



SWISH

A weekend like no other

Friday 19th February - Monday 22nd February 2016

Welcome to the **10th ANNIVERSARY OF SWISH!**

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 to Swish, 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, Kurling, 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 lounge seating by the main dance floor as well as the new Ten Pin Bowling and Games Area! The Potters Theatre Company have prepared a selection of top quality shows to entertain you after dinner.

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.

Over the past 10 years we have provided nearly 315 hours of dance tuition and over 170 hours of freestyle music at Swish and over 25,200 Potters meals have been eaten by Ceroc dancers! We think this occasion needs to be celebrated, therefore please join us on Saturday afternoon from 5.45pm in the theatre for the start of our 10 Hour Birthday Party kicking off with a Bucks Fizz Reception, Live Singer, Cutting of the Cake and a MASSIVE group photo.

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 SILC 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:	Friday and Saturday in the Terrace Bar Sunday Night in the Bowlers Bar (Subject to availability)



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 (subject to availability).

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 and can be booked at Reception.



Water

If you are thirsty then why not grab some tap water which is available from any of the bars.



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. Activities can be booked at Reception, in the Re-Booking Lounge or the Shop. There is a small charge for the following: Pool Tables, Snooker, Squash, Ten Pin Bowling and Gaming Machines.



10th Anniversary Bucks Fizz

Please join us in the Theatre on Saturday afternoon at 5.45pm for our Bucks Fizz 10th Anniversary celebrations, with a live singer, cutting of the cake and a photo of everyone attending Swish this year!



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 2016

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. We will be providing SILC practice music after the SILC classes where the schedule permits.

Please check the schedule for details.



Re-Booking Swish

To rebook this event for 17th – 20th February 2017 at this year's prices (before 29th February), please visit the 'Booking Lounge' (by the main dance floor) from 9.00am – 4.00pm 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

Pop along to book an appointment located next to Aphrodite at the Palms Entrance.



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 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 2016 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 19TH FEBRUARY - 3.00PM - 10.00PM
SATURDAY 20TH FEBRUARY - 10.30AM - 7.00PM
SUNDAY 21ST FEBRUARY - 10.30AM - 4.00PM



WWW.STANDOUTDANCEWEAR.CO.UK

Potters Theatre Company

FRIDAY AT 9.00PM - COOL BRITANNIA

We've all grown up loving the soundtrack to each decade and with 50 all time classic British songs from the swinging sixties right up to today, the Potters Theatre Company will bring to life classic moments from the past and present.

Join us as we celebrate our nations incredible jukebox featuring an unforgettable selection of timeless British songs all in one energy fuelled live show and remember why this is indeed Cool Britannia!

SATURDAY AT 9.00PM - FRANKIE'S GUYS

Great voices, great moves and great songs. It all adds up to a wonderful musical tribute to Frankie Valli and the Four Seasons.

Building on from last year's show, you will hear stunning vocals, choreography, staging and guaranteed floor fillers. Enjoy tapping your feet along to hits including *'Walk Like a Man'* and *'Sherry Baby'*.

SUNDAY AT 9.00PM - 'THEATRELAND'

With a perfect blend of feel good music, the focus falls on some of the world's favourite musicals especially *Grease* and *Mamma Mia*. There will also be highlights from *Joseph* and his *Technicolor Dreamcoat*, *Cats*, *Oliver*, *Phantom of the Opera* and more.



SILENT DISCO

FRIDAY & SATURDAY NIGHT

The Cube (Small Sports Hall)

11.30pm to 1.00am

Choose from two music channels
and join the party!



Teachers at Swish

Adam Deller (AD)

Adam, regular teacher for Ceroc Romford in Essex, is something of a 'Ceroc X' Pro. Never before has one dancer come first in every single dance competition from London to Scotland in the same year. The judges were all unanimous, there is no better 'Ceroc X' dancer than Adam and we are so excited that he is here with us at Swish to deliver his 'Ceroc X' masterclass.

'Ceroc X' is a set routine of 8 basic moves which you then need to use your imagination, musicality and style to transform into something spectacular. Adam's class is suitable for our new dancers as well as those of you who are experienced.

Becki Rendell (BR)

Full of life and laughter Becki brings an enjoyable energy to her classes. She is one of Ceroc's finest. With nearly two decades of dance experience ranging from Ceroc to Salsa, Becki has competed, taught and 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 at his first Pro-Am and teaching at Camber for three years, 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 and 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. Danni is currently the Grand Master and has won the 'Open' category of every Champs last year.

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 nine 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.

Glen and Paul Brooks (GB) (PB)

Five times winners of the National Ceroc Championships team cabaret category and with over 15 years combined teaching experience these two are well equipped to run Swish. Over the course of this weekend you can find Glen teaching some Double Trouble and Paul looking after those of you who are new to Ceroc.

Teachers at Swish

Karen and Joe Toko (KT)

Karen, is one of the organisers for the Swish event and was originally trained in Latin & Ballroom. Join Karen for a class in the Ballroom Tango on Sunday lunchtime. Since joining Ceroc nearly 20 years ago Karen, with husband Joe, has taught at all the major Ceroc events on the circuit, their speciality being Ducks and Drops and they will be showing you some of their favourites this weekend.

Kieran Moore and Charlie Brownlee (KC)

Kieran and Charlie are Masters in their own right, these phenomenal dancers and teachers 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. Both Kieran and Charlie are the founders of SILC, the new ground-breaking dance syllabus dedicated to a vast and eclectic range of slow-tempo, contemporary music. 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 ninth year in a row. Not only are they awesome teachers but they are also top DJs. You will find these two predominantly in the SILC room this weekend.

Steve Thomas (ST)

Apparently, 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. His classes this weekend will make you think, challenge your style, help you advance and leave you smiling from ear to ear. Today Tim is as confident in the slow room as he is the fast and he is renowned for his innovative styling and polished technique. His vast experience in the world of education has helped to scaffold the SILC syllabus, making it both achievable and progressive for all abilities and experiences.

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.

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 ten 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, 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.

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 Prizm Freestyle in Colchester 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.

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 and 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 SILC Room and also doing his famous Swingers Hour.



DJs at Swish

Paul Brooks (PB)

Paul has been DJing for Ceroc for over 16 years. He started in Kent, then Surrey and now at home with Ceroc in Essex. He has DJ'd 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 four 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.

Robert Ellis (RE)

As one of the pioneers of Ceroc Fusion's ever popular Smooth Nights nearly 7 years ago, Robert is back at Swish for his sixth consecutive year. He is always excited to be here and playing his chilled out grooves that are perfect for your Smooth, Blues, Latin and West Coast Moves!

Tim Sant (TS)

Head of Dance Tim brings something new and fresh to the DJ circuit. Dragging out some Golden Oldies mixed in with the freshest new tracks certainly is an incredible combination. Tim loves the mix of R&B, House, Garage, Swing, together with the most notable hits of days gone by. He is at home in the Main Room as in the SILC Room and being such a talented dancer himself, he knows exactly what the dance floor needs.

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.

SILC ROOM (GALLERY LOUNGE)

IN THIS ROOM, SLOWER MUSIC IS GENERALLY PLAYED.

MUSICAL TASTES ARE DIVERSE, AND THE SILC SYLLABUS EMBRACES A WIDE RANGE OF GENRES AND INFLUENCES.

SILC PLAYLISTS WILL ALWAYS STAY IN THE SMOOTH

AND DOWN TEMPO REGION OF 90-115BPM

HOWEVER WITH SUCH A VERSATILE

DANCE CURRICULUM, EXPECT TO BE

CHALLENGED WITH A FULL RANGE OF

AURAL EXPERIENCES.



Classes At A Glance

Beginner Dancers

Beginners Class 1	SILC Room	Friday	4.00pm
Beginners Class 2	SILC Room	Saturday	10.00am
Beginners Class 3	SILC Room	Saturday	2.00pm
Beginners Class 4	SILC Room	Saturday	4.00pm
Beginners Class 5	SILC Room	Sunday	10.00am
Ceroc Classics	SILC Room	Sunday	11.00am
Ceroc X Part 1	SILC Room	Sunday	2.00pm
Ceroc X Part 2	SILC Room	Sunday	3.00pm

Intermediate Dancers

Party Starter Intro Class	Main Room	Friday	4.00pm
Keep it Close	Theatre	Saturday	10.00am
Body Control	Theatre	Saturday	11.00am
Funked Up	Main Room	Saturday	2.00pm
50 Shades	Theatre	Saturday	3.00pm
Burn The Floor	Main Room	Saturday	4.00pm
Behind the Back	SILC Room	Saturday	5.00pm
Smooth Links	Theatre	Sunday	10.00am
Ceroc 1-0-1	Main Room	Sunday	2.00pm
Block and Stops	Theatre	Sunday	3.00pm
Double Trouble	Main Room	Sunday	4.00pm
Ducks and Dips	Main Room	Sunday	5.00pm

Int. Plus / Advanced Dancers

Armography	Main Room	Saturday	10.00am
SalCeroc	Theatre	Saturday	2.00pm
Infinity	Main Room	Saturday	3.00pm
Whips and Scrolls	Theatre	Saturday	4.00pm
Hot New Moves	Main Room	Saturday	5.00pm
Smooth N Sassy	Main Room	Sunday	10.00am
Bump and Grind	Theatre	Sunday	11.00am
Dips and Tricks (Fixed Couples)	Theatre	Sunday	3.00pm

Classes At A Glance

Speciality Classes

SILC Step 1	Main Room	Saturday	11.00am
Rumba	Main Room	Saturday	12.00pm
Bachata	Theatre	Saturday	12.00pm
SILC Step 2	Main Room	Sunday	11.00am
Ballroom Tango	Main Room	Sunday	12.00pm
Salsa	Theatre	Sunday	12.00pm
West Coast Swing	Theatre	Sunday	2.00pm
Argentine Tango	Theatre	Sunday	4.00pm
SILC Step 3	Theatre	Sunday	5.00pm

Some Extra Information

50 Shades	Infuse your Ceroc and Blues dancing with musicality and personality
Bachata	A dance from the Dominican Republic with a three step hip motion followed by a tap
Body Control	Exploring different connection points e.g hands on hips, shoulders, arm to arm
Bump and Grind	Fun and funky freestyle friendly class
Burn The Floor	Adding distance for dynamism
Ceroc 1-0-1	Ceroc explained for confidence and understanding
Funked Up	Ceroc with Funky Styling
Infinity	Smooth Links Class
Party Starter Intro Class	Get into the spirit of this party weekend with Tim's Intermediate Routine
SalCeroc	Ceroc mixed with Salsa

A large, glowing blue triangle with the word "PRIZM" in white, bold, sans-serif capital letters inside it. The triangle is set against a cosmic background of swirling red and blue nebulae and a bright light source behind the Earth's horizon.

PRIZM

PRIZM II

ONE OF THE BIGGEST FREESTYLES IN HISTORY

3am Finish - 2 Room Freestyle

Headliner DJ's and incredible Venue

Book Online at www.cerocvision.com

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

SATURDAY 21ST MAY 2016



£10 before
£12 on the door

eclipse

saturday freestyle

Tonight there will be an Eclipse

Saturday 23 April, 23 July, 8 October 2016

Grays Civic Hall, Blackshots Lane, Grays, Essex, RM16 2JU (Sat Nav RM16 2LB)

8.00pm - 1.00am

GUEST TEACHERS AND DJ'S

Saturday 23 April 2016

Steve Thomas (Teacher) and Garry Turner (DJ) (Ceroc Kent)

Steve is one of the most experienced teachers in the country and was one of the first to qualify to teach the new SILC syllabus, he is now something of an expert. Garry has over nine years experience in DJ-ing for Ceroc and holds one of the largest music collections in the country, whether its modern, classic or SILC, Garry will deliver.

Saturday 23 July 2016

Tim Sant (Ceroc London)

Tim is the Head of Dance for the UK, a position he has held for years and you will only need to be taught by him for five minutes to understand why. Passionate, enthusiastic, amazingly talented and all round professional. Tim always delivers the hottest innovations in the world of Ceroc/SILC and in fact was the founder of this new dance style (with Kieran and Charlie - see below). Tim is also an exceptional DJ. It is a rare treat to have him visit us here in Essex, you really don't want to miss this.

Saturday 8 October 2016

Kieran Moore and Charlie Brownlee (Ceroc Vision)

Inspirational founders of SILC and highly talented teachers these two melt effortlessly into their dancing. Their lessons are jam packed full of vital information which will transform your dancing. Kieran is also one of the hottest DJ's and knows just what to play to keep the dance floor vibrant all night. These two are so in demand you will have to wait until October to see them, but make sure this date is in your diary.

MUSIC: Mix of CEROC Classics and SILC tracks

SILC Class at 8 15pm

Snacks Available

**Largest Sprung Dance Floor in Essex
with Bose Sound System**

Fully Licensed Bar and Free Parking

WHAT IS SILC?

The ground-breaking new dance syllabus dedicated to a vast and eclectic range of slow-tempo, contemporary music



**Book online or visit the Basildon
Chelmsford or Romford venues**

www.cerocromford.com 01634 240700



SWISH 2007



SWISH 2007



SWISH 2007



SWISH 2008



SWISH 2008



SWISH 2009



SWISH 2009



SWISH 2010



SWISH



SWISH 2011



SWISH 20

CELEBRATING SW *A weekend*

ING 10 YEARS

ISH

like no other



SWISH 2014



SWISH 2014



2010



SWISH 2012



SWISH 2012



SWISH 2014



SWISH 2013



SWISH 2015



2011



SWISH 2013



SWISH 2015

Friday 19 February 2016

TIME	MAIN ROOM	THEATRE	
4.00pm	Party Starter Intro Class (Intermediate) TS		
5.00pm		Welcome Party and Nu-Line Dance (Starting at 5.45pm)	
6.30pm	DINNER IS SERVED		
8.00pm		Live Singer - Michelle Batt	
8.30pm		Buzby (Freestyle Classics)	
9.00pm		Potters Theatre Company 'Cool Britannia'	
9.30pm			
10.00pm	Caine Langford (Ceroc Classics)		
10.30pm			
11.00pm	Paul Brooks (Ceroc Classics)		Silent Disco Grab a pair of headphones and join the party! (The Cube - Small Sports Hall)
11.30pm			
Midnight	Tim Sant (Ceroc Classics)		
12.30am			
1.00am	Dale St Rose (Ceroc Classics)		
1.30am			
2.00am			
2.30am			
3.00am			
3.30am			
4.00am			

Friday 19 February 2016

TIME	SILC ROOM	ACTIVITIES AND SPORTING PROGRAMME	
4.00pm	Beginners 1 (Beginners) AD	Live Singer - Bowlers Bar (2.00pm - 3.30pm)	
5.00pm			
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	Paul Brooks (SILC)		
10.30pm			
11.00pm	Robert Ellis (SILC)		
11.30pm			
Midnight	Kieran Moore (SILC)		Midnight Snack and Live Singer - Michelle Batt (Terrace Bar)
12.30am			
1.00am	Marc Forster (SILC)		
1.30am			
2.00am	Rachel Pears (SILC)		
2.30am			
3.00am	Dale St Rose (SILC)		
3.30am			
4.00am			

Saturday 20 February 2016

TIME	MAIN ROOM	THEATRE
8.30am 10.00am	BREAKFAST IS SERVED	
10.00am	Armography (Advanced) TS	Keep it Close (Intermediate) ST
11.00am	SILC Step 1 (Beginner to SILC) KC	Body Control (Intermediate) CD
12.00pm	Rumba (Beginners) ME	Bachata (Beginners) DR
12.30pm 1.30pm	LUNCH IS SERVED	
2.00pm	Funked Up (Intermediate) BS	SalCeroC (Intermediate Plus) BR
3.00pm	Infinity (Advanced) TS	50 Shades (Intermediate) MR
4.00pm	Burn The Floor (Intermediate) ST	Whips and Scrolls (Advanced) CL
5.00pm	Hot New Moves (Advanced) DR	
6.00pm		SWISH 10th ANNIVERSARY BUCKS FIZZ PARTY Live Singer, Birthday Cake and Photo Opportunity (5.45pm - 6.30pm)
6.30pm	DINNER IS SERVED	
8.00pm		Live Singer - Michelle Batt
8.30pm		Great Escapee Competition followed by Buzzy (Freestyle Classics)
9.00pm		Potters Theatre Company 'Frankies Guys'
9.30pm		
10.00pm		
10.30pm	Dale St Rose (CeroC Classics)	
11.00pm	Kieran Moore (CeroC Classics)	
11.30pm		Silent Disco Grab a pair of headphones and join the party! (The Cube - Small Sports Hall)
Midnight	Marc Forster (CeroC Classics)	
12.30am		
1.00am	Paul Brooks (CeroC Classics)	
1.30am		
2.00am		
2.30am		
3.00am		
3.30am		
4.00am		


Saturday 20 February 2016

TIME	SILC ROOM	ACTIVITIES AND SPORTING PROGRAMME
8.30am 10.00am	BREAKFAST IS SERVED	Karting Pre-book at Reception before 9.30am 10.00am - 12.30pm
10.00am	Beginners 2 (Beginners) GB	Laser Clays 10.00am - 12.30pm (Activity Field)
11.00am	Freestyle Dancing (All Dancers) PB	Archery 11.00am (Shooting Range)
12.00pm	SILC Practice Music (All Dancers) KC	Table Tennis Tournament 11.00am (Large Sports Hall)
12.30pm 1.30pm	LUNCH IS SERVED	Lunchtime Special 12.00pm (Terrace Bar)
2.00pm	Beginners 3 (Beginners) KT	Clay Pigeon Shooting Pre-book at Reception - £10.00 for 10 shots 2.00pm (Activity Field)
3.00pm	Freestyle Dancing (Swingers Hour) ME	Tai Chi 2.00pm (Upstairs Bowls near to the SILC room)
4.00pm	Beginners 4 (Beginners) AD	Air Rifle Shooting 3.00pm (Shooting Range)
5.00pm	Behind the Back (Intermediate) BS	Giant Swing Pre-book at Reception - max of 10 people 3.00pm (Outside)
6.00pm	Sack the DJ	Climbing Wall 4.00pm – 5.00pm (Large Sports Hall)
6.30pm	DINNER IS SERVED	Kurling 4.00pm (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	Tim Sant (SILC)	Midnight Snack and Live Singer - Michelle Batt (Terrace Bar)
10.30pm		
11.00pm	Paul Brooks (SILC)	
11.30pm		
Midnight	Mike Ellard (SILC)	
12.30am		
1.00am	Rachel Pears (SILC)	
1.30am		
2.00am	Robert Ellis (SILC)	
2.30am		
3.00am	Marc Forster (SILC)	
3.30am		
4.00am		

Sunday 21 February 2016

TIME	MAIN ROOM	THEATRE
8.30am 10.00am	BREAKFAST IS SERVED	
10.00am	Smooth N Sassy (Advanced) CL	Smooth Links (Intermediate) DR
11.00am	SILC Step 2 (Intermediate) KC	Bump and Grind (Intermediate Plus) MR
12.00pm	Ballroom Tango (Beginners) KT	Salsa (Beginners Plus) BR
12.30pm 1.30pm	LUNCH IS SERVED	
2.00pm	Ceroc 1-0-1 (Int) ST	West Coast Swing (Beginners) KC
3.00pm	Dips and Tricks (Fixed Couples) (Advanced) BR	Block and Stops (Intermediate) BS
4.00pm	Double Trouble (Intermediate) GB	Argentine Tango (Beginners) MR
5.00pm	Ducks and Dips (Intermediate) KT	SILC Step 3 (Advanced) KC
6.00pm		
6.30pm	DINNER IS SERVED (Bingo Sales will be on sale at reception between 1.00pm - 5.00pm)	
8.00pm		Bingo 'One Game Wonder' (Starts at 8.15pm)
8.30pm		Buzby (Freestyle Classics)
9.00pm		Potters Theatre Company 'Theatreland'
9.30pm		
10.00pm	Kieran Moore (Ceroc Classics)	
10.30pm		
11.00pm	Paul Brooks (Ceroc Classics)	
11.30pm		
Midnight	Tim Sant (Ceroc Classics)	
12.30am		
1.00am	Caine Langford (Ceroc Classics)	
1.30am		
2.00am		
2.30am		
3.00am		
3.30am		
4.00am		

Sunday 21 February 2016

TIME	SILC ROOM	ACTIVITIES AND SPORTING PROGRAMME
8.30am 10.00am	BREAKFAST IS SERVED	<p>Segway Challenge Pre-book at Reception before 9.30am 10.00am - 12.30pm (Large Sports Hall)</p> <p>Air Rifle Shooting 11.00am (Shooting Range)</p> <p>Short Volleyball 11.00am (Squash Courts) (Located next to the SILC Room)</p> <p>Zumba 12.00pm (Small Sports Hall)</p> <p>Lunchtime Special 12.00pm (Terrace Bar)</p> <p>Pilates 2.00pm (Upstairs Bowls near to the SILC room)</p> <p>Badminton Tournament 2.00pm (Large Sports Hall)</p> <p>Team Olympics 3.00pm (Small Sports Hall)</p> <p>Afternoon Quiz - General Knowledge 4.00pm (Terrace Bar)</p> <p>Kurling 4.00pm (Small Sports Hall)</p>
10.00am	Beginners 5 (Beginners) PB	
11.00am	Ceroc Classics (Beginners Plus) AD	
12.00pm	SILC Practice Music (All Dancers) KC	
12.30pm 1.30pm	LUNCH IS SERVED	
2.00pm	Ceroc X Part 1 (Beginners Plus) AD	
3.00pm	Ceroc X Part 2 (Beginners Plus) AD	
4.00pm	Freestyle (Motown and Soul Funk Hour) KM	
5.00pm	Freestyle Dancing (All Dancers) DR	
6.00pm	Sack the DJ	
6.30pm	DINNER IS SERVED	
8.00pm	<p>Sack the DJ YOUR TURN to come and try your hand at DJing</p>	
8.30pm		
9.00pm		
9.30pm		
10.00pm	Tim Sant (SILC)	
10.30pm		
11.00pm	Dale St Rose (SILC)	
11.30pm		
Midnight	Robert Ellis (SILC)	
12.30am		
1.00am	Kieran Moore (SILC)	<p>Midnight Snack - Bacon Rolls (Served in the Bowlers Bar by the main room)</p> 
1.30am		
2.00am	Rachel Pears (SILC)	
2.30am		
3.00am	Marc Forster (SILC)	
3.30am		
4.00am		

OPTIONS FOR ONE PERSON

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard Bungalow	£255	B1	
Bungalow Plus	£275	BP1	
Hotel Premier	£319	H1	

OPTIONS FOR TWO PEOPLE

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard TWIN Bungalow	£245	B2T	Twin Beds
Standard DOUBLE Bungalow	£245	B2D	Double Bed
Bungalow Plus TWIN	£265	BP2T	Twin Beds
Bungalow Plus DOUBLE	£265	BP2D	Double Bed
Hotel Premier	£309	H2	Double or Twin Available (please specify)
Hotel Deluxe	£319	D2	Double or Twin Available (please specify)
Four Poster Room	£329	F2S	Double Only
Four Poster Suite	£349	F2L	Double Only
Hotel Penthouse	£359	P2	Double Only

OPTIONS FOR THREE PEOPLE

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard Bungalow	£235	B3	Two Bedrooms with One Bathroom
Bungalow Plus	£255	BP3	Two Bedrooms with One Bathroom
Hotel Premier	£299	H3	3 Single Beds in One Bedroom with One Bathroom
Hotel Deluxe	£309	D3	3 Single Beds in One Bedroom with One Bathroom

OPTIONS FOR FOUR PEOPLE

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard Bungalow TWIN	£225	B4T	2 Bedrooms (Twin Beds in both rooms) with 2 Bathrooms
Standard Bungalow DOUBLE and TWIN	£225	B4D	2 Bedrooms (Double Bed in first room and Twin Beds in second room) with 2 Bathrooms
Bungalow Plus TWIN ONLY	£245	BP4T	2 Bedrooms both with Twin Beds and 2 Bathrooms
Bungalow Plus DOUBLE and TWIN	£245	BP4D	2 Bedrooms (Double Bed in first room and Twin Beds in second room) with 2 Bathrooms
Hotel Penthouse	Penthouse £359	P4	Penthouse Room with Interconnecting Premier Twin Room for 4 People
	Premier £309		

OPTIONS FOR FIVE PEOPLE

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Bungalow Plus Single Beds	£235	BP5	5 Single Beds

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 1st May 2016

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 2016
We hope that you had an enjoyable Escape and that we see you all next year!

www.ceroc.com/swish