Zumba Sunblast in Calpe

Experience Fitness with Zumba® in the stunning resort of Calpe. George Martini and his team offer a full programme of fitness and well-being including Zumba® and a lot of fun in the Spanish sunshine.

Dates and Prices	7 June to 14 June - £829.00
Unique Features	Spend a revitalising week immersed in a full programme of fitness and well-being including Zumba® in the Spanish sunshine. You'll enjoy a high-energy daily schedule of classes with George Martini and friends, including Zumba®, Aqua Zumba and more. It doesn't end there, you'll also get time to enjoy the local beaches, sample the cuisine and dance the night away in a social group of like-minded people with a lot of fun! George's enthusiasm, charisma, fun and inclusive teaching method will ensure that you experience a memorable week with as much Zumba as you can handle as well as some great nights out. Your holiday, including all dance and fitness classes, takes place in the four star Hotel AR Diamante Beach, situated on Levante Beach and with three swimming pools, fitness centre, spa and a choice of restaurants and bars.
Your Holiday	
What's Included	ı A full programme of classes in Zumba® and Aqua-Zumba led by course director George Martini ı Additional speciality classes with local teachers ı Programme of evening entertainment with dancing, including fun salsa nights ı return flights from London Gatwick* (other airports are available at a supplement) ı Return shuttle transfer from Alicante Airport ı 7 nights' half board accommodation at the four star Hotel AR Diamante Beach, situated on Levante Beach and with three swimming pools, fitness centre, spa and a choice of restaurants and bars ı Time to relax and enjoy the beach, pool and local sights ı Welcome drink & orientation pack on arrival NB: Price is based on twin share accommodation.
What previous Customers Have Said about this Holiday	"I just want to say thank you, the holiday was amazing. The teachers and hosts were fantastic and so helpful. Well done to you guys for a great holiday, we thoroughly enjoyed it - the hotel and spa was great and food was good. Can't wait for the next one!" "I met so many great people and returned home feeling truly revitalised!" "An amazing week. The choice of classes was excellent and the venue so accommodating. It was great to be able to dip in and out of the class schedule and the evenings were fantastic fun"
Is this holiday for me?	Yes! This is an ideal holiday for newcomers to dance or fitness, regardless of ability. A true Mind, Body and Soul retreat jam-packed with classes in dance, fitness and well-being. Zumba® Fitness is a Latin-inspired dance and fitness craze currently sweeping the UK's dance studios, combining international music and contagious steps to form an addictive "fitness-party". On this holiday you can not only learn Zumba® but participate in additional classes in Aqua Zumba, Salsa, Bachata and much, much more as well as enjoy a lively social week in the sun. A fun, dance-based workout combined with sunshine, culture, good friends, food and entertainment. George Martini's enthusiasm, charisma and fun, inclusive teaching method will ensure that you experience a memorable week with as much Zumba as you can handle as well as some great nights out.
Your Destination, includes sightseeing	Located on the central Eastern coastline, Spain’s Costa Blanca is a popular destination for tourists who arrive every summer to take advantage of the warm climate, sun-drenched beaches, laid-back lifestyle and lively evening culture. Calpe is situated approximately 60km from Alicante airport. With around 13.000 inhabitants, this unassuming former fishing village has become a popular resort. A distinguishing feature of the town is the “Penon

	de Ifach", an imposing rock which rises from the sea and creates a unique landscape for this coastal resort. Calpe's two main beaches, the Cantal Roig and the Playa Arenal, are renowned for their long stretches of fine sand and clear waters, perfect for swimming and also popular with surfers. Protection from the wind by surrounding mountains means that the town's beaches generally remain warm and the sea calm. The port comes alive in the afternoon as the daily catch makes its way inland and diners are invited to sample the fresh local seafood for dinner in one of the many restaurants surrounding the harbour. As well as a good choice of restaurants serving local specialities (the Valencian Paella is a must-try!), there is a good selection of international dining choices including Argentinian, Italian and other European cuisine. Calpe boasts some fantastic bars and clubs playing a wide range of live music including Flamenco bars and karaoke pubs which remain open until the early hours of the morning. For a wilder evening, Benidorm is just 20 minutes by bus. Shopping in Calpe offers the usual traditional local handicrafts such as wickerwork, ceramics and leather goods, as well as a wide assortment of souvenirs jewellery and trinkets.
Climate and weather	Calpe is located on the Costa Blanca on Spain's Mediterranean coast and the climate is always mild with a high quota of yearly sunshine.
Your Accommodation	Diamante Beach - Hotel**** (Half Board) (Included) The AR Diamante Beach Spa is located on the Levante beach in the town of Calpe, a stunning location on the Costa Blanca in Spain's Alicante province. The hotel's unique style is characterised by its spectacular glass facade that lends an impressive source of natural illumination to the carefully designed interior. There are no less than three outdoor pools, surrounded by attractive terraces dotted with palm trees and just a few steps from the seashore. The locally-renowned, modern Spa is one of the best on the Costa Blanca and has an additional indoor pool with water features as well as Turkish baths, sauna and an array of treatments. It has been totally renovated and opned to the public again in May 2013. There is also a gym and access to a nearby golf course. Dining options include two a la carte restaurants serving local and international cuisine, a buffet restaurant, cafeteria and piano bar. All 283 double rooms are attractively decorated and have large balconies, air conditioning, safe, wi-fi internet connection and private facilities and hairdryer.
Classes and Workshops	You'll enjoy a full schedule of Zumba and related classes, comprising of at least twelve hours. You'll be completely immersed in the fun ethic of Fitness and Zumba in Calpe with a wide range of related dance and fitness classes which include: Zumba Fitness® The only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. Zumba Fitness classes will form the basis of the holiday. Additional classes on offer include: Aqua Zumba® Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. and more... All the classes will take place within the hotel
The Learning Experience	Our schedule includes as much Zumba as possible! So you can get the most of the holiday we also offer related classes including Aqua Zumba and much more.

There is no "Beginner", "Intermediate" or "Advanced" in Zumba; it is open to everyone and everyone can benefit from its infectious party atmosphere and great fitness advantage!

All classes will take place within the hotel.

Daily Itinerary

The thing our customers love about us is that we give them the option of dipping in and out of lessons as they please! You'll be immersed in an action packed mind, body and soul getaway - but only if you want to. You can plan your classes to your day and interests, according to what suits you. You may want to attend all classes or want that little free time in your day to indulge, either way it's your choice!

The sample provisional itinerary below aims to give you an idea of what your holiday will look like. There will be some elements which will change:

DAY 1
Arrive at Alicante Airport and transfer to the 4* Hotel AR Diamante Beach
Dinner in the hotel followed by welcome evening - dancing until late into the night

DAY 2
Morning Zumba classes

Aqua Zumba
Free time to explore the local area, spend time on the beach or use the hotel facilities

Afternoon Zumba classes

Dinner in the hotel followed by dancing at a local venue

DAY 3
Morning Zumba classes

Aqua Zumba
Free time to explore the local area, spend time on the beach or use the hotel facilities

Afternoon Zumba classes

Dinner in the hotel followed by dancing at a local venue

DAY 4
Morning Zumba classes

Free time to explore the local area, spend time on the beach or use the hotel facilities

Afternoon Salsa class

Dinner in the hotel followed by dancing at a local venue

DAY 5
optional excursion
Free time to explore the local area, spend time on the beach or use the hotel facilities
Dinner in the hotel

DAY 6
Morning Zumba classes

Aqua Zumba
Free time to explore the local area, spend time on the beach or use the hotel facilities

Afternoon Zumba classes
Dinner in the hotel followed by dancing at a local venue

DAY 7
Morning Zumba classes
Farewell classes in the afternoon

Dinner in the hotel followed by farewell party with dancing late into the night

DAY 8

	Transfer to Alicante Airport for your return flight
Nightlife	There's something for everyone in Calpe! It's a typically Spanish resort with a late-night tapas, bar and music culture. You'll always have an option! Or you can feel free to visit some of the best local venues with our teacher and tour host who will teach you a few informal Salsa moves and ensure you have a great evening of dancing and socialising.
Your Teachers	We work with some of the UK's best known instructors, all of whom carry the official Zumba qualification as well as qualifications in Masala Bhangra and Salsa and have many years' experience in dance and fitness instruction. Your host and teacher in Calpe will be George Martini George Martini George is a an extremely popular and experienced figure in the Zumba world and his enthusiasm, professionalism, charisma and inclusive teaching mean he is always in demand. George teaches and hosts on all of our UK dance and fitness breaks and is qualified in Zumba, Aqua Zumba, Zumbatomic, Masala Bhangra and more and runs his own company providing salsa classes for school children. George has always been passionate about Latin dance and fitness and his infectious style has won him many fans in his hometown of Oxford and throughout the UK.
Food and Meals	You will be spoilt for choice in Calpe as it boasts many modern and traditional Spanish restaurants with freshly caught seafood - a speciality. International cuisine, including Italian and Chinese, are also available so it's just a matter of deciding what you want!
Optional Extras	
Single Room Supplements, Upgrades and Budget Options	Option 1 - Included Diamante Beach - Hotel**** Half Board - (07/06/2020 to 14/06/2020 - 7 nights) Double Room (1 Person) 154.00 GBP Double Room (Based on 2 sharing) Included Twin Room (Per Room) Included Twin/Double Room (Single occupation) (Per Room) 154.00 GBP Extra Nights Double Room (Based on 1 sharing) 90 GBP per night Double Room (Based on 2 sharing) 120 GBP per night Junior Suite (Per Room) 250 GBP per night Twin Room (Per Room) 120 GBP per night Twin/Double Room (Single occupation) (Per Room) 90 GBP per night
Flights and Transfers	Flights: Flights included from London Gatwick*. Other airports are available at a supplement. **For bookings made within 8 weeks prior to departure, supplements may apply for ALL airports including Gatwick. Please get in touch for an acurate quote at time of booking.* Which airport? The nearest airport to Calpe is Alicante. From Alicante it takes approximately one hour by bus. Airport Coach Transfer: Transfers are included on the holiday dates - 7th and 14th June
Making you own way to the hotel for ground only package	Return shuttle transfers are included from Alicante airport on the start date and end date of the holiday. Should your flight be arriving on a different day you can take a taxi from Alicante airport for approximately €110 or ask us for more options.

What to Expect in terms of Organisation	You'll be collected from the airport and taken to the hotel as part of the service. There'll be a group meeting and drinks on the first evening which will be your opportunity to learn about the classes, meet your instructors and others on the holiday. You'll have a fantastic tour host looking after the group so you don't need to worry about the local knowledge, sunbathing hotspots or best restaurants. Your host will let you know the best places to be so you can make the most of every minute! Overview of the Week and Welcome Drink: At the beginning of the week there is an Overview of the Week where your tour host will tell you about all details of your holiday. Also at the start of the week, Dance Holidays will invite you to be our guest to a drink. Getting Around: You are responsible for making your own way to the dance classes and meeting points on the itinerary. Free time: We encourage you to explore the local area and make use of the excellent hotel facilities. This can be done when you please around the activities and dance classes that we have organized for you. Your tour host will be on hand for any queries you may have about the local area.
Before Your Go	Insurance, Visa and Passport Requirements: In brief, Insurance is a condition of booking. Visas may be required for non EU citizens. British nationals need a full passport to travel to Spain. Travel Documents: You receive these 10 days prior to daparture. We also confirm the address and phone number of the hotel and the emergency contact numbers.
Essential equipment and clothing to bring	What to wear for dance and fitness classes: We recommend that you bring trainers and comfortable gym-style clothes for the classes. Your shoes should be comfortable and supportive. Lightweight cotton socks are advisable if you want to avoid sweaty and blistered feet! Evenings are informal but some venues do not allow beachwear / shorts etc. Useful Things to Bring: Swimwear Suntan lotion Beach gear Camera Summer clothing for day and light jacket for evenings
At Your Destination	Banks and Money: The easiest way to buy obtain euros is by using a credit card at the cashpoints which are located at five minutes walking distance from the hotel. You can buy small amounts, as often as you like, at any time, without queuing. You will need to know your P.I.N. Bank opening hours are normally 9.00 a.m. to 2.00 p.m. Banks will change cash, travellers cheques and will sell you currency on your credit card providing the lines are open. You will always need to show your passport at a bank. Tipping is generally not that common in Spain. There is no need to tip taxis but it is usual to leave a 5 - 10% tip at a restaurant if you are particularly pleased with your dinner/lunch.