

## SCARY SALSA SPECIAL HALLOWEEN! Cuban Salsa in Eastbourne

Come join us for a Salsa Weekend by the sea !

Flirt with the Latin spirit and make new friends on our Cuban-style Eastbourne dance weekend with AfroFusion Dance, including Cuban salsa, Rueda, Bachata, Son, Cha Cha Cha, Kizomba and more. The Weekend is also open to non-residents. Please call us for price and details.

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Dates and Prices	26 October to 28 October - £249.00
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Unique Features	Come along and enjoy a Cuban Salsa Weekend by the sea !
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Flirt with the Latin spirit and make new friends on our Cuban-style Eastbourne dance weekend with AfroFusion Dance, including Cuban salsa, Rueda, Bachata, Son, Cha Cha Cha, Kizomba and more.

Staying half board in the well-located Mansion Lions Hotel you will enjoy a choice of high energy dance classes with Ariel Rios Robert of AfroFusion Dance, Helen Walsh & Gavin Walsh, more tbc, nightly social events and time to relax and explore the lively seaside town of Eastbourne.

Our UK weekends are an ideal getaway to enjoy dance, make new friends and explore some of the UK's most popular resorts. Whilst we include a full dance schedule our weekends also offer you a revitalising break and the chance to experience one of our holidays without breaking the bank.

Call Club Dance Holidays to book on 0207 099 4816.

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### Your Holiday

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What's Included	<ul style="list-style-type: none"><li>  An entertaining dance syllabus including Cuban salsa, Rueda, Bachata, Son, Cha Cha Cha, Kizomba and more (see classes and workshops)</li><li>  2 nights accommodation in the 3* Mansion Lions Hotel (Breakfast is included)</li><li>  Dinner each night</li><li>  AfroFusion Dance's unique brand of evening entertainment with freestyle dancing</li></ul>
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NB: Accommodation based on twin-share.

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What previous Customers Have Said about this Holiday
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"Brilliant way to meet like-minded people and dance the night away!"

"Liked having choice to be independent as and when you please."

"Its an absolute joy for me to write a letter of appreciation to you and your whole team for the totally fantastic weekend that I have just had dancing Salsa. It has become one of our all-time top three holidays to date. 'Salsa tuition - professional, sensitive, empowering."

"Great fun made special by a terrific host."

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Is this holiday for me?
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Our UK breaks are ideal for newcomers to dance as well as more experienced dancers - a fantastic, great value way to sample a dance weekend without having to travel abroad. We can guarantee that once you experience a salsa weekend with Club Dance Holidays and AfroFusion Dance, with a group of like-minded people in a fun, lively environment you will be hooked! The perfect opportunity to learn or perfect your dance skills, enjoy time in one of the UK's top cities or resorts, make friends and have the most fun you can squeeze into a weekend!

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Your Destination, includes sightseeing
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Eastbourne, of Saxon origin, is an unspoilt elegant Victorian seaside resort. Nestling under the Sussex Downs it enjoys a very pleasant all year round climate. It is protected from the more adverse weather conditions by the 575ft cliffs of Beachy Head and is renowned for its exquisite Carpet and Italian Gardens.

The town is bursting with so many things to see and do that you might want to extend your visit to fit more in. There are plenty of places to visit and fun things to do for all ages. Explore the area's history, discover 1066 castles, museums and art galleries, relax and enjoy the views of Beachy Head, local parks and gardens, sample the local produce from the town's vineyards and farmers markets, enjoy fun filled trips to the seaside or South Downs National Park, spend the day shopping and then soak up the local atmosphere in one of the many restaurants, wine bars or traditional pubs.

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Climate and weather	Eastbourne enjoys a typical British climate but our hot Salsa weekend should warm the coldest of cockles!
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Your Accommodation	<p>Mansion Lions Eastbourne - Hotel*** (Half Board) (Included)</p> <p>The elegant Mansion Lions Hotel is located in a prime spot overlooking Eastbourne's Grand Parade. Decorated to a high standard, facilities include a cosy bar and welcoming restaurant serving quality home cooked food and a choice of function rooms, ideal for our dance event. All individually designed rooms are spacious and decorated to a high standard, with mahogany furnishings and new Victorian style bathrooms. Television, hairdryer, telephone and tea/coffee making facilities are supplied as standard.</p> <p>There is no car park at the hotel but parking permits for £1 per day are available from reception.</p>
Classes and Workshops	<p>Your dance course will be no less than 8 hours long and all tuition and nightly social events will take place in the hotel.</p> <p>Our UK dance weekends cater for all dance levels, from complete beginners to intermediate dancers so there's definitely something for everyone!</p> <p>There will be a level decider on the first day to ensure that you are in the group most appropriate to your ability and experience.</p> <p>Level Criteria  Level 1 - Beginner no previous experience.  Level 2 - Intermediate students and beginners with previous experience. Knowledge of basic steps and understanding of rhythm.  Level 3 - Have skills in movement of the upper part of the body. Be able to interpret the music and have knowledge of three different dance styles.</p> <p>Saturday from 15:30 - 16:00 all levels will join together in one room to share their experiences and help each other to improve their dance styling and musical understanding.</p>
The Learning Experience	<p>Course Director Ariel Rios has designed a programme of classes and workshops suitable for all abilities. Some classes will be inclusive and some will run alongside each other, catering for separate abilities.</p> <p>Beginner dancers will have the opportunity to learn basic steps and practise these during the evening parties. Intermediate dancers will be able to add to their repertoire. Styles include Cuban salsa, Rueda, Bachata, Son, Cha Cha Cha, Kizomba and more.</p> <p>Level Criteria  Level 1 - Beginner no previous experience.  Level 2 - Intermediate students and beginners with previous experience. Knowledge of basic steps and understanding of rhythm.  Level 3 - Have skills in movement of the upper part of the body. Be able to interpret the music and have knowledge of three different dance styles.</p> <p>On Saturday afternoon all levels will join together in one room to share their experiences and help each other to improve their dance styling and musical understanding.</p>
Daily Itinerary	<p>Here's a provisional itinerary which gives you an idea of what the weekend might look like. Some details may change.</p> <p>Friday  20:00 Welcome Meeting  20:30 – 21:30 Cuban fun classes  21:30 Social Dance until Late</p> <p>Saturday  Breakfast in the hotel</p> <p>Room Havana  10:00 – 10:55 Cuban Salsa (Beginners/Improvers)  11:00 – 11:55 Rueda de Casino (Beginners/Improvers)  1200 Lunch</p> <p>13:30 – 14:25 Bachata (Beginners/Improvers)  14:30 – 15:25 Kizomba (All levels)  15:30 – 16:00 Rueda de Casino (All levels)</p> <p>Room Caribe</p>

10:00 – 10:55 Cuban Salsa (Intermediate/Advanced)  
 11:00 – 11:55 Cuban Dance History (Intermediate/Advanced)  
 12:00 Lunch  
 13:30 – 14:25 Son – Cha (All levels)  
 14:30 – 15:25 Rumba (All levels)  
 15:30 – 16:00 Rueda de Casino (All levels)  
 Dinner in the hotel  
 1930 Fun class and PARTY

#### Sunday

Breakfast in the hotel

10:00 – 10:55 Cuban Salsa Partner-work (Beginners/Improvers)

OR: 10:00 – 10:55 Salsa-Rumba y Sabor (Intermediate/Advanced)

Salsa con Rumba y Sabor: Cuban Salsa mixing Rumba and flavor (Styling)

11:00 Fun Class

Afternoon - Free time before making your way home

**Nightlife** Eastbourne has a wide variety of entertainments to suit all ages and there is a choice of pubs, bars and restaurants on the seafront. For those wishing to practice their Salsa moves late into the night, there are some great local nightclubs.

**Your Teachers** Ariel Rios Robert from AfroFusion Dance will be your host and teacher on this dance weekend alongside special guest teachers.

Ariel has over 20 years of teaching and dancing experience, from workshops to theatrical performances, including choreography, costume and dance. He's toured the world dancing and teaching foreign & British students all aspects of Cuban Dance, Latin American dance as well as contemporary dance. With the privilege to share the stage with some of the best internationally recognised artists, Ariel has performed and choreographed at some of the best theatres in Havana, Cuba and have toured the UK theatre circuit with the Nitro Theatre Company. He's had 7 years' teaching in the UK having taught all ages from 5 to 80. Ariel thrives on developing people to achieve their maximum potential with a passion to inspire, educate and motivate through dance culture. He loves to mix Afro-Cuban, Latin American and European dances, to create exciting new contemporary styles.

Helen started dancing at the age of 4 and by the age of 8 continued to further her studies in ballet, tap and modern styles of dance, while also undertaking deportment and styling classes at the Pat Keeling modelling agency until the age of 14. Her love of dance was reawakened on a trip to Cuba in 2005 which inspired her to study Cuban dance. In 2006 and 2007 Hell N took 4 specialist dance holidays learning from teachers and students of the Escuela Nacional de Arte in Havana and from members of the Sensacion del Cotorro Rueda Team. She has also studied regularly with the many accomplished Cuban teachers in the UK, at congresses and through regular lessons, and has studied closely with Ariel Rios learning all styles of Cuban dance, focusing on authentic Cuban style and musical interpretation. Cuban music and dance are a true passion for Hell N, which she expresses through her Cuban dance style.

**Food and Meals** Eastbourne offers wide variety of restaurant choices, from traditional fish and chips on the promenade to popular pasta and pizza chains and top-end dining experiences.

**Optional Extras** In addition to your holiday we offer you a variety of optional extras to enrich your experience and add some local colour. There are no optional extras currently available for this trip.

**Single Room  
Supplements,  
Upgrades and  
Budget Options**

Option 1 - Included

Mansion Lions Eastbourne - Hotel\*\*\* Half Board - (26/10/2018 to 28/10/2018 - 2 nights)

Single Room (Per Room) 20.00 GBP

Single Room Sea view (Per Room) Included

Twin Room (Per Room) Included

**Flights and Transfers** Transport to the event is not included.

Making your own way to the hotel for ground only package Eastbourne is just 85 minutes by train from London Victoria and easily accessible by road. The Mansion Lions hotel has a prime location on Eastbourne's seafront, just a ten minute walk from Eastbourne's main railway station.

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What to Expect in terms of Organisation You'll receive a course itinerary with information on the location of classes and your teachers on arrival along with an information on the local sights, recommended restaurants and other helpful tips to ensure you get the best of your trip.

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Before Your Go Health and Fitness: There are no particular health requirements for a dance holiday. However you should be able to dance for at least 2 hours a day in order to be able to enjoy the classes. If you have any concerns please feel free to give us a call on 0207 099 4816.

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Essential equipment and clothing to bring Comfortable and supportive shoes with a leather sole are recommended for the dance classes and the evenings. We also advise you wear lightweight cotton socks to avoid suffering from sweaty and blistered feet! Comfortable and loose clothing for the classes are also recommended.

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At Your Destination You will receive a course itinerary with information on the location of classes and your teachers.

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