

5\* Holiday  
Resort Status



# SWISH

*a weekend like no other*

**Friday 17th February - Monday 20th February 2017**

Welcome to **SWISH 2017!** If this is your very first time experiencing this particular weekender, we wish you a very warm welcome and we hope that you thoroughly enjoy the Swish experience. For those of you returning, 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.

During the weekend we will be laying down the 'Swish Challenge' (see separate flyer). We also have a new addition to the sporting line-up where on Saturday afternoon you can try and beat 'The Sweeper'.

Each evening 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 too.

Saturday night will be an optional smart dress evening (suits and dresses) with a Bucks Fizz reception before 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 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 and Jacuzzi.


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, Gaming Machines and Techno Gym.

## Bucks Fizz Reception

Please join us in the Theatre on Saturday afternoon at 5.45pm for our Bucks Fizz Reception, with an additional show by the 'Doo Waps' between 6.00pm - 6.30pm (*see further details under the Potters Theatre Company*).

## 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 2017

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 and Tango practice music after the relevant classes where the schedule permits.

Please check the schedule for details.

## Nu-Line Dance

Don't forget to come and join us on Friday evening at 5.45pm to learn this years 'Nu Line - Line Dance' with Tim Sant.

## Re-Booking Swish

To rebook this event for 16th – 19th February 2018 at this year's prices (before 28th 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](http://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.



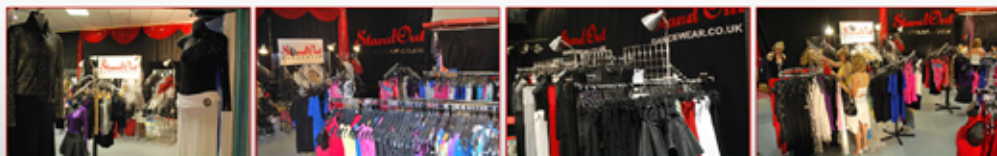




**STANDOUT DANCEWEAR** WILL BE PRESENT AT SWISH OFFERING THE LATEST COLLECTION OF SHOES AND DANCE CLOTHING. MANY OF THE LINES ARE REALLY POPULAR, SO MAKE SURE YOU COME EARLY TO GET A FULL CHOICE!  
**MOST MAJOR CREDIT / DEBIT CARDS ARE ACCEPTED, ALONG WITH CASH.**

### OPENING HOURS

**FRIDAY 17TH FEBRUARY - 3.00PM - 10.00PM**  
**SATURDAY 18TH FEBRUARY - 10.30AM - 7.00PM**  
**SUNDAY 19TH FEBRUARY - 10.30AM - 4.00PM**



**WWW.STANDOUTDANCEWEAR.CO.UK**

# 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 2017 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.

**www.cerocchamps.com**

# Potters Theatre Company

## FRIDAY AT 9.00PM - COOL BRITANNIA

'Cool Britannia' pays tribute to some of the best British music from the swingin' sixties, right up to today. We've all grown up with the soundtrack of each decade and with 50 all-time classic British songs, Potters Theatre Company bring to life classic musical moments.

## SATURDAY AT 6.00PM - DOO WOPS

From Roy Orbison to The Supremes. Iconic tunes you know and love, performed in the timeless fashion of 'Doo-Wop' by three of the theatre companies biggest talents. Sit back and relax as the fellas take you on a trip down memory lane for some toe tappin' feel good fun.

## SATURDAY AT 9.00PM - NEVER FORGET

Celebrating the music of Take That, Never Forget features all the big hits, including Pray, Everything Changes and Relight My Fire, to modern day classics, Shine and Greatest Day. The group is celebrating its 25th anniversary in 2017 and this show features the iconic costumes from the boy band and a special nod to the one and only Robbie Williams.

## SUNDAY AT 9.00PM - A NIGHT AT THE MOVIES

From the early days of silent movies to today's multi-million dollar blockbusters, there's always been a soundtrack to accompany the greatest films of all time. So, what better way to bring some of these classic cinematic moments to life than live on stage in a show featuring magical movie moments, from the classic days of Hollywood musicals to modern soundtracks?

the  
CUBE

SILENT  
*Disco*

FRIDAY & SATURDAY NIGHT

(Small Sports Hall)

11.30pm to 1.00am

Grab a pair of headphones and  
choose from two music channels to  
freestyle too and join in the party!



# Teachers at Swish 2017



## **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.



## **Becki Rendell and Dean David (BD)**

Full of life and laughter Becki brings an enjoyable energy to her classes. With nearly two decades of dance experience ranging from Ceroc to Salsa, Becki has competed, taught and performed internationally. Dean has been dancing for over 15 years. He is a gymnast, Salsa, ChaCha and Bachata dancer. Becki and Dean have been teaching and performing together for the past three and a half years and was recently placed 1st in the Showcase category at the Welsh Champs.



## **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 four 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.



## **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 ten 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 19 years combined teaching experience these two are well equipped to run Swish. They also look after the Ceroc Cruise holidays which they have done for the last few years. 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.



## **Jo Easterbrook (JE)**

Ceroc Horsham 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 has won three competition golds. Jo will be partnering Tim Sant this weekend and will also be looking after some of our beginner dancers.



## **Karen and Joe Toko (KT)**

Karen, is one of the organisers for the Swish event. Since joining Ceroc 20 years ago, Karen, with husband Joe, has taught at all the major Ceroc events on the circuit, their speciality being Seducers and they will be showing you some of their favourites this weekend. Karen is also a top choreographer winning the team cabaret category at the Ceroc Champs six times over.

# Teachers at Swish 2017



## **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 co-founders of SILC. 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 tenth 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.



## **Mike and Linda Ellard (ME)**

Mike is Ceroc's longest serving Ceroc teacher with an amazing 35 years teaching experience so he should be able to teach you a thing or two. Mike's classes along with Linda are light hearted and fun and if you are new to Ballroom and Latin but fancy giving it a try, join him just before lunchtime on Saturday for a taster session in the Waltz.



## **Phil and Alex Motley (PA)**

Phil & Alex have been teaching Ceroc in Middlesbrough for 16 years, where they are best known for their monthly "Challenging Tuesday" classes.

Phil & Alex have taught regularly at Ceroc weekenders and are most widely known for winning numerous competitions with their spectacular showcase routines; 'The Way You Make Me Feel – aka Bob the Builder', 'Mary Poppins' and 'Night Fever'.



## **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 Rochester Freestyles and has taught at more weekenders than anyone else. He has recently taken over the Ceroc Greenwich evenings taking place on a Tuesday.

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. Above all, he's a big softie and so approachable. Don't be nervous and make sure you grab him for a dance before the end of the weekend!

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 2017



## **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 11 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.



## **Brett Stewart (BS)**

Brett has been teaching and dancing with Ceroc for over eight years and his love for dance flows through to his music. If you were to ask Dorset dancers they would tell you his music is a great playlist on shuffle.



## **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. He can 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 over 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 tracks this weekend in the SILC Room.



# DJs at Swish 2017



## **Paul Brooks (PB)**

Paul has been DJing for Ceroc for over 17 years. He started in Kent, then Surrey and now at home with Ceroc 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 five 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 eight years ago, Robert is back at Swish for his seventh 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!



## **Sheena Assiph (SA)**

Sheena, aka Tiggerbabe has been a Teacher and DJ for Ceroc Scotland for over 11 years. With so much enthusiasm and bounce, Tiggerbabe, can barely stop moving and is often found bouncing behind the decks, playing top tunes at all Ceroc weekenders, MedFest and the Ceroc Cruise.



## **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. 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.

# Classes at a Glance



## Beginner Dancers



- Beginners Class 1
- Beginners Class 2
- Beginners Class 3
- Beginners Class 4
- Beginners Class 5



- Ceroc 1-0-1
- Ceroc Classics
- Ceroc X

SILC Room	Friday	4.00pm
SILC Room	Saturday	10.00am
SILC Room	Saturday	2.00pm
SILC Room	Saturday	4.00pm
SILC Room	Sunday	10.00am
Theatre	Sunday	12.00pm
SILC Room	Sunday	2.00pm
SILC Room	Sunday	3.00pm

## Intermediate Dancers



- Hot New Moves
- Fancy Feet
- SalCeroc
- Classic Change Up
- Pick N Mix



- Neo Blues
- Double Trouble
- Repertoire Enhancer
- Intro to Seducers
- Blocks and Stops
- Work the Floor

Main Room	Friday	4.00pm
Theatre	Saturday	10.00am
Theatre	Saturday	11.00am
Theatre	Saturday	3.00pm
Main Room	Saturday	4.00pm
Main Room	Saturday	5.00pm
Main Room	Sunday	10.00am
Theatre	Sunday	10.00am
Theatre	Sunday	3.00pm
Main Room	Sunday	4.00pm
Main Room	Sunday	5.00pm

## Int. Plus / Adv. Dancers



- A Good Whipping
- Coil and Release
- Dips and Tricks
- Tangled



- Slick and Sassy
- Hot New Moves
- Baby Aerials

Main Room	Saturday	10.00am
Main Room	Saturday	2.00pm
Main Room	Saturday	3.00pm
Theatre	Sunday	11.00am
Theatre	Sunday	2.00pm
Main Room	Sunday	3.00pm
Theatre	Sunday	5.00pm





# Classes at a Glance

## Speciality Classes

11.00am	Main Room	Saturday
12.00pm	Main Room	Saturday
12.00pm	Theatre	Saturday
2.00pm	Theatre	Saturday
4.00pm	Theatre	Saturday
11.00am	Main Room	Sunday
12.00pm	Main Room	Sunday
2.00pm	Main Room	Sunday
4.00pm	Theatre	Sunday

A class containing moves using the 'whip' technique

A dance from the Dominican Republic with a three step hip motion followed by a tap

Blues and Tango blended together

Ceroc explained for confidence and understanding

Using frame to create fast rotations for the lady

Classic moves that change halfway through

Ceroc to Blues

Ceroc mixed with Salsa

Moves that make you think... how did I end up here?

Essential travelling moves

SILC Step 1

Waltz

Bachata

Beginners to Blues

Beginners Tango

SILC Step 2

Cha Cha

SILC Step 3

Blango



## Some Extra Information

A Good Whipping

Bachata

Blango

Ceroc 1-0-1

Coil and Release

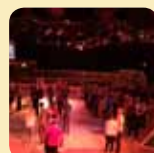
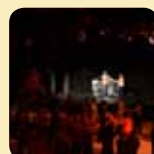
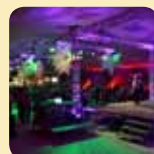
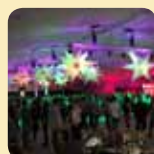
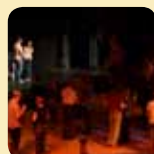
Classic Change Up

Neo Blues

SalCeroc

Tangled


Work the Floor



# Friday 17 February 2017

TIME	MAIN ROOM	THEATRE
4.00pm	<b>Hot New Moves Ice Breaker</b> (Intermediate) TS	
5.00pm		<b>Welcome Party and Nu-Line Dance</b> (Starting at 5.45pm)
6.30pm	DINNER IS SERVED	
8.00pm		<b>Potters Live Singer</b>
8.30pm		<b>Buzby</b> (Freestyle Classics)
9.00pm		<b>Potters Theatre Company ‘Cool Britannia’</b>
9.30pm		
10.00pm	<b>Paul Brooks</b> (Ceroc Classics)	
10.30pm		
11.00pm	<b>Kieran Moore</b> (Ceroc Classics)	
11.30pm		
Midnight	<b>Sheena Assiph</b> (Ceroc Classics)	
12.30am		
1.00am	<b>Brett Stewart</b> (Ceroc Classics)	
1.30am		
2.00am		
2.30am		
3.00am		
3.30am		
4.00am		



TIME	SILC ROOM	ACTIVITIES AND SPORTING PROGRAMME
4.00pm	<b>Beginners 1</b> (Beginners) AD	<b>Live Singer</b> - Bowlers Bar (2.00pm - 3.30pm)
5.00pm		
6.30pm	DINNER IS SERVED	
8.00pm	<b>Sack the DJ</b> YOUR TURN to come and try your hand at DJing	
8.30pm		
9.00pm		
9.30pm		
10.00pm	<b>Robert Ellis</b> (SILC)	
10.30pm		
11.00pm	<b>Dale St Rose</b> (SILC)	
11.30pm		
Midnight	<b>Paul Brooks</b> (SILC)	<b>Midnight Snack and Live Singer</b> (Terrace Bar)
12.30am		
1.00am	<b>Mike Ellard</b> (SILC)	
1.30am		
2.00am	<b>Rachel Pears</b> (SILC)	
2.30am		
3.00am	<b>Marc Forster</b> (SILC)	
3.30am		
4.00am		

# Saturday 18 February 2017

TIME	MAIN ROOM	THEATRE
8.30am 10.00am	BREAKFAST IS SERVED	
10.00am	<b>A Good Whipping</b> (Advanced) TS	<b>Fancy Feet</b> (Intermediate) PA
11.00am	<b>SILC Step 1</b> (Intermediate) KC	<b>SalCeroC</b> (Intermediate) BD
12.00pm	<b>Waltz</b> (Beginners) ME	<b>Bachata</b> (Beginners) DR
12.30pm 1.30pm	LUNCH IS SERVED	
2.00pm	<b>Coil and Release</b> (Advanced) TS	<b>Beginners to Blues</b> (Beginners) MR
3.00pm	<b>Dips and Tricks</b> (Advanced) BD	<b>Classic Change Up</b> (Intermediate) BS
4.00pm	<b>Pick N Mix</b> (Intermediate) PA	<b>Beginners Tango</b> (Beginners) MR
5.00pm	<b>Neo Blues</b> (Intermediate) ST	
6.00pm		<b>BUCKS FIZZ PARTY</b> Sit back and relax and enjoy watching the 'Doo Wops' (5.45pm - 6.30pm)
6.30pm	<b>DINNER IS SERVED</b>	
8.00pm		<b>Potters Live Singer</b>
8.30pm		<b>Great Escapee Competition</b> followed by <b>Buzby</b> (Freestyle Classics)
9.00pm		<b>Potters Theatre Company 'Never Forget'</b>
9.30pm		
10.00pm		
10.30pm	<b>Brett Stewart</b> (CeroC Classics)	
11.00pm	<b>Paul Brooks</b> (CeroC Classics)	
11.30pm		<b>Silent Disco</b> Grab a pair of headphones and join the party! (The Cube - Small Sports Hall)
Midnight	<b>Tim Sant</b> (CeroC Classics)	
12.30am		
1.00am	<b>Dale St Rose</b> (CeroC Classics)	
1.30am		
2.00am		
2.30am		
3.00am		
3.30am		
4.00am		





# Saturday 18 February 2017

TIME	SILC ROOM	ACTIVITIES AND SPORTING PROGRAMME
8.30am 10.00am	<b>BREAKFAST IS SERVED</b>	<b>Karting</b> Pre-book at Reception before 9.30am 10.00am - 12.30pm
10.00am	<b>Beginners 2</b> (Beginners) GB	<b>Laser Clays</b> 10.00am - 12.30pm (Activity Field)
11.00am	<b>Freestyle Dancing</b> (All Dancers) PB	<b>Archery</b> 11.00am (Shooting Range)
12.00pm	<b>SILC Practice Music</b> (All Dancers) KC	<b>Badminton Tournament</b> 11.00am (Large Sports Hall)
12.30pm 1.30pm	<b>LUNCH IS SERVED</b>	<b>Lunchtime Special</b> 12.00pm (Terrace Bar)
2.00pm	<b>Beginners 3</b> (Beginners) AD	<b>Zumba</b> 12.00pm (Small Sports Hall)
3.00pm	<b>Freestyle Dancing (Swingers Hour)</b> SA	*****
4.00pm	<b>Beginners 4</b> (Beginners) PB	<b>Wipeout / Sweeper</b> 2.00pm - 5.00pm (Small Sports Hall)
5.00pm	<b>Tango Practice Music</b> (All Dancers) MR	*****
6.00pm	<b>Sack the DJ</b>	<b>Clay Pigeon Shooting</b> Pre-book at Reception - £10.00 for 10 shots 2.00pm (Activity Field)
6.30pm	<b>DINNER IS SERVED</b>	<b>Tai Chi</b> 2.00pm (Upstairs Bowls near to the SILC room)
8.00pm	<b>Sack the DJ</b> YOUR TURN to come and try your hand at DJing	<b>Air Rifle Shooting</b> 3.00pm (Shooting Range)
8.30pm		<b>Giant Swing</b> Pre-book at Reception - max of 10 people 3.00pm - 4.00pm (Outside)
9.00pm		<b>Climbing Wall</b> 3.00pm - 5.00pm (Large Sports Hall)
9.30pm		<b>Midnight Snack and Live Singer</b> (Terrace Bar)
10.00pm	<b>Tim Sant</b> (SILC)	 
10.30pm	<b>Kieran Moore</b> (SILC)	
11.00pm	<b>Sheena Assiph</b> (SILC)	
11.30pm	<b>Robert Ellis</b> (SILC)	
Midnight	<b>Marc Forster</b> (SILC)	
12.30am	<b>Rachel Pears</b> (SILC)	
1.00am		
1.30am		
2.00am		
2.30am		
3.00am		
3.30am		
4.00am		

# Sunday 19 February 2017

TIME	MAIN ROOM	THEATRE
8.30am 10.00am	BREAKFAST IS SERVED	
10.00am	<b>Double Trouble</b> (Intermediate) GB	<b>Repertoire Enhancer</b> (Intermediate) ST
11.00am	<b>SILC Step 2</b> (Intermediate Plus) KC	<b>Tangled</b> (Advanced) BS
12.00pm	<b>Cha Cha</b> (Beginners) KT	<b>Ceroc 101</b> (Beginners Plus) ST
12.30pm 1.30pm	LUNCH IS SERVED	
2.00pm	<b>SILC Step 3</b> (Advanced) KC	<b>Slick and Sassy</b> (Advanced) PA
3.00pm	<b>Hot New Moves</b> (Advanced) ST	<b>Intro to Seducers</b> (Intermediate) KT
4.00pm	<b>Blocks and Stops</b> (Intermediate) BS	<b>Blango</b> (Beginners) MR
5.00pm	<b>Work the Floor</b> (Intermediate) AD	<b>Baby Aerials</b> (Advanced - Fixed Couples) BD
6.00pm		
6.30pm	DINNER IS SERVED (Bingo Sales will be on sale at reception between 1.00pm - 5.00pm)	
8.00pm		<b>Bingo</b> 'One Game Wonder' (Starts at 8.15pm)
8.30pm		<b>Buzby</b> (Freestyle Classics)
9.00pm		<b>Potters Theatre Company</b> <b>'A Night at the Movies'</b>
9.30pm		
10.00pm	<b>Kieran Moore</b> (Ceroc Classics)	
10.30pm		
11.00pm	<b>Tim Sant</b> (Ceroc Classics)	
11.30pm		
Midnight	<b>Paul Brooks</b> (Ceroc Classics)	
12.30am		
1.00am	<b>Sheena Assiph</b> (Ceroc Classics)	
1.30am		
2.00am		
2.30am		
3.00am		
3.30am		
4.00am		

# Sunday 19 February 2017

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



# Swish Prices 2018

PRICE FREEZE  
UNTIL THE  
END OF FEB '17

## OPTIONS FOR ONE PERSON

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard Bungalow	£279	B1	
Bungalow Plus	£289	BP1	
Hotel Premier	£349	H1	

## OPTIONS FOR TWO PEOPLE

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard TWIN Bungalow	£269	B2T	Twin Beds
Standard DOUBLE Bungalow	£269	B2D	Double Bed
Bungalow Plus TWIN	£279	BP2T	Twin Beds
Bungalow Plus DOUBLE	£279	BP2D	Double Bed
Hotel Premier	£339	H2	Double or Twin Available (please specify)
Hotel Deluxe	£349	D2	Double or Twin Available (please specify)
Four Poster Room	£359	F2S	Double Only
Four Poster Suite	£379	F2L	Double Only
Hotel Penthouse	£389	P2	Double Only

## OPTIONS FOR THREE PEOPLE

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard Bungalow	£249	B3	Two Bedrooms with One Bathroom
Bungalow Plus	£259	BP3	Two Bedrooms with One Bathroom
Hotel Premier	£325	H3	3 Single Beds in One Bedroom with One Bathroom
Hotel Deluxe	£335	D3	3 Single Beds in One Bedroom with One Bathroom

## OPTIONS FOR FOUR PEOPLE

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Standard Bungalow TWIN	£245	B4T	2 Bedrooms (Twin Beds in both rooms) with 2 Bathrooms
Standard Bungalow DOUBLE and TWIN	£245	B4D	2 Bedrooms (Double Bed in first room and Twin Beds in second room) with 2 Bathrooms
Bungalow Plus TWIN ONLY	£255	BP4T	2 Bedrooms both with Twin Beds and 2 Bathrooms
Bungalow Plus DOUBLE and TWIN	£255	BP4D	2 Bedrooms (Double Bed in first room and Twin Beds in second room) with 2 Bathrooms
Hotel Penthouse	Penthouse £389	P4	Penthouse Room with Interconnecting Premier Twin Room for 4 People
	Premier £339		

## OPTIONS FOR FIVE PEOPLE

ACCOMMODATION TYPE	PRICE	REFERENCE CODE	EXTRA INFORMATION
Bungalow Plus Single Beds	£239	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**



**Sunday 30th April 2017**

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](http://www.cerocchamps.com)**



A sincere thank you from Ceroc and all at Potters Resort for attending Swish 2017.  
We hope that you had an enjoyable Escape and that we see you all next year!

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

