, both of them have been teaching and performing at venues across the country. Zoe has danced ballet, modern and tap bringing style and elegance and Richard has danced practically everything, giving the men presence and posture.

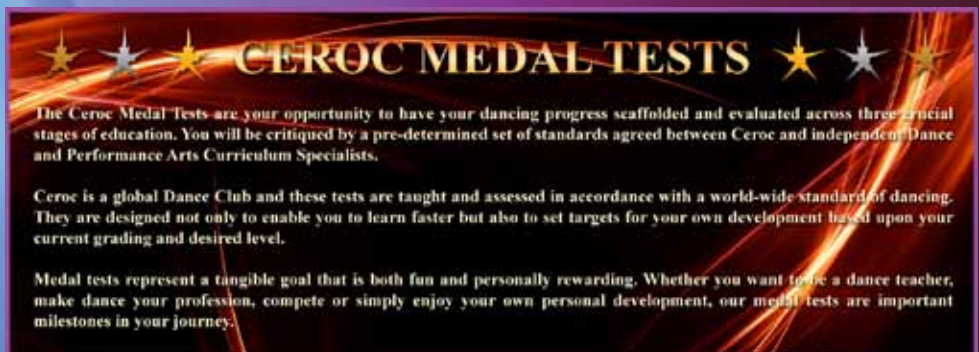
Steve Thomas (ST)

Funny guy Steve is so smooth that women love him and men want to be him, but don't let that detract from the fact that his classes are absolutely jam packed with vital information. He runs the very popular Funktion freestyles at Rochester and has taught at more weekenders than anyone else. He is a former heavyweight champion of the world and loves his mum!!!

Tim Sant (TS)

As Head of Dance for Ceroc, Tim is no stranger to the weekend scene. Every class he teaches delivers the hottest innovations in the world of Ceroc and the newest moves in the modern jive circuit. His classes this weekend will make you think, challenge your style, help you advance and leave you smiling from ear to ear.

PLEASE NOTE THAT PARTICIPATION IN ANY OF THE ACTIVITIES AT SWISH IS ENTIRELY AT YOUR OWN RISK. PLEASE TAKE CARE COMING ON AND OFF THE DANCE FLOORS AS SOME HAVE STEPS/RAMPS. FURTHER, TO MINIMISE THE RISK OF ANY SPILLAGES, PLEASE DO NOT TAKE DRINKS ACROSS THE DANCE FLOOR AND REPORT ANY SPILLAGES TO A MEMBER OF STAFF WHO WILL TAKE THE APPROPRIATE ACTION – THANK YOU.



CEROC MEDAL TESTS

The Ceroc Medal Tests are your opportunity to have your dancing progress scaffolded and evaluated across three crucial stages of education. You will be critiqued by a pre-determined set of standards agreed between Ceroc and independent Dance and Performance Arts Curriculum Specialists.

Ceroc is a global Dance Club and these tests are taught and assessed in accordance with a world-wide standard of dancing. They are designed not only to enable you to learn faster but also to set targets for your own development based upon your current grading and desired level.

Medal tests represent a tangible goal that is both fun and personally rewarding. Whether you want to be a dance teacher, make dance your profession, compete or simply enjoy your own personal development, our medal tests are important milestones in your journey.

DJs at Swish

Buzby Allen (BA)

Buzby is one of the resident DJs here at Potters and is renowned for keeping the dance floor packed. Having started Ceroc himself nine years ago (when Swish began) with his own unique dance style, he hasn't looked back since. You will find Buzby in the Theatre spinning the Ceroc Classics prior to showtime.

Caine Langford (CL)

Caine is a regular DJ for his class nights and has recently been the DJ to the South Coast's biggest New Years Eve event. With his love for music, this youngster will provide you with a mix of old and new tracks to keep you on the dance floor!

Dale St Rose (DR)

Dale has a background in numerous music genres including West Coast Swing, Modern Jive, Salsa and Blues and has been DJing on the London scene as well as the weekends for a number of years. As a former Ceroc Champ, Blues winner in 2007, 2009 and 2012 and UK Blues Showcase joint winner for 2010 and current Blues Showcase Champion he certainly knows what makes up a great track to dance to.

David Greaves (DG)

David dabbled a bit as a DJ in the late 70s on the Thames riverboats with his cousin. He now averages around 200 gigs/parties a year. He got the Ceroc bug in the late 90s and learnt to dance with Ceroc Kent. He moved to Chelmsford in the late naughties and became the resident DJ there with Ceroc Nights.

Garry Turner (GT)

Garry started working for Ceroc eight years ago having previously worked before, djing house music, rare groove, reggae, soul / funk / jazz, you name it - he's done it! He DJs two nights a week for Ceroc Kent and all the weekends. Garry has a passion for music and an ear for the best tunes.

Kieran Moore (KM)

Starting as a teacher and DJ for Ceroc Groove in the West Midlands almost before he was out of nappies, Kieran was the DJ at the popular XChange freestyles showcasing his love of soulful and funky music synonymous with Chill Out Zones. Founder of the hugely popular DUO Freestyles in Norfolk where the music is once again showcased at the highest level. He can also be heard DJing on the Ceroc Medfest Holiday and all of the Escape Weekenders and his background in Ceroc and West Coast Swing means that he has a great ear for music of all styles and genres.



DJs at Swish

Marc Forster (MF)

Marc started life as a DJ way back in the 70s with a fisher price record player, four plastic records and a dream. Now playing around six nights a week he is an avid collector of fine music and loves reading the floor & pleasing the crowd.

Mike Ellard (ME)

Mike has not only been teaching dance for the last three decades, but he was also seen playing music at Ceroc well before CDs began. Mike's really excited about playing some of his favourite classic tracks this weekend in the Chill Out Room.

Paul Brooks (PB)

Paul has been DJing for Ceroc for over 15 years. He started in Kent, then Surrey and now at home with Ceroc Nights in Essex. He has DJd on numerous Ceroc weekenders and is part of the crew on the Ceroc Cruise holidays. He is currently head of music at the Ceroc Champs which he has done for the last three years. As a former radio DJ his sets consist of every type of music from every genre. He instinctively knows what the dance floor needs and is a true talent.

Rachel Pears (RP)

The lovely Rachel has an eye for talent, great taste and an ear for music. Known for her marathon mixing sessions at the London Champs, expertly blended Blues sets at the Daventry freestyles and dance weekender guest spots, this fine young lady is over the moon to be back with us at Swish.

Richard Beauvoisin (RB)

Richard has DJd for over 25 years and has a regular slot at the popular two room event at The Hub and Big Bath Bashes in the West Country for Ceroc Live. He loves to DJ in the Chill Out or main room where you will hear him play a wide variety of music that you can interpret.

Robert Ellis (RE)

As resident DJ at two of Ceroc Fusion's venues and their Smooth Sundays, Robert is back at Swish for his 5th consecutive year. He is very excited to be here and playing his chilled out grooves that are perfect for your Smooth, Blues and West Coast moves!

MAIN ROOM (BOWLER'S ARENA)

THIS IS THE TYPE OF MUSIC YOU WOULD EXPECT TO HEAR ON A NORMAL CEROC NIGHT AND WILL COVER ALL TYPES OF MUSIC FROM MODERN, LATIN, SWING, BLUES AND R&B. THERE WILL BE A RANGE OF GENRES AND SPEEDS IN THIS ROOM.

THE CHILL OUT ROOM (GALLERY LOUNGE)

IN THIS ROOM, BLUES TUNES AND GENERALLY SLOWER MUSIC IS PLAYED.



Classes At A Glance

For Our Beginner Dancers

Beginners Class 1	Chill Out Room	Friday	4.00pm
Beginners Class 2	Chill Out Room	Saturday	10.00am
Beginners Class 3	Chill Out Room	Saturday	2.00pm
Beginners Class 4	Chill Out Room	Saturday	4.00pm
Beginners Class 5	Chill Out Room	Sunday	10.00am
Beginners Class 6	Chill Out Room	Sunday	2.00pm
Funked Up Classics	Chill Out Room	Sunday	5.00pm

For Our Intermediate Dancers

Infinity	Main Room	Friday	4.00pm
Hot New Moves	Main Room	Saturday	10.00am
Repertoire Enhancer	Theatre	Saturday	10.00am
Chillout 1	Main Room	Saturday	11.00am
Triple S	Theatre	Saturday	3.00pm
Swinging the Blues	Theatre	Saturday	4.00pm
Double Trouble	Main Room	Saturday	5.00pm
Chillout 2	Theatre	Saturday	5.00pm
Freestyle Confidence	Main Room	Sunday	10.00am
Simply Stylish	Theatre	Sunday	10.00am
Stylish Seducers	Main Room	Sunday	11.00am
Behind the Back	Main Room	Sunday	2.00pm
Blocks and Stops	Theatre	Sunday	3.00pm
Playtime	Theatre	Sunday	4.00pm
Coasters	Theatre	Sunday	5.00pm

For Advanced Dancers

Scrolling	Theatre	Saturday	11.00am
Super Drops	Main Room	Saturday	3.00pm
Smooth and Sassy	Main Room	Saturday	4.00pm
Baby Aerials	Theatre	Sunday	12.00pm
Dynamic Style	Theatre	Sunday	2.00pm
Strictly Wow Moves	Main Room	Sunday	3.00pm
Follow The Follow	Main Room	Sunday	4.00pm
SalCeroc	Main Room	Sunday	5.00pm

Classes At A Glance

Speciality Classes

Cha Cha Cha

Ladies Styling

Tango Blues Fusion

Bachata

West Coast Swing

Kizomba

Waltz

Argentine Tango

Some Extra Information

Behind the Back

Chillout 1 and 2

Coasters

Dynamic Style

Freestyle Confidence

Infinity

Kizomba

Playtime

Repertoire Enhancer

Scrolling

Strictly Wow Moves

Triple S

Main Room	Saturday	12.00pm
Theatre	Saturday	12.00pm
Main Room	Saturday	2.00pm
Theatre	Saturday	2.00pm
Theatre	Sunday	11.00am
Chill Out Room	Sunday	11.00am
Main Room	Sunday	12.00pm
Chill Out Room	Sunday	3.00pm

Moves using your arms behind your back

Learn basic techniques and moves to help you gain confidence as the music slows down

Learn how to make your dancing look smooth and effortless

Focusing on some of the shapes that ladies create with their body on the dance floor and the momentum / stability to give her time to play with it

Learn some techniques to make more sense of your dancing

Fluid non-stop movement

Derived from Angola this dance uses modern music with an African rhythm

A Basic introduction to musicality and how to make the moves you already know suit different styles of music


Learn how new moves are created and explore tons of variations

Learn to dance with continuous movement and fluidity

Moves you've seen on strictly and always wanted to do!

Smooth, Slotted and Stylish

Friday 20 February 2015

TIME	MAIN ROOM	THEATRE	
4.00pm	Infinity (Intermediate) TS		
6.00pm	'A CELEBRATION OF FRANKIE VALLI AND THE FOUR SEASONS' SHOW *** Not to be missed in the theatre***		
6.30pm	DINNER IS SERVED		
8.00pm		Live Music with Aaron	
8.30pm		Buzby (Freestyle Classics)	
9.00pm		Potters Theatre Company 'Made In Britain'	
9.30pm			
10.00pm	Kieran Moore (Ceroc Classics)		
10.30pm			
11.00pm	Paul Brooks (Ceroc Classics)		
11.30pm			
Midnight	Richard Beauvoisin (Ceroc Classics)	Silent Disco Grab a pair of headphones and join the party! (The Cube - Small Sports Hall)	
12.30am			
1.00am	Garry Turner (Ceroc Classics)		
1.30am			
2.00am			
2.30am			
3.00am			
3.30am			
4.00am			

Friday 20 February 2015


TIME	CHILL OUT ROOM	ACTIVITIES AND SPORTING PROGRAMME
4.00pm	Beginners 1 (Beginners) ST	
6.00pm	'A CELEBRATION OF FRANKIE VALLI AND THE FOUR SEASONS' SHOW *** Not to be missed in the theatre***	
6.30pm	DINNER IS SERVED	
8.00pm	Sack the DJ YOUR TURN to come and try your hand at DJing	
8.30pm		
9.00pm		
9.30pm		
10.00pm	Rachel Pears (Chill Out)	
10.30pm		
11.00pm	Garry Turner (Chill Out)	
11.30pm		
Midnight	David Greaves (Chill Out)	Midnight Snack (Terrace Bar)
12.30am		
1.00am	Caine Langford (Chill Out)	
1.30am		
2.00am	Robert Ellis (Chill Out)	
2.30am		
3.00am	Marc Forster (Chill Out)	
3.30am		
4.00am		

Saturday 21 February 2015

TIME	MAIN ROOM	THEATRE
8.30am 10.00am	BREAKFAST IS SERVED	
10.00am	Hot New Moves (Intermediate) TS	Repertoire Enhancer (Intermediate) ST
11.00am	Chillout 1 (Intermediate) KC	Scrolling (Advanced) CD
12.00pm	Cha Cha Cha (Beginners) JE	Ladies Styling (No Spectators Allowed) BR
12.30pm 1.30pm	LUNCH IS SERVED	
2.00pm	Tango Blues Fusion (Intermediate) MR	Bachata (Beginners) DR
3.00pm	Super Drops (Advanced) ML	Triple S (Intermediate) RZ
4.00pm	Smooth and Sassy (Advanced) CD	Swinging the Blues (Intermediate) MR
5.00pm	Double Trouble (Intermediate) ML	Chillout 2 (Intermediate) KC
6.00pm		
6.30pm	DINNER IS SERVED	
8.00pm		Gala Bucks Fizz and Live Music with Michelle
8.30pm		Great Escapee Competition followed by Buzby (Freestyle Classics)
9.00pm		Potters Theatre Company 'Legends'
9.30pm		
10.00pm	Paul Brooks (Ceroc Classics)	
10.30pm		
11.00pm	Marc Forster (Ceroc Classics)	
11.30pm		Silent Disco Grab a pair of headphones and join the party! (The Cube - Small Sports Hall)
Midnight	Garry Turner (Ceroc Classics)	
12.30am		
1.00am	David Greaves (Ceroc Classics)	
1.30am		
2.00am		
2.30am		
3.00am		
3.30am		
4.00am		



Saturday 21 February 2015

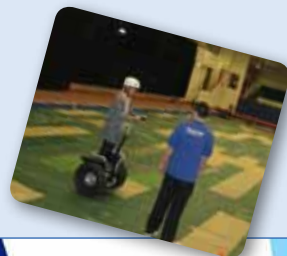
TIME	CHILL OUT ROOM	ACTIVITIES AND SPORTING PROGRAMME
8.30am 10.00am	BREAKFAST IS SERVED	<div>Karting Pre-book at Reception before 9.30am 10.00am - 12.00pm</div> <div>Archery 11.00am (Shooting Range)</div> <div>Table Tennis Tournament 11.00am (Large Sports Hall)</div> <div>Lunchtime Special 12.00pm (Terrace Bar)</div> <div>Clay Pigeon Shooting Pre-book at Reception - £10.00 for 10 shots 2.00pm (Activity Field)</div> <div>Air Rifle Shooting 3.00pm (Shooting Range)</div> <div>Giant Swing Pre-book at Reception - max of 10 people 3.00pm (Outside)</div> <div>Kurling 4.00pm (Small Sports Hall)</div>
10.00am	Beginners 2 (Beginners) BR	
11.00am	Freestyle Dancing (All Dancers) DR	
12.00pm	Freestyle Dancing (All Dancers) PB	
12.30pm 1.30pm	LUNCH IS SERVED	
2.00pm	Beginners 3 (Beginners) CD	
3.00pm	Freestyle Dancing (All Dancers) DG	
4.00pm	Beginners 4 (Beginners) DR	
5.00pm	Practice Music - Blues MR	
6.00pm	Sack the DJ	
6.30pm	DINNER IS SERVED	
8.00pm	Sack the DJ YOUR TURN to come and try your hand at DJing	
8.30pm		
9.00pm		
9.30pm		
10.00pm	Garry Turner (Motown Hour)	
10.30pm		
11.00pm	Kieran Moore (Chill Out)	
11.30pm		
Midnight	Richard Beauvoisin (Chill Out)	Midnight Snack (Terrace Bar)
12.30am		
1.00am	Caine Langford (Chill Out)	
1.30am		
2.00am	Rachel Pears (Chill Out)	
2.30am		
3.00am	Robert Ellis (Chill Out)	
3.30am		
4.00am		

Sunday 22 February 2015

TIME	MAIN ROOM	THEATRE
8.30am 10.00am	BREAKFAST IS SERVED	
10.00am	Freestyle Confidence (Intermediate) ST	Simply Stylish (Intermediate) BR
11.00am	Stylish Seducers (Intermediate) RZ	West Coast Swing (Intermediate) KC
12.00pm	Waltz (Beginners) JE	Baby Aerials (Fixed Couples) (Advanced) ML
12.30pm 1.30pm	LUNCH IS SERVED	
2.00pm	Behind the Back (Intermediate) BS	Dynamic Style (Advanced) CD
3.00pm	Strictly Wow Moves (Advanced) RZ	Block and Stops (Intermediate) BS
4.00pm	Follow The Follow (Advanced) TS	Playtime (Intermediate) KC
5.00pm	SalCeroC (Advanced) BR	Coasters (Intermediate) ST
6.00pm		
6.30pm	DINNER IS SERVED (Bingo Sales will be on sale at reception between 11.00am - 5.00pm and between 7.30pm - 8.00pm)	
8.00pm		Bingo 'One Game Wonder' (Starts at 8.15pm)
8.30pm		Buzby (Freestyle Classics)
9.00pm		Potters Theatre Company 'Stage and Screen'
9.30pm		
10.00pm	Garry Turner (CeroC Classics)	
10.30pm		
11.00pm	Paul Brooks (CeroC Classics)	
11.30pm		
Midnight	David Greaves (CeroC Classics)	
12.30am		
1.00am	Tim Sant (CeroC Classics)	
1.30am		
2.00am		
2.30am		
3.00am		
3.30am		
4.00am		

Sunday 22 February 2015

TIME	CHILL OUT ROOM	ACTIVITIES AND SPORTING PROGRAMME
8.30am 10.00am	BREAKFAST IS SERVED	Segway Challenge Pre-book at Reception before 9.30am 10.00am - 12.00pm (Large Sports Hall)
10.00am	Beginners 5 (Beginners) ML	Air Rifle Shooting 11.00am (Shooting Range)
11.00am	Kizomba (Beginners) DR	Short Volleyball 11.00am (Squash Courts) (Located next to the Chill Out Room)
12.00pm	Freestyle Dancing (All Dancers) PB	Lunchtime Fitness with Tim 12.00pm (Small Sports Hall)
12.30pm 1.30pm	LUNCH IS SERVED	Lunchtime Karaoke Challenge 12.00pm (Terrace Bar)
2.00pm	Beginners 6 (Beginners Plus) TS	Segway Challenge Pre-book at Reception before 9.30am 2.00pm - 3.00pm (Large Sports Hall)
3.00pm	Argentine Tango (Beginners) MR	Badminton Tournament 3.00pm (Large Sports Hall)
4.00pm	Practice Music - Argentine Tango MR	Climbing Wall 3.00pm – 5.00pm (Large Sports Hall)
5.00pm	Funked Up Classics (Beginners Plus) BS	Team Olympics 4.00pm (Small Sports Hall)
6.00pm	Sack the DJ	Afternoon Quiz - General Knowledge 4.00pm (Terrace Bar)
6.30pm	DINNER IS SERVED	Kurling 5.00pm (Small Sports Hall)
8.00pm	Sack the DJ YOUR TURN to come and try your hand at DJing	
8.30pm		
9.00pm		
9.30pm		
10.00pm	Richard Beauvoisin (Chill Out)	
10.30pm		
11.00pm	Dale St Rose (Chill Out)	
11.30pm		Midnight Snack (Terrace Bar)
Midnight	Robert Ellis (Chill Out)	
12.30am		
1.00am	Mike Ellard (Chill Out)	
1.30am		
2.00am	Rachel Pears (Chill Out)	
2.30am		
3.00am	Marc Forster (Chill Out)	
3.30am		
4.00am		



OPTIONS FOR ONE PERSON

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard Bungalow	£249	B1	
Bungalow Plus	£269	BP1	
Hotel Premier	£315	H1	

OPTIONS FOR TWO PEOPLE

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard TWIN Bungalow	£239	B2T	Twin Beds
Standard DOUBLE Bungalow	£239	B2D	Double Bed
Bungalow Plus TWIN	£259	BP2T	Twin Beds
Bungalow Plus DOUBLE	£259	BP2D	Double Bed
Hotel Premier	£305	H2	Double or Twin Available (please specify)
Hotel Deluxe	£315	D2	Double or Twin Available (please specify)
Four Poster Room	£325	F2S	Double Only
Four Poster Suite	£345	F2L	Double Only
Hotel Penthouse	£355	P2	Double Only

OPTIONS FOR THREE PEOPLE

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard Bungalow	£229	B3	3 Single Beds in One Bedroom with One Bathroom
Bungalow Plus	£249	BP3	3 Single Beds in One Bedroom with One Bathroom
Hotel Premier	£295	H3	3 Single Beds in One Bedroom with One Bathroom
Hotel Deluxe	£305	D3	3 Single Beds in One Bedroom with One Bathroom

OPTIONS FOR FOUR PEOPLE

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard Bungalow TWIN	£219	B4T	2 Bedrooms (Twin Beds in both rooms) with 2 Bathrooms
Standard Bungalow DOUBLE and TWIN	£219	B4D	2 Bedrooms (Double Bed in first room and Twin Beds in second room) with 2 Bathrooms
Bungalow Plus TWIN ONLY	£239	BP4T	2 Bedrooms both with Twin Beds and 2 Bathrooms
Bungalow Plus DOUBLE and TWIN	£239	BP4D	2 Bedrooms (Double Bed in first room and Twin Beds in second room) with 2 Bathrooms
Hotel Penthouse	Penthouse £355	P4	Penthouse Room with Interconnecting Premier Twin Room for 4 People
	Premier £305		

Please note all prices stated are per person

A deposit of £75 per person is needed to secure your place, subject to availability



CEROC champs

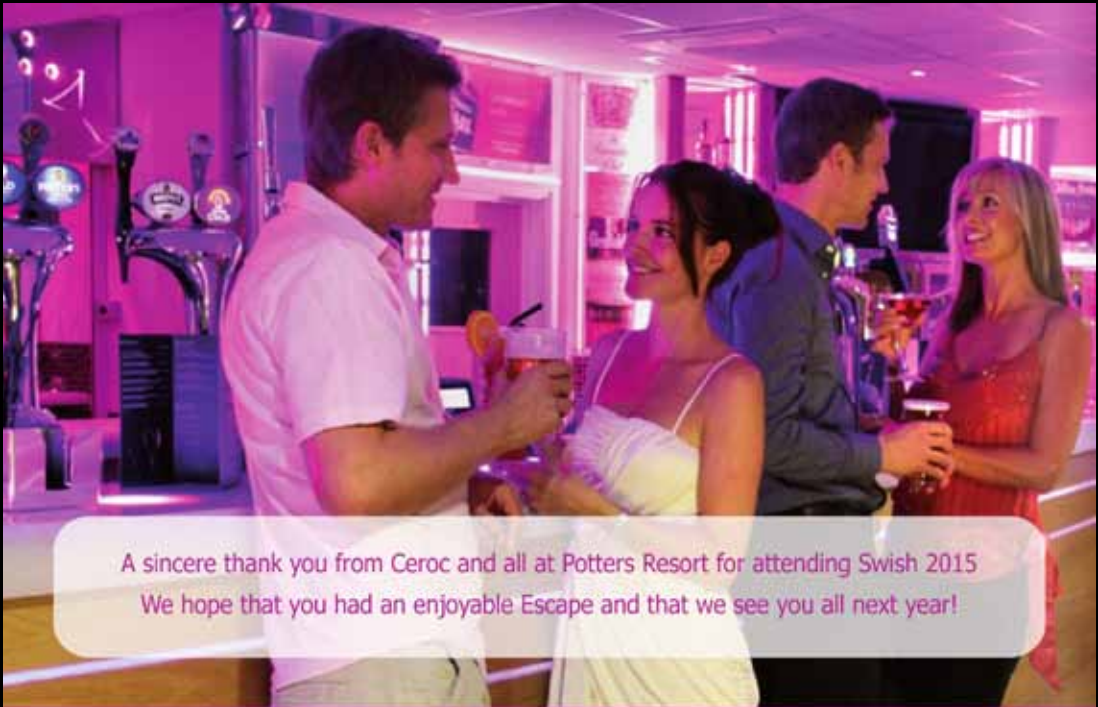
Sunday 3rd May 2015

A full day of freestyle and competition. Bringing together some of the best dancers from across the Globe for **15 hours of dance**, competition, laughs & entertainment, with more than **8 hours of freestyle** through to 2.00am.

Join us over the Bank Holiday weekend at the fabulous Watford Colosseum, boasting tiered seating, an impressive balcony and limited premium table seating on the stage. Whether you compete, freestyle, spectate or just socialise you are guaranteed a fabulous weekend not to be missed!

We will be organising additional events in and around London for this weekend to ensure your visit is complete so book your accommodation now!

www.cerocchamps.com



A sincere thank you from Ceroc and all at Potters Resort for attending Swish 2015
We hope that you had an enjoyable Escape and that we see you all next year!

www.ceroc.com/swish