Ballroom/Modern & Latin in Paphos/Cyprus

Join Peter and Ysanne for the ultimate Modern & Latin / Ballroom dance experience. Whilst suitable for all dance levels, holiday is ideal for improver level upwards.

Dates and Prices	31 October to 7 November - £1,299.00
Unique Features	So come and join Peter and Ysanne for our Cyprus Social Dance Holiday, dancing Ballroom, Latin and popular sequence dances. Dancing each evening to Peter's great mix of social dance music. Plus dance lessons for 3 or 4 mornings with Peter who is a fully qualified dance teacher. These lessons will help improve your technique, plus a chance to learn new dances. As dancers we know how important it is to have space to dance, we therefore have exclusive use of the dance floors with limited numbers to match the size of the floor giving you plenty of room to enjoy your dancing. This dance holiday is not suitable for beginners and dancers should a good knowledge of popular sequence dances.
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 a 4 star Hotel - Minimum 4 morning dance sessions, suitable for improver level upwards plus revision sessions - Music & dancing every evening - Welcome drink
What previous Customers Have Said about this Holiday	"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 Accommodation

Athena Beach - Hotel**** (Half Board) (Included)

This 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

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

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

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

Afternoon - Relax on the beach, chill by the pool or explore the local sights

2045 - Music and Dance session

DAY 3
1000 - Learn & Improve workshop
Afternoon - Relax on the beach, chill by the pool or explore the local sights

2045 - 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
Afternoon - Relax on the beach, chill by the pool or explore the local sights

2045 - 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 - 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 next door on wooden floor.. The best recorded music will be presented during the evening so you can show off your moves!

Your Teachers

Peter and Ysanne have been running dance holidays in the UK since 2005 and 2023 with Club Dance was their first overseas trip to Paphos Cyprus. This was a great success and the Hotel was fabulous and they are so looking forward to returning in November.

Optional Extras

Single Room Supplements, Upgrades and Budget Options

Option 1 - Included

Athena Beach - Hotel**** Half Board - (31/10/2026 to 07/11/2026 - 7 nights)

Superior Sea View Twin Room (Based on 2 sharing)	255.50 GBP
Twin Room Land View (Based on 2 sharing)	Included
Twin Room Land View Single Occ. (1 Person)	224.00 GBP
Twin Room Sea View (Based on 2 sharing)	112.00 GBP
Twin Room Sea View Single Occ. (1 Person)	336.00 GBP

Extra Nights

Junior Suite with private pool (Based on 2 sharing)	431 GBP per night
Partial Sea View Twin Room (Based on 2 sharing)	179 GBP per night
Partial Sea View Twin Room single occ. (Based on 1 sharing)	120 GBP per night
Superior Sea View Twin Room (Based on 2 sharing)	236 GBP per night
Superior Sea View Twin Room Single Occ. (Based on 1 sharing)	148.5 GBP per night

Superior swim up single room (Based on 1 sharing)	0 GBP per night
Superior swim up twin room (Based on 2 sharing)	263 GBP per night
Triple room land view (Per Room)	236 GBP per night
Twin Room Land View (Based on 2 sharing)	166 GBP per night
Twin Room Land View Single Occ. (Based on 1 sharing)	113 GBP per night
Twin Room Sea View (Based on 2 sharing)	195 GBP per night
Twin Room Sea View Single Occ. (Based on 1 sharing)	128 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

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 two hours a day in order to be able to enjoy the workshop/socials.

Insurance, Visa and Passport Requirements: Insurance is a condition of booking. Visas may be required for non EU citizens. British nationals need a full passport to travel to Spain.

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