

Club Dance Holidays Factsheet

Ballroom/Modern & Latin in Calpe

24th September to 01st October



Join us in conjunction with Holiday&Dance for the ultimate Modern & Latin / Ballroom dance experience. Ideal for all dancers, including early stage (from approx. 1 year experience)

DATES AND PRICE: 24 SEP TO 01 OCTOBER 2023 - £929.00

WHATS INCLUDED

- Return flights from London Gatwick*
- Return airport transfers from and to Alicante airport
- Seven nights' half board accommodation at the 4 star Diamante Beach Hotel
- Dance workshop sessions, suitable for improver level upwards plus revision sessions
- Music & dancing every evening
- Welcome drink

**regional airport departures available at a supplement - please enquire on booking*

UNIQUE FEATURES

'Dermot & Sandra Bracken join us and can not wait to welcome you for the ultimate Ballroom dance holiday, ideal for all dancers including early stage (from approximately 1 year experience)

Ballroom dance has never been more popular and we bring you a wonderful opportunity to learn or perfect a new skill, meet like-minded people and keep fit in the comfort of the fantastic 4* Hotel Diamante Beach in Calpe / Spain. You will enjoy at least eight hours of dance tuition throughout the week, plus revision sessions and dancing each evening.

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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 loves to dance.

You will learn new routines and immerse yourself in the 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 experience the dance fever currently sweeping the nation!

With flexibility in our teaching it is not a problem to suit the package to your level of ability, and you can take part in as many or as little workshops as you wish.

Not only will you perfect your ballroom repertoire, you will have the opportunity to chill by the pool, relax on the beach and explore the surrounding area.

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.

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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, a sauna, and an array of treatments. It has been totally renovated and opened 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, a cafeteria and a 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.

WEATHER

Days are usually hot with balmy evenings, so visitors should pack light and cool clothing. The average daily maximum is around 27 C and the average daily minimum is 18 C. It rains on average a total of 6 days through the month of September.

With a water temperature of around 25.0°C, this is also a great month to swim so bring your swimwear.

YOUR TEACHERS

'Holiday & Dance' are proud to offer over 40 years experience in Modern Ballroom and Latin American dancing and have been delighted to work with Club Dance Holidays for nearly 20 years. We would like to introduce Dermot & Sandra Bracken former 'Eire Senior Ballroom Champions' and friendly hosts and teachers.

THE LEARNING EXPERIENCE

Morning Learn and Improve teaching sessions are a brilliant way to acquire fun, enjoyable and practical get up and dance know how. Your dance course covers the rich portfolio with a selection of Modern Ballroom dances – Waltz, Tango, Slow Foxtrot and Quickstep, plus the Latin American dances of Cha Cha Cha, Rumba, Samba and Jive.

A ballroom holiday gives you the concentrated tuition and practice needed to pick the basics up in a relatively short time and for the experienced dancer, allows you to build on the grace and flow of this beautiful dance.

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CLASSES & WORKSHOPS

Learn and Improve teaching sessions: 'Learn and Improve' morning teaching sessions are a brilliant way to acquire fun, enjoyable and practical get up and dance know how. Your dance course covers the rich portfolio with a selection of Modern Ballroom dances – Waltz, Tango, Slow Foxtrot and Quickstep, plus the Latin American dances of Cha Cha Cha, Rumba, Samba and Jive.

Dance venue: All the dancing conveniently takes place in the hotel.

Music and Dance Evenings: During the evenings Lynette would like to offer informal tuition as appropriate for individual couples on a more personal basis than during the group sessions. Please don't hesitate to chat through the possibilities and she will try to help with practical advice as well as recap some of the choreography of the morning workshops if required.

Singles: Whilst those booking without a partner will be amply catered to in the classes, it is worth noting that Modern & Latin as a dance does attract couples. This might be a consideration from a social perspective on the holiday. If you are booking on your own, we will confirm your booking once we have a dance partner with the same dance level as you. Please contact us for more information if you're looking to book as a single.

The main dances in modern ballroom area:

- The Waltz - Slow waltz, (Think "Come Away with Me" by Norah Jones)
- The Quickstep - As the name suggests – fast! (Think Nat King Cole's "Let's Face the Music and Dance" or "I'm the King of the Swingers" a la Jungle Book!)
- Foxtrot - Smooth as silk – (Think Frank Sinatra's "I've got you under my skin" or Michael Buble's "Just Haven't met You Yet")
- Ballroom Tango – Usually quite dramatic – (Think "Phantom of the Opera" or Fernando's Hideaway")



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CLASSES & WORKSHOPS - CONTINUED

The Waltz – Stems from one of the oldest folk dances, which was usually danced to a faster tempo - more like the Viennese Waltz. This was refined and slowed-down for ballroom waltz to emphasise the flowing and smooth nature of the music.

It is the most danced of all the ballroom dances and along with quickstep the first you would normally learn. The famous 1-2-3 music beat makes it fairly basic to follow and relatively easy for a beginner to pick up basic steps within a short period. To master the dance and make it look really good takes a lot of dedication and therefore a good ballroom holiday would help to enhance.

The Quickstep – Very fast and fun! Along with the waltz one of the first dances you would normally learn in ballroom. The slow-slow-quick-quick-slow rhythm is quite easy to follow and therefore relatively easy for beginners to get the hang of the basic steps and quickly be able to move round a dance floor.

To become really good needs a lot of practise and energy. So most people stick to the basics with one or two fancy steps to impress. A ballroom holiday would allow a beginner to learn enough to join in a dance and more experienced dancers to add to their repertoire or polish their style.

The Foxtrot (Also known as Slow-Foxtrot) – The most difficult of the modern ballroom dances, yet often the most beautiful music (Frank Sinatra, Michael Buble, Ella Fitzgerald etc) and that is why many people will go through the pain and frustration of learning it. You would usually learn basic waltz and quickstep before starting on foxtrot, as you need to have some idea of timing and how to move with the music.

You start by being mystified by the complexity of the steps, which make no sense at all at the beginning. Then suddenly you get it - and you link it in with the wonderful music - and it was all worthwhile!

A ballroom holiday gives you the concentrated tuition and practice needed to pick the basics up in a relatively short time and for the experienced dancer, allow you to build on the grace and flow of this beautiful dance.



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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

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SINGLE ROOM SUPPLEMENTS, UPGRADES AND BUDGET OPTIONS

Diamante Beach - Hotel* Half Board***

Twin/double Room (Based on 2 sharing) Included

Twin/Double Room (Single occupation, per Room) - 189.00 GBP

Extra Nights

Twin/Double Room (Based on 2 sharing) - 130.00 GBP per night

Twin/Double Room (Single occupation, per Room) - 100.00 GBP per night

FLIGHTS & TRANSFERS

Flights: Your holiday includes flights from London Gatwick. Regional departures are available at a supplement - just give us a call on 0207 099 4816 - we're more than happy to help!

Or you buy your own flight and we can offer you a discount by doing so - please enquire when booking.

We provide shuttle transfers from Alicante Airport, providing you arrive between 9am and 6pm on the start day of the holiday and depart on the end day of the holiday.

If you are arriving on a different day you can easily reach your hotel by taking one of the following routes:

- Taxi from Alicante Airport: Take a taxi for approximately €110
- Public Transport from Alicante Airport: You can take a direct bus from Alicante airport to Benidorm bus station. You will then need to change for a bus to Calpe. The entire journey takes around 3 hours, including waiting time.

ORGANISATION - WHAT TO EXPECT

On Arrival: You will receive a detailed itinerary.

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.

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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: Insurance is a condition of booking and will need to be organised independantly.

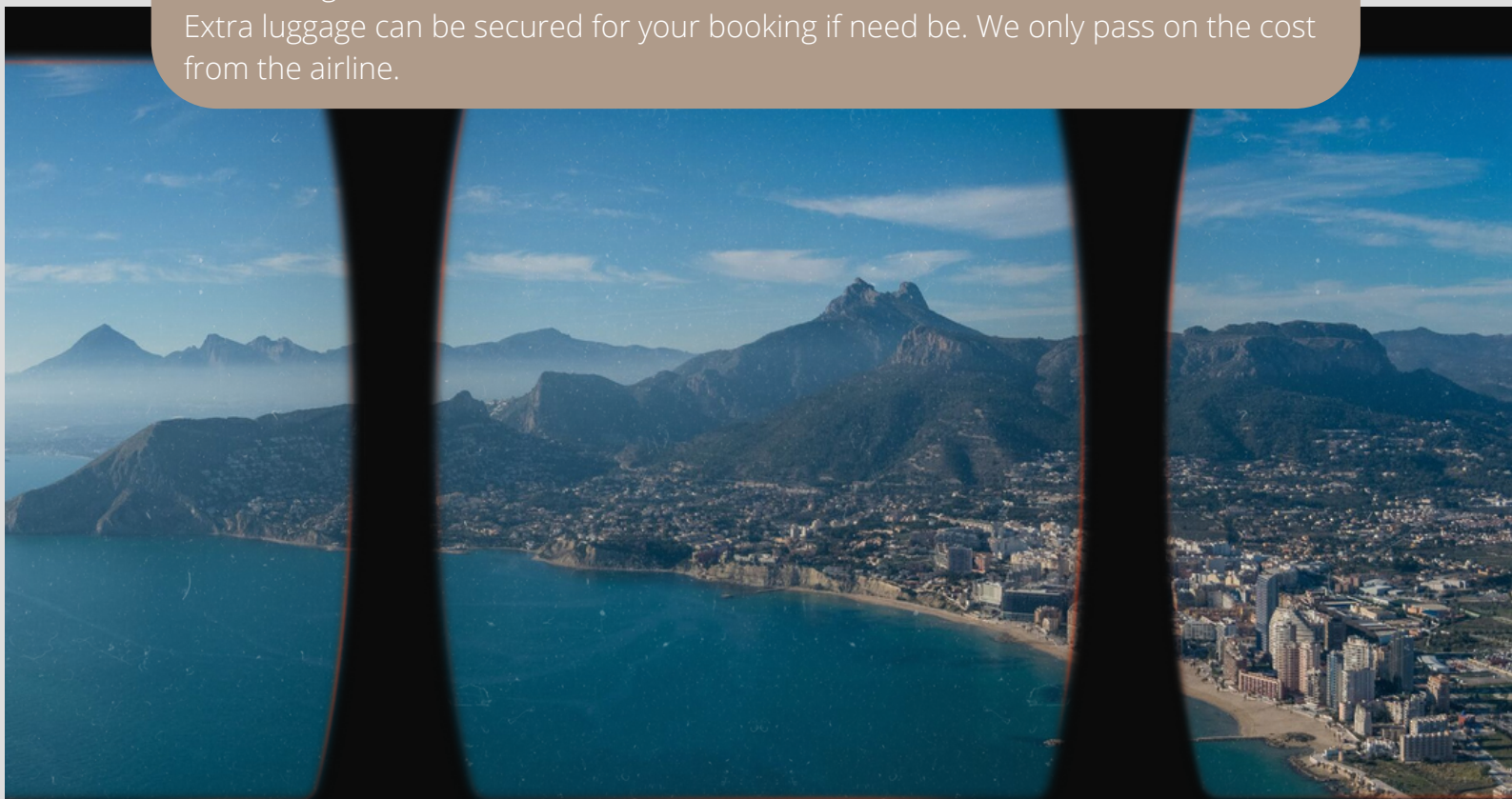
Travel Documents: You will receive these 10 days prior to departure.

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!

Luggage allowance: Included in the airfare is one large check-in bag per person (between 20 - 23 kg, airline depending) Carry on luggage can vary depening on the airline, so get in touch with us for more information.

Extra luggage can be secured for your booking if need be. We only pass on the cost from the airline.



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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