Ballroom/Modern & Latin in Paphos/Cyprus

Join us in conjunction with Holiday&Dance for the ultimate Modern & Latin / Ballroom dance experience. Whilst suitable for all dance levels, holiday is ideal for improver level upwards.

Dates and Prices	7 November to 14 November - £869.00
Unique Features	'Modern Ballroom, Latin and some popular Social Sequence'. Ballroom legend Philip Wylie (tbc) joins us once again for the ultimate Ballroom dance holiday, ideal for improver level upwards. 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 Beach in Paphos / Cyprus. You will enjoy at least eight hours of dance tuition throughout the week, plus revision sessions and dancing each evening.
Your Holiday	
What's Included	- Return flights from London Gatwick* (regional departures available at a supplement - please enquire on booking) - Return airport transfers - Seven nights' half board accommodation at the 4 star Hotel Athena Beach - Minimum 4 x 1.5 hour dance sessions, suitable for improver level upwards plus revision sessions - Music & dancing every evening - Welcome drink
What previous Customers Have Said about this Holiday	"The dance teacher Philip Wylie and his assistant Christine are a great team, with an excellent teaching method" "Loved being able to relax while still having an activty to focus on" "Overall an enjoyable week , good balance of teaching time , dancing and free time. Lots of laughter" "Very enjoyable and felt we improved our dancing skills considerably. The mix of classes and free time was good" "Superb tuition, lovely people, good evening dancing"
Is this holiday for me?	This is the ideal holiday for anyone who loves to dance, from improver level upwards. On this holiday 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! 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 a an attractive tourist destination
Climate and weather	
Your	Athena Beach - Hotel**** (Half Board) (Included)

Accommodation	Constantinou Bros Athena Beach Hotel is a four star, beachfront hotel in Kato Paphos within easy walking distance from the picturesque harbour, the archaeological sites, the shops and the nightlife. A bus stop is just outside the hotel and taxis are always available. Parking in the hotel car park is free for guests. The resort is situated 15 km away from the Paphos International Airport and 140 km from Larnaca International Airport. All the rooms feature spacious balconies offering beautiful views of the hotel's tranquil gardens or of the Mediterranean sea, as well as luxury bathrooms featuring bath tub, rain shower and flexible hose shower, Simmons® Luxury Beds and floor to ceiling windows. Room facilities include among others air conditioning and heating, flat screen LCD satellite TV (26 inch in land view rooms and 32 inch in all other rooms) and radio, fridge, mini bar, hairdryer, scales, make-up/shaving mirror, ironing facilities, safety deposit box as well as tea and coffee making facilities. The leisure facilities of this hotel include 3 freshwater swimming and 2 paddling pools, a waterslide, indoor pool (heated during the periods 1st November - 31st March), indoor and outdoor Jacuzzis, floodlit tennis courts, a 24-rink indoor and outdoor Bowls Green facilities, mini golf and a children's playground with Kids Club. In the hotel's Elixir Spa there is a heated pool, a sauna, a steam bath, a fully equipped gym and a hairdressing salon. You can also choose from a good choice of professional massages and facial and body therapies, aromatherapy and other treatments are also available.
Classes and Workshops	Learn and Improve teaching sessions: Philip Wylie's specially designed '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 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. Dance venue: All the dancing conveniently takes place in the hotel. Music and Dance Evenings: During the evenings Philip 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 Philip 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 got a Dance partner with the same Dance level as you. 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.

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 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.

The Learning Experience

Learn and Improve teaching sessions: Philip Wylie's specially designed '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 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.

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Daily 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 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

Nightlife

You'll be able to put into practice what you have learnt in the company of your teacher and fellow students with 'Music and Dance' on seven evenings. All the dancing conveniently takes place in the Hotel. The best recorded music will be presented during the evening so you can show off your moves!

Your Teachers

Philip Wylie is one of the leading figures in Modern and Latin dancing. A former professional competitor himself, he is now one of the most prominent teachers of the Modern style in the UK, enjoying an extremely well respected reputation. He has a strong background both in competitive and social dance, and through 'Holiday & Dance' Philip is already very experienced in running dancing holidays and events.

Philip will be accompanied by his regular partner Christine Parsons.

Optional Extras

Single Room Supplements, Upgrades and Budget Options

Option 1 - Included

Athena Beach - Hotel**** Half Board - (07/11/2021 to 14/11/2021 - 7 nights)

Twin Room Land View (Based on 2 sharing)	Included
Twin Room Land View Single Occ. (1 Person)	161.00 GBP
Twin Room Sea View (Based on 2 sharing)	70.00 GBP
Twin Room Sea View Single Occ. (1 Person)	231.00 GBP

Extra Nights

Superior Sea View Twin Room (Based on 2 sharing)	172 GBP per night
Superior Sea View Twin Room Single Occ. (Based on 1 sharing)	109 GBP per night
Twin Room Land View (Based on 2 sharing)	130 GBP per night
Twin Room Land View Single Occ. (Based on 1 sharing)	88 GBP per night
Twin Room Sea View (Based on 2 sharing)	150 GBP per night
Twin Room Sea View Single Occ. (Based on 1 sharing)	98 GBP per night

Flights and 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 the airport (on the standard holiday dates).

**For bookings made within 8 weeks prior to departure, supplements may apply for ALL airports including Gatwick. Please get in touch for an acurate quote at time of booking.*

Making you own way
to the hotel for
ground only package

At Your Destination