



# *Ballroom/Modern & Latin in Paphos*

*29th October to 05th November*

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:** 29/10/2023 - 05/11/2023. £1,049.00

### WHATS INCLUDED

- Return flights from London Gatwick\*
- Return airport transfers from and to Paphos airport
- Seven nights' half board accommodation at the 4 star Athena 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

'We would like to introduce John & Linda West former 'Over 50 British Champions' and popular teachers and hosts.

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 our favourite 4\* Hotel Athena Royal Beach in Paphos / Cyprus. You will enjoy at least eight hours of dance tuition throughout the week, plus revision sessions and dancing each evening.

# 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 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

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



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## 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

"Holiday & Dance' are proud to offer over 40 years of 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 John & Linda West former 'Over 50 British Champions' and very popular teachers and hosts.

## THE LEARNING EXPERIENCE

Learn and Improve teaching sessions: Your dance course covers the rich portfolio of Modern Ballroom dances – Waltz, Tango, Slow Foxtrot and Quicksteps – with an emphasis on togetherness, floorcraft and choreography. Basic work in the popular Latin Ballroom dances of Cha Cha Cha, Rumba, Samba and more will be included. A ballroom holiday gives you the concentrated tuition and practise 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.

# Club Dance Holidays Factsheet

## CLASSES & WORKSHOPS

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

**Music and Dance Evenings:** During the evenings John and Linda 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 they 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")

**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.





# Club Dance Holidays Factsheet

## CLASSES & WORKSHOPS - CONTINUED

**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.



# 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 - Included*

*Twin/double Room Sea View - 98.00 GBP per person*

### ***Extra Nights - half board included***

*Twin/double Room Land View (Per Room) - 148.00 GBP per night*

*Twin/double Room Sea View (Per Room) - 168.00 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 Paphos 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 we can still organise transfers for you at an extra cost. Liase with us for the option that suits you best.

## 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.



# Club Dance Holidays Factsheet

## 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.

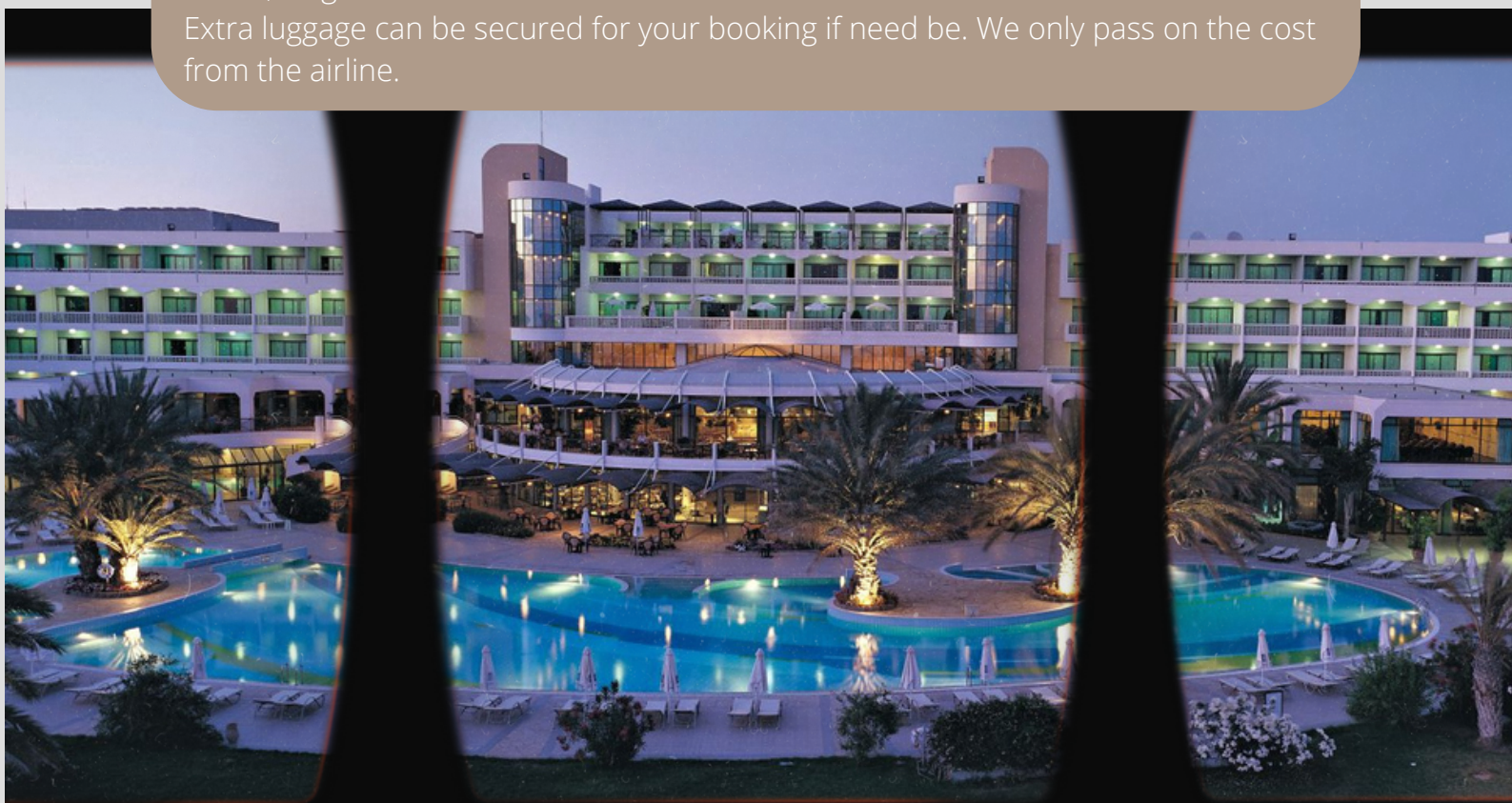
**Insurance:** Insurance is a condition of booking and will need to be organised independantly.

**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](http://www.clubdanceholidays.com) or call 0207 099 4816

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