

Club Dance Holidays Factsheet



West Coast Swing in Paphos

29th October to 05th November

Join Club Dance Holidays and Boogaloo for a fantastic week of West Coast Swing Modern Jive! This is a fantastic holiday in the sun ideal for beginners, improvers and experienced dancers.

DATES AND PRICE: 29/10/2023 - 05/11/2023. £729.00

WHAT'S INCLUDED

- 7 nights half board accommodation at the four star Hotel Athena Beach
- At least 12 hours of classes, Modern Jive and West Coast Swing
- Freestyle dancing every night with theme nights and fancy dress
- Time to chill by the pool or on the beach
- Welcome drink on arrival

Single supplement for the week - 168.00 GBP

UNIQUE FEATURES

We guarantee you a fantastic week of dancing in a stunning location.

Not only will this holiday bring you top notch dance tuition and superb evening freestyles, we'll be offering additional activities during the week including dance competitions, private lessons, quizzes, optional performance routines and a social outing to a local venue!

Don't leave it too late - book now and come join the fun!

*Female bookings waiting list now in place for gender balancing purposes. Please contact us to be placed on the waiting list.

Club Dance Holidays Factsheet



What previous guests have said about the holiday

"Superb tuition, lovely people, good evening dancing"

"Loved being able to relax while still having an activity to focus on"

"Very enjoyable and felt we improved our dancing skills considerably"

"Overall an enjoyable week, good balance of teaching time, dancing and free time. Lots of laughter"

IS THIS HOLIDAY FOR ME?

This is the ideal holiday for anyone who has danced Modern Jive and would like to dip into West Coast Swing or / and improve the Modern Jive, as well as experienced WCS dancers who wish to improve. You can enjoy immersing yourself in the amazing world of dance for an intensive week of classes, social events and fun in the sun! This is a holiday for all ages and abilities and is a fantastic opportunity to add new skills to your repertoire.

In addition, you will have the opportunity to explore the local area as well as soak up some sunshine by the pool or beach.

YOUR DESTINATION, INCLUDES SIGHTSEEING

Paphos (Pafos), a city rich in history and culture, is a gem of western Cyprus. There is archaeological evidence supporting the city's existence from the Neolithic period. Paphos, the birthplace of the Greek Goddess of love and beauty 'Aphrodite', proudly boasts the remains of villas, palaces, theatres, fortresses and tombs that belong to Classical, Hellenistic and Roman periods. Paphos is included in UNESCO's list of world heritage sites as a natural and cultural treasure since 1980. Paphos, roughly divided into Old Paphos and New Paphos, is famous for its white-sand beaches and has emerged as an attractive tourist destination.

Club Dance Holidays Factsheet

YOUR ACCOMMODATION

Athena Royal Beach - Hotel** (Half Board Included)**

Constantinou Bros Athena Royal Beach Hotel is an adult-focused, four star, waterfront hotel in Kato Paphos. Places of archaeological interest, restaurants, bars and shops are located at a convenient short distance.

The resort is situated 15km away from the Paphos airport and 140 km from Larnaca airport. Four excellent golf courses are within a short driving distance. All the rooms offer large balconies with majestic views of the sea or of the hotel's extensive gardens.

Room facilities include air conditioning and heating, flat screen LCD satellite TV and radio, bathrobes and slippers, safety deposit boxes fridge, hairdryer, ironing, espresso machine as well as tea and coffee making facilities.

The leisure facilities of this hotel comprise 3 freshwater swimming pools, indoor and outdoor Jacuzzis, a floodlit tennis court and a 24-rink green bowls court. Enjoy some fine dining at the hotel's varied theme nights and even a romantic candlelit dinner! In the hotel spa there is a heated pool, saunas, steam bath, well equipped fitness room, and a hairdressing salon. A good choice of professional massages as well as body treatments are available.

WEATHER

The average high in Paphos during November's 22°C, which is perfectly warm enough for relaxing by the pool or on the beach. You should bring some warmer clothes for the evenings though as temperatures cool to 12°C at night.

You can still expect seven hours of sunshine from the ten hours of daylight each day. UV levels will be moderate. Sunset is just before 5pm.

YOUR TEACHERS

'Linz B - is a dance teacher and choreographer from Edinburgh, who has an extensive background in Modern Jive and West Coast Swing. Passionate about choreography, musicality and performance she has won over 20 national dance titles and is known for team cabaret achievements. She has taught, DJ'd, competed and judged throughout the UK and abroad. Website - www.boogaloo.dance

Lee and Dawn - have been teaching performing and competing together since 2009 and have placed in multiple national and international competitions on over 20 occasions. They aim to make all classes fun as well as informative with high quality content delivered with good humour. Their website is www.styledanceschool.com

Club Dance Holidays Factsheet

THE LEARNING EXPERIENCE

You will enjoy a progressive journey through West Coast Swing over the week, with particular emphasis on the foundations and good solid basics. In addition to mastering all of the basic moves, you will learn variations, patterns, and most importantly, the vital techniques in order to master the unique connection and smooth elasticity of WCS. We will incorporate fun solo routines, designed to enhance footwork, styling, body isolation and timing. The evening freestyles will have fantastic music for west coast swing, Blues and modern jive, with many 'crossover' tracks (i.e. suitable for both genres of dance).

CLASSES & WORKSHOPS

Dance venue: All the dancing conveniently takes place in the hotel in a room with a wooden floor.

Both the West Coast Swing and Jive will be taught with a particular emphasis on good basics, styling and musicality. In addition to the core styles of modern jive and west coast swing, there will be some classes teaching solo routines, ballroom tasters and performance opportunities. Nearer to the event a detailed programme of classes will be available.

The evening freestyles will have fantastic music with a focus on smooth jive and WCS. There will be a theme party on the final night (tbc)

Tuition for beginners will be incorporated into the syllabus at the start of the week, aiming to make the holiday accessible for all. Classes will be progressive throughout the week. There will also be more challenging options for more experienced dancers.

ORGANISATION - WHAT TO EXPECT

On Arrival: You will receive a detailed itinerary.

Club Dance Holidays Host: Anja will be your host. She will be happy to help you with any questions that you may have.

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, Club 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.

Club Dance Holidays Factsheet

SAMPLE ITINERARY

Here's a provisional itinerary aiming to give you an idea of what your holiday will look like, however there may be some elements which will change

DAY 1

Arrival and transfer to the hotel

Afternoon - Activity suggestion

2100 - Overview of the week; Welcome drink and Music and Dance session.

DAY 2

1000 - Learn & Improve workshop (1.5 hours)

Afternoon - Relax on the beach, chill by the pool or explore the local sights

2045 - Dance update

2115 - Music and Dance session

DAY 3

1000 - Learn & Improve workshop (1.5 hours)

Afternoon - Relax on the beach, chill by the pool or explore the local sights

2045 - Dance update

2115 - Music and Dance session

DAY 4

Free day to enjoy the hotel and surroundings

2030 - Music and Dance session.

DAY 5

1000 - Learn & Improve workshop (1.5 hours)

Afternoon - Relax on the beach, chill by the pool or explore the local sights

2045 - Dance update

2100 - Music and Dance session

DAY 6

Morning - Learn & Improve workshop

Afternoon - Relax on the beach, chill by the pool or explore the local sights

Evening - Music and Dance session

DAY 7

Relax on the beach, chill by the pool or explore the local sights

2030 - Dance update

2100 - Farewell dance evening

DAY 8

Transfer to Airport

Club Dance Holidays Factsheet

SINGLE ROOM SUPPLEMENTS, UPGRADES AND BUDGET OPTIONS

Athena Royal Beach - Hotel* Half Board included***

Twin/double Room Land View (based on 2 sharing) - Included

Twin/double Room Land View (single occupancy) - 168.00 GBP

Twin/double Room Sea View (based on 2 sharing) - 98.00 GBP

Twin/double Room Sea View (single occupancy) - 266.00 GBP

FLIGHTS & TRANSFERS

Flights and transfers are not included in the holiday.

PACKING TIPS

What to wear for dancing: We recommend that you bring shoes with a leather sole for the dance classes and the evenings. Your shoes should be comfortable and supportive. Wear lightweight cotton socks to avoid sweaty and blistered feet! Wear comfortable loose clothing for the classes. We expect the dance evening's to be quite dressy so bring some glam gear with you for the evenings!

BEFORE YOU GO

Health and Fitness: There are no particular health requirements for a dance holiday. However you should be able to dance for at least two hours a day in order to be able to enjoy the workshop/socials.

Insurance, Visa and Passport Requirements: Insurance is a condition of booking and will need to be organised independently. Visas may be required for non EU citizens. British nationals need a full passport to travel to Cyprus.

Travel Documents: You will receive these 10 days prior to departure.

See the most interesting places with us! Book your next dance holiday by visiting www.clubdanceholidays.com or call 0207 099 4816

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