

West Coast Swing and Blues on the Algarve

Join Club Dance Holidays and UK dance champion/choreographer Lindsay Brown and Blues aficionados Frank Newton & Faye Lageu for a brand new dedicated West Coast Swing and Blues holiday in the sun, ideal for beginners, improvers and experienced dancers. Learn or perfect a new skill, meet like-minded people and keep fit in the comfort of the 4* Vila Gale Lagos on the stunning Portuguese Algarve. ***SINGLE LADIES NOW ON A WAITLIST***

Dates and Prices 16 May to 23 May - £689.00

Unique Features Join Club Dance Holidays and UK dance champion/choreographer Lindsay Brown and Blues aficionados Frank Newton & Faye Lageu for a brand new dedicated West Coast Swing and Blues holiday in the sun, ideal for beginners, improvers and experienced dancers. Perfect a new skill, meet like-minded people and keep fit in the comfort of the 4* Vila Gale Lagos on the stunning Portuguese Algarve.

We include at least twenty two hours of West Coast Swing and Blues classes, and there will be dancing every night in our own private ballroom. The stylish 4* Vila Gale Lagos is just a 20 minute walk from the lively resort of Lagos, 5 minutes from the beach and has two large pools, a choice of bars and restaurants and immaculately furnished rooms.

***SINGLE TRAVELLING LADIES* BOOKINGS NOW ON A WAITING LIST - this is to keep the gender balance in place**

Your Holiday

What's Included

- | Return flights from London Gatwick (regional departures available at a supplement)
- | Return airport transfers
- | 7 nights half board accommodation at the four star Vila Gale Lagos
- | Twelve hours of classes with Lindsay, focussing on West Coast Swing but including two jive workshops and some styling classes
- | Ten hours of classes with Frank & Faye centering on MJ Blues with sessions on dips `n drops, Tango moves and Authentic Blues
- | Freestyle dancing every night with theme nights and fancy dress
- | Time to chill by the pool or on the beach
- | Welcome drink and orientation pack on arrival

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 and Blues, as well as experienced WCS and Blues 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.

Your Destination, includes sightseeing

Although it's undeniably touristy, Lagos is an attractive town with many charms. It lies along the bank of the Rio Bensafirim, with 14th-century walls enclosing the pretty, cobbled streets of the old town. Tiny plazas and picturesque churches add to the allure, although most visitors are more interested in what lies outside the city walls, namely a good range of beaches, from long sweeping sands on the scenery side to secluded coastal coves. Nightlife here is among the best in the Algarve, with an eclectic mix of lounges, bars and restaurants catering to young backpackers, surfers, not-so-spendthrift couples and various other sorts who pass through Lagos' gates.

Aside from its hedonistic appeal, Lagos has historical clout, having launched many naval excursions during Portugal's extraordinary Age of Discoveries.

Climate and weather Average temperatures on the Algarve are as follows:

Degrees Celcius

Jan 15

Feb 15

March 18

April 20

May 24

June 29

July 32

Aug 32

Sept 29

Oct 25

Nov 21

Dec 18

Your
Accommodation

Vila Gale Lagos - Hotel**** (Half Board) (Included)

The Vila Gale Lagos is a stunning 4* superior hotel located on Lagos' Meia Praia Beach. Opened in 2009, the hotel is decorated to a high standard in a traditional local style with a cutting-edge modern twist. Rooms are spacious and comfortable and all have a balcony, air conditioning, satellite TV, mini-bar, telephone and private bathroom. Boasting extensive gardens and overlooking one of the Algarve's best beaches, the hotel offers a large freeform swimming pool, in-house Satsanga spa with choice of treatments, water sports, tennis, volleyball and golf.

There is a choice of two restaurants serving fresh local and international dishes as well as the glamorous "Fashion Bar" and a pool bar. Lagos and its legendary nightlife are a short taxi ride away.

There is some parking outside the hotel and an underground car park at 3 euros per day.

Classes and
Workshops

Nearer to the event a detailed programme of classes will be available.

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 morning block of tuition will usually be split into 2 x 1 hour classes with a short break at 1130am. The second block will be in the afternoon before dinner. 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).

The Blues classes will start at entry level for anyone new to this expressive dance style. Once the connection is mastered you'll be shown the basic patterns used in Blues and will build up to more advanced moves and ways of moving. You'll also discover how to create more of an equal partnership in the dance whilst still maintaining the lead and follow roles. Throughout all the classes the emphasis will be on connection, use of music and creativeness. Also included will be some specialist sessions on dips 'n drops, tango moves and authentic blues.

Beginners: Tuition for complete beginners will be incorporated into the syllabus, making this the ideal holiday for anyone interested in dance, regardless of ability. There will also be more challenging options for more experienced dancers.

Dance venue: All the dancing conveniently takes place in the hotel in a purpose-built dance 'Salon' with a wooden floor.

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 morning block of tuition will usually be split into 2 x 1 hour classes with a short break at 1130am. The second block will be in the afternoon before dinner. 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).

The Blues classes will start at entry level for anyone new to this expressive dance style. Once the connection is mastered you'll be shown the basic patterns used in Blues and will build up to more advanced moves and ways of moving. You'll also discover how to create more of an equal partnership in the dance whilst still maintaining the lead and follow roles. Throughout all the classes the emphasis will be on connection, use of music and creativeness. Also included will be some specialist sessions on dips 'n drops, tango moves and authentic blues.

Daily Itinerary

Sample Itinerary

This is a provisional itinerary aiming to give you an idea of what your holiday will look like. There will be some elements which will change:

(OP) indicates an optional extra for which a charge will be made in advance.

DAY 1

Arrival and transfer to hotel

Afternoon - Activity suggestion: We suggest that you spend your first afternoon settling into the hotel

Dinner in the hotel

2100 - Welcome drink, introduction to the week, ice-breakers and freestyle dancing!

DAYS 2 - 6

1030 – 1230 Dance tuition as per programme

Afternoon - Chill by the pool or on the beach or take an excursion, including boat trips, mountain bike adventure days and horse riding. All excursions are bookable locally at the hotel

1700 - 1900 Dance tuition

Dinner in the hotel

Evening - Fun freestyle dancing from 2100

DAY 7

1030 – 1230 Dance tuition as per programme

Afternoon - Chill by the pool or on the beach or take an excursion, including boat trips, mountain bike adventure days and horse riding. All excursions are bookable locally at the hotel

Dinner in the hotel

Final Evening Farewell fancy dress freestyle, theme TBC . The evening will include a cabaret at 10pm (beware – you might be in it!).

DAY 8

Transfer to Airport

Nightlife

There will be freestyle dancing every night in our private venue. For those who wish to venture further afield, Qawra offers a good selection of friendly bars.

Your Teachers

Lindsay Brown Lindsay started dancing Modern Jive in 2002, moving into Lindy Hop and Boogie Woogie in 2004. She began teaching around that time, and in 2008 discovered West Coast Swing, which has since become her main focus. She loves WCS due to its smooth and funky styling and opportunity for musical interpretation and creativity. Lindsay has won over 20 national dance titles and is perhaps best known for her team cabarets and choreography. She has taught, performed and competed throughout the UK and abroad. More details can be found at www.linzdance.com.

Introducing our Blues teachers, Frank & Faye. Frank's earliest dance experience was Ballroom and Latin though he's now most at home in the MJ Blues environment where he's developed a fearsome reputation as a dancer, teacher and DJ. He's instantly recognisable wearing his trademark blue shoes. Faye initially studied and performed Jazz, Contemporary, Disco and Ballet before moving into partner dancing with Modern Jive and MJ Blues. She's also been an avid Argentine tanguera since 2009 and in the last couple of years has become completely smitten with Traditional Blues dancing. Together Frank & Faye have taught since 2010 at various venues and weekends across the UK and have successfully competed together, most recently winning the Crystal Blues Challenge "Ultimate Challenge".

Food and Meals

International cuisine: Lagos offers a choice of restaurants offering locally caught fresh seafood as well as international cuisine including modern and traditional Portuguese, Italian, Chinese and much more.

Optional Extras

What are optional extras? In addition to your holiday we also offer you a variety of optional extras to make your holiday even richer and add some local colour. You can buy your optional extras at the welcome meeting at the beginning of your holiday. We will ask you to pay in cash and fill out a form. These are the optional extras that we anticipate running – actual details and prices will be confirmed on arrival. Some may require minimum numbers.

Single Room
Supplements,
Upgrades and
Budget Options

Option 1 - Included

Vila Gale Lagos - Hotel**** Half Board - (16/05/2015 to 23/05/2015 - 7 nights)

Twin Room (Per Room)	Included
Twin Room (Single occupancy) (Per Room)	161.00 GBP

Extra Nights

Family Room (Based on 2 sharing)	120 GBP per night
Family Room (Based on 3 sharing)	120 GBP per night
Twin Room (Per Room)	104 GBP per night
Twin Room (Single occupancy) (Per Room)	78 GBP per night

Flights and Transfers Flights: Published prices are based on flights from London, Manchester and Birmingham when you book by 30 September. After this a flight supplement of £50 applies for Manchester and Birmingham.

Flights are also available from Bristol and Glasgow for a supplement of £50 per person and other regional airport departures are available on request.

Transfers: We offer airport transfers to coincide with our flights from the UK. If you are making your own way to Portugal and would like to join one of our transfers please provide us with your flight arrival times when you book.

If your flight arrives on a different day to the standard holiday we can happily arrange a transfer for you at an extra cost - please ask us for details. You may wish to make your own way to your hotel and can find details on how to do this below.

NB Its important that your holiday is confirmed to you by us before you buy your flights.

Making you own
way to the hotel for
ground only
package

Making your own way to your hotel: For those whose flights don't coincide with our Airport coach transfer, you can take a taxi to the hotel Vila Gale Lagos for around €80.

What to Expect in
terms of
Organisation

On Arrival: You will receive a detailed itinerary and orientation pack. We include information on the local sights and other helpful tips.

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

Welcome Drink: At the start of the week, Club Dance Holidays will invite you to an informal welcome meeting and drink.

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. Reception will be on hand for any queries you may have about the local area.

Before Your Go

Books on Portugal: It may be worth your while reading up on your destination before you go. We recommend the Rough Guide for general travel tips as well as Monica Ali's "Alentejo Blue" for a stunning portrait of rural Portugal. <http://www.algarvetouristguide.com> has some good traveller tips and resort information.
Budgeting for your holiday: Here are some guidelines on prices, to help you do your own calculations. Please refer to the optional extra section of the fact sheet for the prices of the optional extras.

Three course meal including drinks in the centre of town: 20-25 euros
An evening of tapas and drinks: 12 euros
Rum and coke: 5 euros
Beer: 2 euros
Coffee: 1.50 euros

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: Refer to the brochure for full details. In brief, Insurance is a condition of booking. Visas may be required for non EU citizens. British nationals need a full passport to travel to Portugal.

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

Essential equipment
and clothing to
bring

Useful Things to Bring

Camera
Shoes suitable for walking around the streets

Autumn/Winter clothing for day
Warm jacket for evenings
This fact sheet and Joining Instructions
Passport, money, plane ticket.

What to wear for dancing: We recommend that you bring shoes with a leather sole for the dance classes. You may also be wise to bring shoes with a rubber sole as the floors in the evenings might be somewhat "fast" and they will give you an alternative. Your shoes should be comfortable and supportive. Wear lightweight cotton socks to avoid sweaty and blistered feet! It is probable that you may get through quite a few clothes in the classes and dancing at night so bring a variety of outfits. Wear comfortable loose clothing for the classes.

At Your Destination

Banks and Money: The easiest way to obtain euros is by using a credit card at one of the numerous cash points. You can buy small amounts, as often as you like, at any time, without queuing. You will need to know your P.I.N. Cash points are very easy to use. Bank opening hours are normally 9.00 a.m. to 2.00 p.m. Banks will change cash, travellers cheques and will sell you currency on your credit card providing the lines to Britain are open. You will always need to show your passport at a bank.

Tipping is generally less common in Portugal than in Britain. There is no need to tip taxis but it is usual to leave a 5 - 10% tip at a restaurant if you are particularly pleased with your dinner/lunch.

Tour Host: We feel our tour hosts work hard to give you an exceptional holiday and sometimes you may find that they add some special touches which are beyond the call of duty. If you agree with us, you might wish to show your appreciation by way of a tip. You can do this by putting money in an envelope on your own or by getting together with other guests. This evidently is entirely at your discretion.

Making friends with the Locals and people not on the holiday: Unfortunately we cannot allow people not booked on our Dance Holiday to join in on any of the organised activities and we ask for your discretion in this respect. However we can offer a flight exclusive package for people already in Malta, thus enabling them to stay with the group and join in all activities and lessons. Please see www.clubdanceholidays.co.uk or contact our UK Reservations Team (0207 099 4816) for details.
