

Best of Both Worlds in Eastbourne

The second in our Best of Both Worlds™ series, an opportunity for gourmets of dance to lap up the Best of Ballroom, Latin American and Tango.

Dates and Prices	18 October to 20 October - £189.00
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Unique Features	The second of our Best of Both Worlds™ series, this weekend offers a combination of Ballroom / Modern and Latin and Tango tuition. The Best of Both Worlds™ comprises of two dance weekends in total (Isle of Wight and Eastbourne - discounts available for booking both). The two weekend schedule allows progressive learning but each weekend can also stand alone as a great way to dip into the worlds of Ballroom and Tango.
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The Best of Both Worlds™ format makes greater use of both the teacher and ballroom to deliver two complete holidays in one, adding significantly greater value. Ballroom and Latin American dancers can try Tango and vice versa and thus cross-fertilise the benefits of the respective experiences.

Masterclasses for this weekend focus on the Slow Foxtrot and Jive.

Dance Matrix Bonus: Everyone who books receives a complimentary Dance Matrix Introductory Dance Taster Session at a Dance Matrix centre, of your choice, in the UK or ROI, in any of the styles offered on the holiday to help prepare for the weekend.

ADDITIONAL BONUS: NO SINGLE SUPPLEMENT!

Call Club Dance Holidays to book on 0207 099 4816.

Your Holiday

What's Included	<ul style="list-style-type: none">• A thorough and entertaining dance syllabus in ballroom / modern and latin and tango - the "Best of Both Worlds™ " (see classes and workshops)• 2 nights' accommodation with breakfast in the 3* Cumberland Hotel• Dinner each night• Nightly entertainment with freestyle dancing• A complimentary pre-holiday Dance Matrix Introductory dance session• No Single Supplement!
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NB: No Single Supplement is based on a single room. Twin room for sole use carries a supplement of £70.

What previous Customers Have Said about this Holiday	<p>'Brilliant way to meet like-minded people and dance the night away!'</p> <p>'V. relaxing and the organized events v. enjoyable. Liked having the choice to be independent as and when we pleased.'</p> <p>'It's 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. Tuition - professional, sensitive, empowering.'</p> <p>'Great fun made special by terrific hosts'.</p>
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Is this holiday for me?	The second in our Best of Both Worlds™ series, this weekend offers an combination of Ballroom / Modern and Latin and Tango tuition. The Best of Both Worlds™ comprises of two dance weekends (Isle of Wight and Eastbourne - discounts available for booking both). The two weekend schedule allows progressive learning but each weekend can also stand alone as a great way to dip into the worlds of Ballroom and Tango.
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.Our UK breaks are ideal for newcomers to Ballroom and / or Tango - a fantastic, great value way to sample a dance weekend without having to travel abroad. Rather than offer non-stop classes and workshops we include a thorough syllabus split over three days along with social evenings and time to relax and explore the local area.

The Best of Both Worlds™ : A typical dance weekend might include, for example, morning sessions with the afternoons largely at leisure. However, Best of Both Worlds™ format makes greater use of both the teacher and ballroom to deliver two complete holidays in one, adding significantly greater value and offering a wider appeal. Ballroom and Latin American dancers can try Tango and vice versa and thus cross-fertilise the benefits of the

respective experiences.

Paul and his team bring their unique brand of fun and entertainment to this sociable dance weekend, with top class teaching and hosting.

Your Destination,
includes sightseeing

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.

Climate and weather

Eastbourne enjoys a mild British climate but our Best of Both Worlds weekend will warm the coldest of cockles!

Your Accommodation

Cumberland (old) - Hotel*** (Half Board) (Included)

The Cumberland is one of Eastbourne's most popular hotels, commanding a wonderful position on the seafront overlooking the famous Flower-Decked Promenade, the Bandstand and the English Channel. Established circa 1850's, the Cumberland Hotel has undergone a substantial investment and renovation process to combine classic elegance with modern comfort.

The Devonshire Bar and Sun lounge offers a spacious and relaxing area to enjoy a drink with stunning sea views and the Wordsworth restaurant and Grand Ballroom offer excellent facilities for our dance weekend.

The Cumberland has 72 tastefully decorated, centrally heated bedrooms. Most have sea views and some have shared balconies. All bedrooms include en-suite facilities, colour television, direct dial telephone, hairdryer and coffee / tea making facilities.

Classes and Workshops

Best of Both Worlds™ format makes greater use of both the teacher and ballroom to deliver two complete holidays in one, adding significantly greater value and making the option more widely appealing. Ballroom and Latin American dancers can try Tango and vice versa and thus cross-fertilise the benefits of the respective experiences.

The dancing on the Friday and Saturday evenings is partially integrated. Ballroom dancers normally dance in the earlier part of the evening while Tango dancers typically start and finish later. In our format, music for mostly Ballroom and Latin American with a taste of Tango is played earlier in the evening and the balance changes later in the evening. So, up to roughly 2215 - 2230 is mainly Ballroom and Latin American when the music changes to mainly Tango, Milonga and Vals in tandas with Ballroom or Latin American cortinas. This has proved very popular and successful.

The classes or workshops will be layered so that a beginner or recent beginner can benefit from fun, do-able basic moves while an experienced dance guest will be able to take advantage of the introduction and layering of greater insights, styling and variations developing the same core move. Everyone's a winner.

The Learning
Experience

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Daily Itinerary

This is a provisional itinerary, aiming to give you an idea of what the weekend might look like. Some details may change.

DAY 1

18:00

Meet your hosts for an informal Welcome Drink in the Hotel Bar

1900

Tango Taster in The Ballroom
A gentle introduction to Tango especially for first-time Tango dancers

Dinner in the Restaurant followed by an informal social practice with a little tuition in The Ballroom.
The dancing will include a balanced mix of The Best of Ballroom, Latin American and Tango.

DAY 2

Breakfast in the Restaurant

9:30
The Best of Ballroom Master Class
We explore the Slow Foxtrot in a staged journey from Beginner level through to a dazzling enhancement for experienced dancers.

10:30
Coffee and Supervised Practice

11:00
The Best of Latin American Master Class
We enjoy the classic Jive as we develop a simple variation in to something even more special and exciting.

12:00
Personal Lessons by arrangement
Please clear the Ballroom

Lunch Break (Lunch not included)

13:30
The Best of Tango Master Class
A beautiful, simple and practical but leadable floorcraft figure that even recent beginners will love to dance.

14:30
Supervised Tango Práctica

15:00

The Best of Tango Master Class
Introducing a more challenging menu of moves with style and sophistication for our more experienced Tango dancers.

16:00
Tea and Supervised Tango Práctica for all levels

Dinner in the Restaurant
followed by an informal social practice with a little tuition in Ballroom
The dancing will include a balanced mix of The Best of Ballroom, Latin American and Tango.

DAY 3

Breakfast in the Restaurant

9:30
Consolidation of the Ballroom & Latin American Master Classes

10:30
Coffee and Supervised Practice

11:00
Consolidation of the Tango Master Classes

12:00

Farewell and Departure

Nightlife Eastbourne has a variety of entertainments to suit all ages and there is a choice of pubs, bars and restaurants. For those wishing to dance late into the night, there are some great local nightclubs.

Your Teachers Paul Bottomer and his team will be your hosts and teachers on this Best of Both Worlds™ weekend.

Paul has been dancing since the age of seven. A successful period as a Professional Ballroom and Latin American competitor and later in Tango led to a popular Ballroom and Latin American school in the Midlands.

FOUR TIMES UNDEFEATED WORLD AND EUROPEAN TANGO SUPREME CHAMPION AND WORLD CUP WINNER

Paul studied Tango in Buenos Aires with the legendary Juan Carlos Copes and Maria Nieves, winning the Grand Slam of Tango competitions and retaining them from 1990-1994 before retiring undefeated. Subsequent winners of the World Championships included Carlos Gavito, Fernando Ghi and Guillermo Merlo.

AUTHOR AND DANCE JOURNALIST

Paul has written over a dozen dance instructional titles including Dance Class, How to Dance, the Dance Crazy and Dance Club series, Tango Argentino - The Technique. Many of these have now been translated. He is also a regular contributor to Dance Today and to Tango Review. Having decided to concentrate on the dance business, Paul moved to London and established a series of highly successful Salsa clubs, one of which was accredited with the title of 'London's No 1 Weekday Salsa Club' by Jazz FM.

He developed the concept of The Dance Matrix and launched it in 1998. Since then the innovative marketing techniques and know-how employed by the Dance Matrix has resulted in Britain's largest national network of leisure dance professionals specialising in the club dance styles.

Food and Meals Eastbourne offers a variety of restaurant choices, from traditional fish and chips to fast food and top-end dining experiences.

Optional Extras What are 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 (Cumberland Hotel) - Included	
	Cumberland (old) - Hotel*** Half Board - (18/10/2013 to 20/10/2013 - 2 nights)	
	Double (Based on 2 sharing)	Included
	Single (1 Person)	Included
	Twin (1 Person)	70.00 GBP
	Twin (Based on 2 sharing)	Included
	Extra Nights	
	Double (Based on 2 sharing)	40 GBP per night
	Single (Based on 1 sharing)	40 GBP per night
	Twin (Based on 1 sharing)	80 GBP per night
	Twin (Based on 2 sharing)	40 GBP per night

Flights and Transfers Transport to this event is not included. We will be happy to help with advice on rail, bus and road travel.

Making you own way The Cumberland hotel is situated in a prime position on Eastbourne's Grand Parade. Just 44 miles south of the M25

to the hotel for ground only package	on the south coast Eastbourne's key approach roads include M23, A27, A22 and the scenic coastal A259. Frequent direct trains run to London Victoria, Gatwick and Ashford International and London Gatwick is just an hour by rail or road.
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What to Expect in terms of Organisation	On Arrival: You will receive a course itinerary with information on the location of classes and your teachers. We also include information on the local sights, recommended restaurants and other helpful tips.
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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.
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Essential equipment and clothing to bring	What to wear for dancing: You can dance barefoot or we recommend that you bring comfortable gym shoes or trainers/jazz shoes for the dance classes and something more formal for 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 and feel free to glam it up in the evenings!
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At Your Destination	.
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