

**Your Guide**

**to**

# **MJROC Warmwell Dance Weekender**

**Friday 22nd - Monday 25th  
November 2013**

**Everything you need to know before you go**





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## RELAX - UNWIND AND DANCE!!

Welcome to MJROC's Warmwell Dance weekender, if you've been to us before, you know what to expect, although we do improve every weekend we run based on our own and your feedback. If you're a newbie to Warmwell, then everything you need to know is in here and in our A-Z of Warmwell section on our website [www.mjroc.com](http://www.mjroc.com). Whether you want to spend your days doing one of our 35 dance classes, or chilling in your lodge, eating in with friends or treating yourself to a meal out in the restaurant, it's up to you, it's your weekend! We have amazing DJs to play a wide range of music to suit your tastes in 3 different dance rooms, plus other events such as the Pro-Am dance competition, Warmwell Quiz, Pool Party Skil!, and the famous Fancy Dress night. Ultimately Warmwell is about friendly dancers coming together and enjoy a wicked weekend together. So sit back, relax and read about the weekend, or go to our website [www.mjroc.com](http://www.mjroc.com).



*We hope you have an excellent, fantastic and fun weekend with us at Warmwell. We look forward to seeing, dancing and chatting with you at Warmwell.*

*Colin, Jim & Nicky, Gazza*



# Before you Arrive



## Arriving Later than 10pm?

*Please let us know if you intend to arrive after 10pm so we can make arrangements to ensure you have someone to check you in when you arrive. Call Nicky on 07718 567304 or email [warmwell@mjroc.com](mailto:warmwell@mjroc.com). Thanks!*

To ensure a smooth and quick check in, we need to have the names (and emails) of your lodge-mates by Friday 8th November 2013. If you haven't already done so, please email [warmwell@mjroc.com](mailto:warmwell@mjroc.com) or call Nicky on **07718 567304**. Remember, if you need to change a name, please ensure you tell us as soon as you can. Plus you can only replace a male with a male or female with a female. Thank you.

Once you've taken a look at the Class Itinerary for the weekend, you may consider booking yourself a massage with one of our regular Massage Therapists - Katharine Ledger and Pauline Dickson. Prices are £25 per half hour and if you're not sure what treatment to book, check out our website [www.mjroc.com/massage](http://www.mjroc.com/massage) to see what best suits you. You can contact them directly to book your slot.

## Katharine Ledger

[scubakate@o2.co.uk](mailto:scubakate@o2.co.uk)  
07721 055572



## Pauline Dickson

[info@pivotalhealthsolutions.co.uk](mailto:info@pivotalhealthsolutions.co.uk)  
07785 211165





# 10 THINGS TO PACK

## FOR YOUR MJROC WARMWELL WEEKENDER

### 1. Towels

Don't forget to bring your towels unless you're in a Platinum/Prestige lodge. If you do happen to forget it, you can hire one at Reception for £5, with an extra £5 refundable deposit - although you do have to return it to get your deposit back!

### 2. Kitchen Essentials

The Lodge kitchens are fully stocked with equipment but remember to bring your tea, coffee, sugar, salt & pepper, bread, milk, washing up liquid, t-towels etc.

### 3. Toilet Rolls!

Each lodge has one toilet roll provided, so you may want to bring your own stock!

### 4. Torch

Warmwell is an idyllic woodland park which means you may need a torch to light the way back to your cosy, warm lodges. It might be an idea to put your name on the torch to avoid taking some else's mistakenly.

### 5. Umbrella

We don't know what the weather will be like, so bring an umbrella just in case. We will have bags to put them in so they don't get everything wet in the complex.

### 6. Dance Shoes

It may seem like an obvious one to remind you about, but it's sometimes the obvious things we miss! If you do forget them, we have a dance shoe store for you.

### 7. Swimwear

The Pool Party increases with popularity each time, you don't want to miss this great event! There is also a sauna and other swimming times available.

### 8. Fancy Dress Outfits

This is a Warmwell staple for you to pack, last November we had 85% of dancers dressing up, from the elaborate to the simple but funny costumes. Anything goes so check your wardrobes and pack for the last night party!

### 9. Cash/Cheque/Card

You'll need £5 CASH for each key (max 3 keys) for the lodge. CASH for any massages or Ski! CASH or CHEQUES for booking for Warmwell 2014 and CASH or CARD for our Dance Shoes and Clothes Stores.

### 10. A Smile!

You're on holiday! Everyone has saved hard for this break and of course you'll always be guaranteed lots of dances with one of these on your faces.



# Getting to Warmwell

Warmwell is located a 6 miles from Weymouth and Dorchester, Dorset, and if you're not been to us before, you're in for a treat. The park is in an idyllic countryside setting with deer, ducks and fishing lakes.

## BY CAR...

Address: **Warmwell Holiday Park, Near Weymouth, Dorset, DT2 8JF**  
(Sat Nav will take you directly there, or if it doesn't just go along the road by another 200 yards!)

M25 > M3 > M27 > A31 > A35 > B3390 ; or

If you're coming from the West, M5 > A30 > A35 > B3390

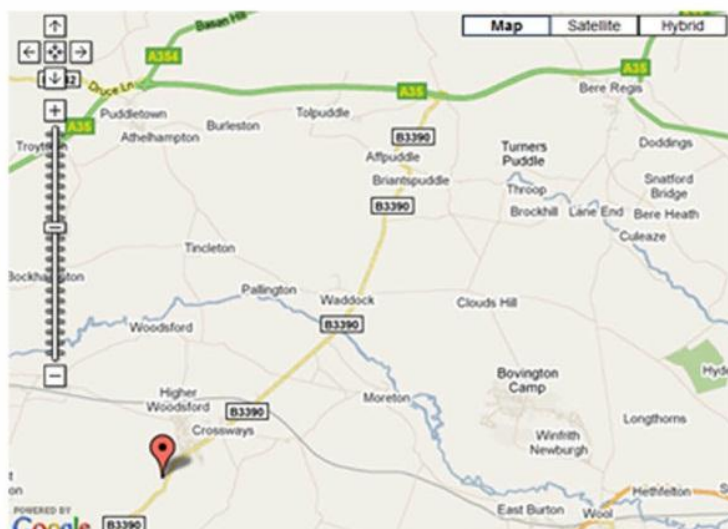
From North and West Follow ring road around Dorchester and head towards Poole. Take 1st turning on the right A352 towards Wareham. At 1st roundabout take the 3rd exit and at 2nd roundabout take 1st exit towards Crossways. At the T - Junction turn left under the railway bridge. Carry on towards Crossways and at the T - junction turn right. Park is 1 mile on the right. From East - Pick up the A35 towards Dorchester. Take the 1st exit of the dual carriageway on to the B3390 and follow signs to Warmwell. Continue over the railway crossing and park is 4 miles on the right. (DT2 8JE)

## BY TRAIN...

Nearest station - Moreton - about one and a half miles from the park.

Main lines - London Waterloo-Southampton-Bournemouth-Weymouth. Check other routes too from West. For all train enquiries contact National Rail Enquiries on 0845 748 4950. <http://ojp.nationalrail.co.uk/service/planjourney/search>.

Moreton is a small train station, and we recommend you pre-book your taxi. Taxi Firm X-Ways Taxis on 01305-854719. Alternatively, check with people you know who are going to Warmwell, perhaps they could pick you up.



## CONTACT US

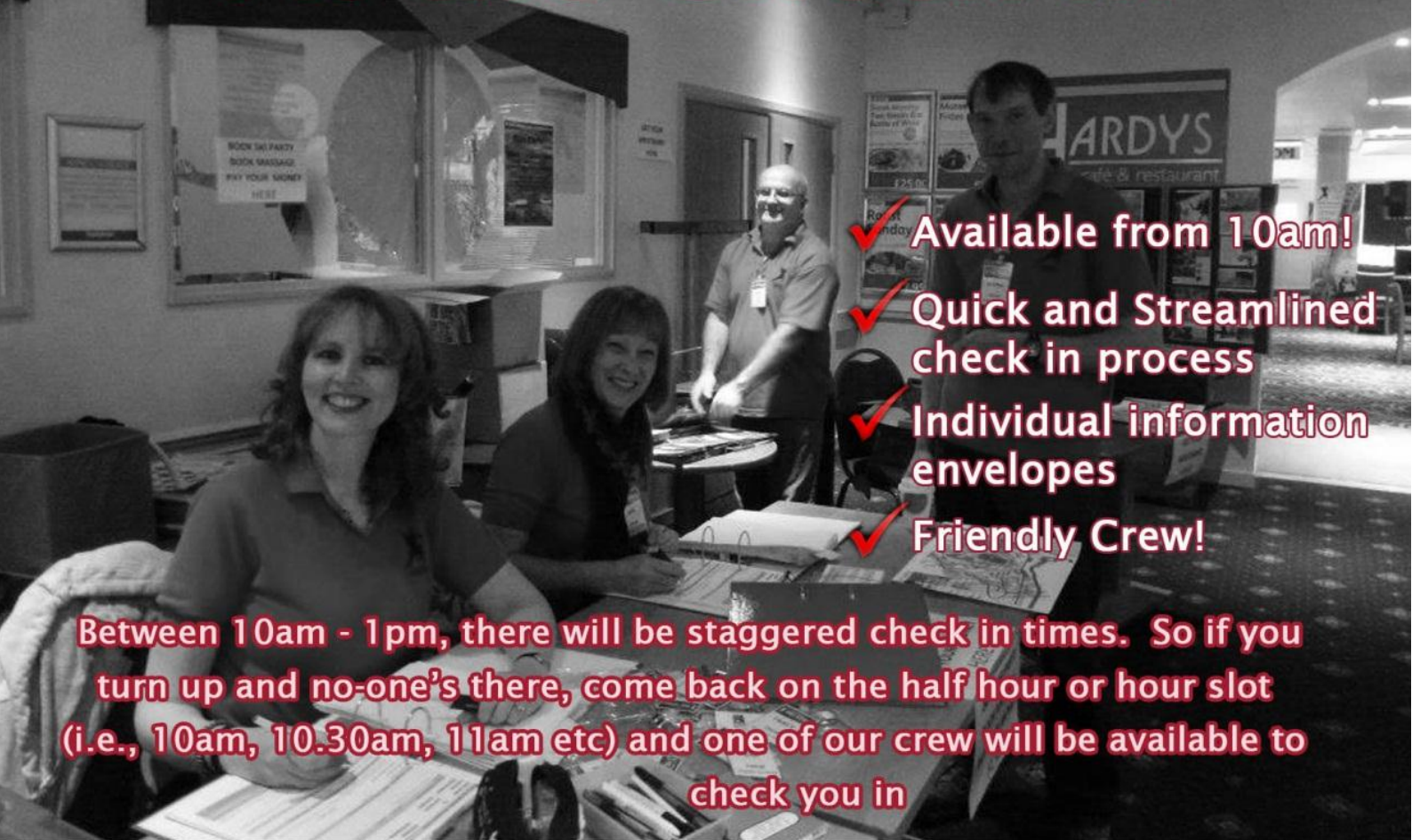
Colin 07944 971195  
Nicky 07718 567304

Parkdean Reception  
01305 851080

As phone signal is a little hazy,  
if you can't get hold of Colin  
or Nicky, please call Parkdean



# At the Check In



- ✓ Available from 10am!
- ✓ Quick and Streamlined check in process
- ✓ Individual information envelopes
- ✓ Friendly Crew!

Between 10am - 1pm, there will be staggered check in times. So if you turn up and no-one's there, come back on the half hour or hour slot (i.e., 10am, 10.30am, 11am etc) and one of our crew will be available to check you in

Yes, that's right, we are now open for Check In for 12 hours! 10am - 10pm! (with extra provisions if you arrive later on Friday night too). At MJROC, we always try and give you eXtras, like an early check in, so you can enjoy the facilities and your comfortable, warm lodge for longer.

- \* When you go through the main Reception doors, go through to the Main Hall where check in will take place for November 2013
- \* When you arrive, give your name to our "Greeter"
- \* Line up at the appropriate Check In Station and receive your individual information envelope with everything you need to know for the weekend
- \* If you are picking up a Lodge key (see Key section), you will have to give a £5 Deposit - which will be returned when you hand your key back
- \* Pay any outstanding monies
- \* Book your massage with Katharine or Pauline
- \* Book your "Ski!" Ringos, Ski or Lesson session
- \* Book your Private Teacher Lesson
- \* If you're early, enjoy a trip to Weymouth, Dorchester . You could just simply relax in your comfy, warm Warmwell lodge or explore the park and nature walks

Nicky and Colin will be available during these times to answer any questions





## Lodge Keys

Lodges have 2 keys, however, a 3rd key can be ordered by completing an online form - go to [www.mjroc.com/3rdkeyorder](http://www.mjroc.com/3rdkeyorder)

We will give keys 1, 2 (and 3 if ordered) to the first 3 people who turn up to check in. However, there is a £5 deposit on ALL keys, which will be returned to you when you hand the key back in at the end of the weekend.

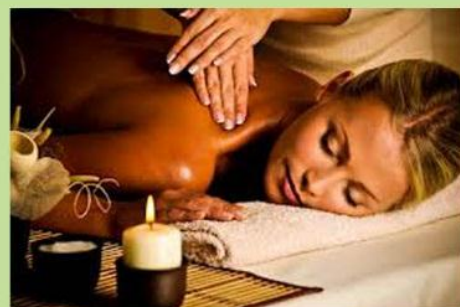
If you are in a male/female shared lodge, we will order a 3rd key for you automatically.

You can hand your keys back in at Reception until 5pm on Sunday - after that, you can hand them into the Bar staff (til 1am) who will return your deposit. Reception is then open from 8am on Monday.

If you are leaving after 1am on Sunday/Monday, we advise you to give your key to a lodge mate who will then return the key for you to get your £5 deposit back. Nicky, Colin or Gazza cannot take your key and return your deposit.

## Book your Massage

Once you've had a chance to look through the weekend itinerary, pencil some "you" time in and book a relaxing massage with one of our regular massage therapists. Please ring/email or book on arrival directly with Katharine or Pauline, price is £25 for 30 minutes.



### Katharine Ledger



*Holistic massage,  
Hot Stone massage,  
Thai Foot massage,  
Back, head, neck and  
shoulders massage  
and more....*

**Call: 07721 055572**

**Email: [scubakate@o2.co.uk](mailto:scubakate@o2.co.uk)**

### Pauline Dickson



*Deep Tissue, Sports Injuries  
Holistic, Therapeutic, Swedish  
Reflexology  
Osteopathic treatments  
Indian Head Massage  
and more....*

**Call: 07758 211165**

**Email: [info@pivotalhealthsolutions.co.uk](mailto:info@pivotalhealthsolutions.co.uk)**

*One of the unique things about Warmwell is the 110ft Ski Slope where you can ski, learn to ski or have a go on the Ringos (as pictured).*

*Book at Reception for Sunday 12pm - 1pm, our Warmwell professional photographer will be there to capture all the fun!*

**Ski Session = £12**

**Ski Lesson = £15**

**Ringos (half hour) = £6**









# IN YOUR LODGE

Whatever type of Lodge you've booked with us, you'll find it a comfortable home-from-home and a great base for a weekend of fun.



*Enjoy your lodge from 10am on Friday!  
3 FULL days at MJROC's Warmwell dance weekender!*

## What to Expect

FREE Gas, Electricity, Bed Linen  
and Parking outside your lodge

Warm, cosy lodges

Fully equipped kitchen

Towels (in Platinum & Prestige)

Verandah

Wildlife!

Warmwell is unique because of it's lovely Lodges in a picturesque country setting, with wildlife all around you! We want your stay to be a pleasurable experience, so on arriving at your lodge, please check to see if everything is in place and if anything needs fixing or replacing, please report it immediately to Reception and Parkdean will endeavour to fix it immediately.

There are a few little 'rules' that we feel are appropriate to ensure the safety and enjoyment for all our guests which we hope you will adhere to....

- \* no smoking in the lodges
- \* Keep valuables hidden away
- \* lock the door
- \* keep any lodge-party noise down to be a good neighbour
- \* in sharing lodges, no males in all female-only lodges and no females in all-male lodges
- \* park your car considerately



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## **Don't fancy doing the washing up?!**



*Our Warmwell lodges have fully equipped kitchens for you to cook-in with friends, or if you don't fancy washing up or want to spend your time dancing! then Warmwell has a restaurant to cater to your every need.*

*Usually we offer the Value Meal Deal option, however, at previous events the minimum number wasn't achieved to justify doing the Value Meal Deal , therefore Parkdean are now providing the Full Menu "Pay-As-You-Go" service, offering great value and menu choices (previously the restaurant had a limited number of food choices, this year you get the lot!)*

### **Restaurant Opening times**

*Breakfast 8.30am - 11.30am*

*Lunch and Dinner 12pm - 8.30pm (Friday night is open til 9pm)*

### **Cafe Opening times** 8.30am - 8.30pm

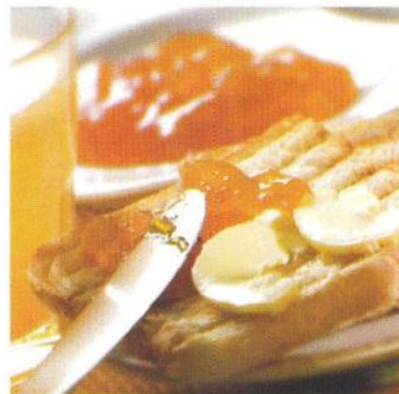
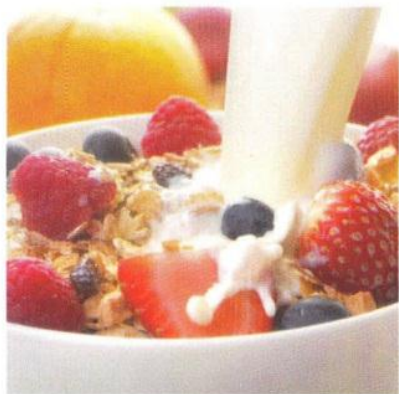
*for Tea, Coffee, Hot Chocolate, and other drinks  
please note Hot Water will be charged at £1 per cup*

**NEW! Hot Dogs from the Bar!** from 8.30pm

*Tea and Coffee, will also be available from the Bar*

*There will be no take-away service as, again, it was not as popular as was expected.*





## Rise and Shine

### Traditional breakfast

£3.95

Fried egg, one sausage, a rasher of bacon, baked beans, tomato & sauté potatoes

### The big breakfast

£4.95

Two fried eggs, two bacon rashers, two sausages, baked beans, sauté potatoes, fresh mushrooms & tomato

### Omelette breakfast v

£3.95

Our healthy eating option. Cheese & tomato omelette, fresh, juicy mushrooms, baked beans, tomato & sauté potatoes

### Breakfast in a bap

£2.95

Floured bap filled with one rasher of bacon, one pork sausage & a fried egg on top

### Vegetarian breakfast in a bap v £2.95

Floured bap filled with two vegetarian sausages, fresh mushrooms & a fried egg on top

### Extra choice

80p each

- bacon • sausage • sauté potatoes • fried egg
- baked beans • fresh mushrooms

### Add an OJ & a slice of toast for only

£1.50

### Cereal

95p

Alpen or Kellogg's cereal served with fresh milk

### Oat so Simple Porridge pot

£1.25

Available in variety of flavours please ask



### Sid and Lizzie breakfast

£1.95

Sausage & beans on toast



### Go yankee

£1.95

Stack of 3 free range egg drop pancakes with sticky maple syrup and **nutella** spread. Yummy!

### Toast & preserves

£1.50

Two slices of thick white or brown bread toasted, served with butter & marmalade or jam

## The Perfect Cup

The Costa Coffee bar will be closed over the Warmwell weekend and instead there is the Cafe bar range of coffees

### Tetley Tea

£1.50

Freshly brewed tea

### Lipton selection of speciality & fruit teas

£1.55

### Café bar Range of Coffees and Chocolate

£1.50

### OJ chilled orange juice

£1.25







## The Perfect Start

**Whitebait**  
Simply fried till golden & served with tartare sauce

£4.25

**Garlic bread with melted cheese v**

£3.95

**Crispy shrooms v**  
Garlic coated crispy shrooms with a crisp salad garnish & garlic mayo dip

£3.95

**Jack Daniels sticky chicken goujons**  
Tender chicken strips, smothered in a sticky sauce served with fresh mixed salad leaves & a sweet chili dip

£4.25

**Half rack of ribs**  
Finger licks tasty in honey smoked BBQ sauce

£4.25

**Prawn cocktail**  
The UK's favourite combination of prawns & seafood sauce on a bed of seasonal leaves

£4.95

**Two moors game pose**  
Blend of venison, pheasant & duck with a hint of port & lemon, served with fresh mixed salad, toasted bloomer bread & red onion marmalade

£4.25

**Steamin' soup**  
Steaming bowl of Knorr soup with crostons & cream

£3.95

**Buffalo wings**  
Tangy wings with a spicy dip, served with fresh mixed salad leaves

£3.95

**Ocean pearl mussels**  
Steaming bowl of mussels cooked in white wine & garlic served with bloomer slices to soak it up

£6.45

## Platters to Share

**Noches chilli grande**

£9.95

A mountain of warm, corn tortilla chips, smothered with melted cheese & spicy Tex Mex beef chili served with salsa, sour cream & guacamole, topped with jalapeno slices. Enjoy!

**Texan ribs 'n' things**

£10.95

Stripy BBQ ribs, buffalo wings, twister fries, shrooms, onion rings and warm nachos to soak up BBQ sauce, salsa & sour cream for dipping - belly buster meal for four

**Chip shop platter**

£10.95

Fish goujons, breaded scampi, sausage, mini steak & ale pie, mini chicken & tarragon pie. Served with chips, mushy peas & tartare sauce



## Family Feast

**Chicken tikka masala**

£8.45

Tender chicken, marinated in tandoori spices & yogurt, cooked in a masala curry sauce, served with basmati rice, naan bread, mini onion soup & mango chutney

**Steak & ale pie**

£8.25

Chunks of beef slowly cooked in red ale with short crust pastry, served with peas & carrots, new potatoes or chips with ~~chutney~~ gravy

**Thai king prawn curry**

£8.95

King prawns cooked in an aromatic sauce with chili, spring onions, peppers & lime leaf served with Singapore noodles & prawn crackers

**Pumpkin & red onion tagine v**

£7.45

Butter nut squash roasted with red onion in Moroccan tagine spices with apricots & fennel, served with basmati rice & naan bread

**Jumbo fish 'n' chips**

£8.95

No exaggeration! Whole fillet of fish coated in batter then fried until crisp, served with garden peas, chips, a lemon wedge & tartare sauce (may contain small bones)

**Split roast chicken**

£8.45

Everyones favourite! Half a roast chicken served with chips or new potatoes, peas, carrots & ~~chutney~~ gravy

**Golden fried scampi**

£9.95

Ten pieces, breaded & fried 'til golden, served with chips & a lemon wedge, fresh salad garnish & tartare sauce

**Ham, egg 'n' chips**

£7.95

Tasty roast ham & double fried egg served with garden peas & chips. Still a great British favourite

**Tex Mex chili bowl**

£7.95

Fragrant beef chili topped with sour cream & jalapenos served with chips, mixed salad leaves & a pot of salsa

**Mediterranean haddock loin**

£8.95

Loos of firm succulent Atlantic haddock topped with a Mediterranean roast pepper & tomato salsa, new potatoes & a choice of seasonal vegetables or a crunchy salad bowl

**Hot chicken & bacon salad**

£9.95

Fresh mixed salad leaves, topped with tender chunks of flame-grilled chicken breast, bacon, cherry tomatoes, cucumbers, croutons & spring onions. Served with new potatoes & a garlic bread slice with a honey & mustard dressing on the side

**Salmon & king prawn salad**

£9.95

Fresh mixed salad leaves, topped with a poached fillet of salmon & a grilled & king prawn skewers, cherry tomatoes, cucumbers, croutons & spring onions. Served with new potatoes & a garlic bread slice with raspberry vinaigrette on the side

## Finest Ingredients

### Yankee Doodle Burgers

The biggest burgers you've ever seen! Grilled & served in a bun with fresh mixed salad leaves, tomato, coleslaw & chips. Choose from a 7oz single or 14oz double burger

**Plain**

**Cheese**

**Rancher**

with bacon, cheese & onion rings

7oz £6.95  
14oz £8.25  
7oz £7.25  
14oz £8.55  
7oz £7.95  
14oz £9.25

### Gourmet Burgers

**Scilton & mushroom burger**

£7.75

7oz burger - topped with scilton cheese, fresh mushrooms, bacon slice, on a large toasted sesame seed bun with fresh mixed salad leaves, tomato slice, chips & coleslaw

**Tak Mex chili burger**

£7.75

7oz burger - topped with chili, cheese, onion rings & jalapeno peppers, on a large toasted sesame seed bun with fresh mixed salad leaves, a tomato slice, chips & coleslaw

**Raggoe Raggoe chicken burger**

£7.75

Juicy grilled chicken breast, bacon, melted cheese, levi roots famous Caribbean jerk BBQ sauce, topped with onion rings, served on a large toasted sesame seed bun with mixed salad leaves, tomato slice & chips

**Covent garden burger v**

£7.25

A delicious combination of crispy coated poultry, vegetables & spring onions, topped with mushrooms & onion rings served in a toasted sesame seed bun with mayo, mixed salad leaves, chips & a spicy salsa on the side

## Chef's specials

See our blackboard menus and posters or ask a member of staff for today's specials



### Pasta

**Lasagne al forno**

£8.95

Layers of rich bolognese sauce & pasta, topped with creamy cheese sauce, served with a crispy salad garnish & garlic bread

**Veggie lasagne v**

£8.95

An authentic & smooth blend of tomato sauce & cheese, contained with aubergine, courgette, peppers, mushrooms & onions served with a crisp salad garnish & chips

**Spaghetti bolognese**

£8.95

Italy's most famous ragu rich tomato & beef sauce topped with parmesan shavings & served with garlic bread

### Gastro Pub Range

**Sausage 'n' mash**

£10.95

Not 3, but 4 local butchered luxury sausages, chargrilled for extra flavour, served on spring onion & cheese mash, with rich ~~chutney~~ gravy, topped with natural buttered onion rings

**Lamb shank**

£11.95

Slowly roasted to perfection! A rich minty gravy, buttered mash with parley & seasonal vegetables

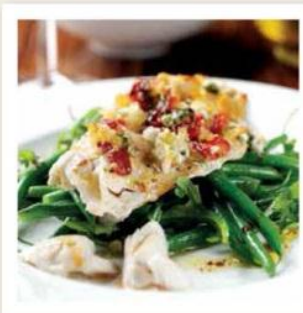
**Slow cooked gammon hock**

£12.95

Succulent gammon hock with red wine & cranberry sauce served with roast potatoes & seasonal vegetables







## From the Grill

### Steak

Fresh matured steaks 'flame grilled' the way you like them, served with a salad garnish, garden peas, half tomato, mushrooms, beer battered onion rings & your choice of chips or a jacket potato

Add a delicious sauce to your steak for **£1.55**  
(Peppercorn, Diane or Red wine, mushroom & stilton)

#### How do you like yours cooked?

Please tell us when ordering your steak: Blue - Rare  
- Medium Rare - Medium - Medium to Well - Well Done

**10oz Rump steak** £11.95  
**8oz Sirloin steak** £11.95

Add a 5 king prawn skewer to your steak for only **£1.55**

**Rack of ribs** £10.45  
Sticky hickory smoked ribs served with corn on the cob, mixed salad leaves, coleslaw & your choice of chips or jacket potato plus a pot of BBQ sauce

**Surf & turf** £11.95  
5oz rump steak & whole tail scampi (6), served with peas, a half tomato, tartare sauce & your choice of chips or a jacket potato

**Steak & rib combo** £11.45  
5oz rump steak & half a rack of ribs topped with BBQ sauce served with mixed salad & a choice of chips or jacket potato & peas

**NEW! Chicken & rib combo** £11.95  
Half spit roast chicken with a half rack of BBQ sauce ribs served with mixed salad, corn on the cob, coleslaw, onion rings & a choice of chips or jacket potato

### Mixed grill

This is big & not for the faint-hearted! Rump steak, liver, gammon steak, lamb chop & a pork sausage. That's just the meat! Then we add mushrooms, onion rings, a half tomato, peas & your choice of chips or jacket potato **£13.95**

### Chicken & bacon New Yorker

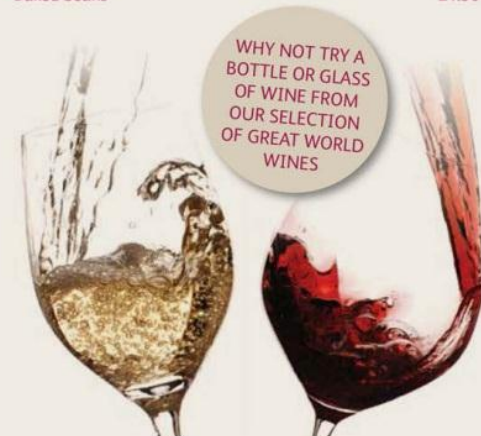
Butterfly chicken breast, flame-grilled, covered with BBQ sauce, bacon & melted cheese, served with a half tomato, peas, crisp salad garnish & your choice of chips or a jacket potato **£9.95**

### 8oz gammon steak

Flame-grilled, served with peas, tomato & your choice of chips or jacket potato, topped with an egg or pineapple slice **£9.95**

### On the side

**Twister fries** £2.50  
**Chips** £2.50  
**Chips 'n' cheese** £3.25  
**Onion rings (6)** £2.25  
**Side salad** £2.95  
**Coleslaw** £1.50  
**Baked beans** £1.50



## Sweet Tooth

### Mini dessert trio classic

For those who cannot make their mind up!!! Zesty lemon torte, blueberry & vanilla cheesecake & rich chocolate truffle all served on the same plate simply with raspberry cream **£3.95**

### NEW! Oreo cookie bash

Oreo cookie universe of white and milk chocolate cream with Oreo chunks showered with a dark chocolate drizzle served with whipping cream - to die for!!! **£3.95**

### Knickerbocker glory

Tower of ice cream, fruit (the healthy bit!) whipped cream, sauce, wafers, topped with sprinkles & smarties **£3.95**

### Alabama chocolate cake

Mad about chocolate? This is the one for you! Warm chocolate cake, topped with warm rich chocolate sauce served with ice cream or cream on the side **£3.95**

### Eton mess cheesecake

A plain biscuit base smothered with baked cheesecake crammed with raspberries, topped with cream, decorated with meringue, white chocolate pieces and a drizzle of raspberry glaze **£3.95**

### Sticky toffee & walnut pudding

A traditional pudding of date and walnut sponge drenched in muscovado sugar, golden syrup sauce served with custard or ice cream - naughty but nice! Traditional British fayre **£3.95**

### Deep south apple pie

Thick 'n' chunky apple pie served warm with vanilla ice cream or scrumptious custard **£3.95**

### Ice cream

2 scoop **£1.95**  
3 scoop **£2.45**  
Add your choice of strawberry, raspberry, chocolate or butterscotch sauce & marshmallows

## Drinks

**Teetley Tea** £1.50  
Freshly brewed

**Upton Fruit Tea** £1.55  
Selection of fruit teas

**Café bar Range of Coffees and Chocolate** £1.50

**OJ chilled orange juice** £1.25

**Coca-Cola Large 16oz** £1.85

**Slush puppy regular** £1.60

**Slush puppy large** £1.90

We will endeavour to serve your meal quickly but when the dining area is very busy, your food may take a little longer to prepare. We hope you enjoyed your visit & welcome any comments you have concerning our food & drink. \* These meals do not contain meat or fish. Fish dishes may contain bones. Some products may contain nuts. Please seek advice from staff. All weights quoted are approximate before cooking. Metric weight equivalent: 4oz = 113g; 8oz = 227g; 10oz = 280g. All items listed on this menu are subject to availability. All prices include VAT at current rate. Photographs are for guidance only, presentation of dishes may differ to those shown. Our ice-creams contain non-dairy fat. To the best of our knowledge, none of the foods we sell on our menus contain GM, soya or maize ingredients.





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## *Your Teachers and Dance Class for the weekend*

Since we started MJROC Warmwell dance weekenders, we have prided ourselves on giving you the best, friendliest and dance sociable teachers on the circuit

They all genuinely love the Warmwell weekender and it shows!

35 dance classes over the weekend, we hope you'll find it all inspirational and enjoy yourselves. As there is no weekend video, you will be able to record the classes on your camera/phones.





# CLASSES AND TEACHERS

## FRIDAY

### BUSTERS

## MAIN HALL

## BLUE ROOM

8.15pm **It's a Steal! Icebreaker Class**

with Matt & Sarah

A simple "steal" routine to introduce the idea of swapping between two partners on the dance floor. Lots of fun and will certainly break the ice.

9.00pm

9.45pm

**FREESTYLE**

**Sultry Blues with Joseph and Charlotte**

Build your Blues confidence at the start of the weekend. Blues can be very close and personal (it's up to you).

1pm - 9pm

Open Decks Freestyle

**FREESTYLE**

*Classes are 1 hour long with a 15 minute Freestyle*

## SATURDAY

10.00am

11.00am

**Throw some Shapes with Matt & Sarah**

Breaking down the moves you know well and creating new shapes and patterns. **Beginners/intermediate**

11.15pm

12.15pm

**West Coast Swing - Basics and Beyond**

with Mel & Paul  
A class to build on the WCS basics and add some cool patterns and techniques that you can play with on the social dance-floor. **Beginners/intermediate**

12.30pm

1.30pm

**It don't mean a thing if you ain't got that Swing**

with Simon & Nicole  
Struggle with the faster tempo tracks? or changing styles from genre of music? Then learn adaptive lead and follow. **Intermediate+**

1.45pm

2.45pm

**A-Z of Smooth Jive - C is for Conversation**

with Lazy Dave and Chatty Mel  
'Dance conversation' mirrors verbal conversation. How can we both 'have a say' and not make our partners feel uncomfortable. **Intermediate**

3.00pm

4.00pm

**Bump n Grind with Jim & Nicky**

From the title you can imagine what kind of class this is! A funky, up-close-and-personal routine all in good taste of course!

4.15pm

5.15pm

**Men's Styling Class with Kevin Town**

Men and styling... styling and men oh yes, I'm serious! Join me for a solo routine designed to make us men look good. We're going to look cool and sophisticated

5.30pm

6.30pm

**Lindy Hop for Beginners with Joseph & Charlotte**

The granddaddy of all jive and swing dances. Learn some basic moves, including footwork with the professionals! **Beginners/intermediate**

**Keep Calm and Carry on Grooving**

with Kevin & Aggie  
Modern Jive with a little groove, funky moves, attitude and playtime. **Intermediate**

**FREESTYLE**

**Intermediate Modern Jive**

with Kelly & Robin  
Kelly & Robin will be teaching a fun and challenging intermediate routine for you

**Beginners Guide to Starting Tango Part 1 with Amir & Ada**

Specially aimed at those who have never done any tango, keeping things simple and achievable so everyone can get a chance to experience this amazing dance.

**Ladies Only- Stand Out on the Dance Floor!**

with Melanie Boyle

Melanie will take you through step by step how to STAND OUT on the dance floor. No men allowed.

**Lead and Connection**

with Adam & Hollie

A lesson to help leaders and followers enhance and improve their lead, follow and connection techniques. **Intermediate**

**No Workshop**

**Pilates for Dancers with Mandy**

A beautiful flowing class with a combination of fluid dance movements and pilates conditioning exercises to help you be the most graceful dancer ever. Some of the class will be on the floor, please bring a mat or towel

**Improvers Modern Jive**

with Christine & Terry  
For beginners or intermediates who want to brush up on the core basics of Modern Jive

**Salsa with Miquel Angel Plaza**

Bring it on with a simple, sexy and exciting class with the amazing Miquel

**FREESTYLE**

**Zumba with Lee**

The energetic, aerobic dance class is back with the amazing and dynamic Lee as your teacher. No need for a partner, just turn up and get ready to sweat

**QUIZ**

*Classes are 1 hour long with a 15 minute Freestyle*

## SUNDAY

10.00am

11.00am

**Smooth and Sophisticated with Simon & Nicole**

Covering preps, connection and lead transfer to create a fully connected dance. **Intermediate**

11.15am

12.15pm

**West Coast Swing- Let's get funky!**

with Paul & Melanie [Intermediate]  
We are getting funky with this workshop and are starting to incorporate some tricks and flairs to make your West Coast Swing smoother than a 30 year old single malt sliding down the ski slope.

12.30pm

1.30pm

**The 1920s Charleston with Joseph & Charlotte**  
A fast ballroom dance in 4/4 time, popular during the 1920s. This energetic style has had phenomenal influence on the development of dance. **Beginners/intermediate**

1.45pm

2.45pm

**Can Mars Ever Understand Venus?**

with Lazy Dave & Chatty Mel  
Want to completely understand the opposite sex? A simple role reversal class suitable for everyone comfortable with their own sexuality. Level: Social basics.

3.00pm

4.00pm

**Coasters with Simon & Nicole**

Taking Simon and Nicole's favourite new patterns and giving you that lush feeling when you glide along the floor. Get that look, style and valuable technique. **Intermediate**

4.15pm

5.15pm

**West Coast Swing- The Big One!**

with Paul and Melanie  
This is the workshop that pulls out all the stops. Not for the faint hearted, this will incorporate lots of the smoothest and coolest patterns you may have seen on TV. **Intermediate**

5.30pm

6.30

**Next Generation Smooth Jive**

with Lazy Dave & Chatty Mel  
Discover the simple, consistent and logical technique that creates smooth, flowing and safe dancing, the Lazy Dave way. **Intermediate**

**Too Cool for Skool with Kevin & Aggie**

Cool, hot moves, with styling and technique to give you the X Factor on the dance floor. **Intermediate**

**Double Trouble with Lee, Dawn & Mel**

One leader, two followers learning to dance together.... things just got interesting! Learn from the multiple champions.

**FREESTYLE**

**Advanced Modern Jive**

with Kelly & Robin

Kelly & Robin will delve into the more technical, faster, stylish moves to give you a challenging but fresh advanced routine. **Intermediate+**

**Beginners Guide to Starting Tango Part 1**

with Amir & Ada

Following on from yesterday's class learn some more basic Tango steps from Amir & Ada.

**The Fast and the Furious with Kevin & Aggie**

Learn how to dance to those insanely fast tracks. You will not only breeze through them with cool moves and styling but also won't need to sit down for half an hour afterwards. **Intermediate**

**The Hen Party! For Ladies Only**

with Tas  
A very fun routine for the ladies that include some creative stylish moves, bring your sense of humour... you never know, there maybe one male there! Bring a feather boa if you have one.

**Musicality with Amir & Ada**

Come discover how your dance music is structured and how to exercise your listening skills, building blocks towards greater musicality understanding, appreciation and interpretation. Bring your favourite dance track to work with

**No Workshop**

**Improvers Part 2 Modern Jive with Christine & Terry**

Following on from yesterday's Improvers class, a new routine taking things a little further with a little more technicality and style. **Beginners/intermediate**

**FREESTYLE**

**Jazz Dance with Mandy**

Learn a choreographed Jazz Dance routine which is brilliant for giving you more confidence, style and freedom within your own body. No partner necessary

**FREESTYLE MUSIC**

**FREESTYLE MUSIC**



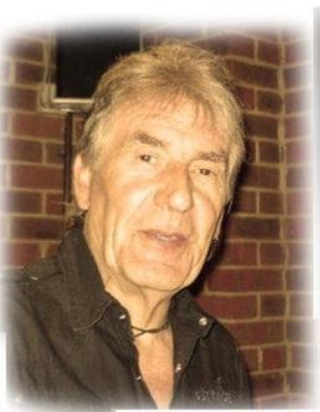
# DJs and Freestyles

Again, we have wonderful DJs for your listening pleasure with some great new music sets in our Busters room at night.



**MJROC Warmwell**

**November 2013 DJs**





# Freestyles

## MAIN HALL

## BUSTERS

## BLUE ROOM

FRIDAY

7.00-8.15

ANDY ASHMAN

GREG DAVIDSON

9.45-11.00 BLUES

FREESTYLE MUSIC  
1.00- 9.00

9.00-11.00

KANE JENNER

DIANE GAVIN

11.00-1.00

BILLY CULLEN

ROCKIN RAY STYLES

GAZZA

1.00-3.00

JAMES SHEPHERD

ROGER CHIN  
LATIN JIVE TO TANGO

NICK STEPHENS

## SATURDAY

SATURDAY

12.30-1.45

KELLY DONOGHUE

3.00-4.00

CLIFF DEAN

## EVENING

7.30-9.00

KELLY DONOGHUE

ROCKIN RAY STYLES

ROGER CHIN  
8.00-9.00 TANGO FREESTYLE

9.00-11.00

BILLY CULLEN

GAZZA  
OLD SCHOOL MJ

DIANE GAVIN  
BLUES/ WCS

11.00-1.00

KANE JENNER

COLIN SHAUL  
OLD SCHOOL MJ

NICK STEPHENS

1.00-3.00

JAMES SHEPHERD

GREG DAVIDSON  
BLUES

GAZZA

## SUNDAY

SUNDAY

12.30-1.45

JAMES SHEPHERD

1.45-3.00

ROGER CHIN

4.00-6.45

FREESTYLE MUSIC

## EVENING

7.30-9.30

KANE JENNER

ROGER CHIN  
TANGO 7.30-8.30

9.30-11.30

BILLY CULLEN

GAZZA  
LATIN JIVE 8.30-9.30

DIANE GAVIN  
9.00 to 10.00

11.30-1.30

COLIN SHAUL

JAMES SHEPHERD  
LATIN JIVE 9.30-11.00

NICK STEPHENS  
10.00 to 12.00

GAZZA  
12.00 to 2.00

The Main Hall is generally modern, upbeat music

Busters has specific music sets

The Blue Room is a mixture of smooth, funky, west coast swing, blues and generally more challenging dance music

We have professional dance floors installed and we ask that you respect them by not wearing stiletto heels, or putting any type of oil or powder on the dance floor or your dance shoes. Please report any issues with the floor to our crew, thank you.



# WARMWELL EVENTS...

*because it's not just about dancing!*

## Welcome Party Happy Hour!

Friday 5pm-6pm Restaurant

Meet, Greet, Drink & Chat!



tea, coffee, biscuits and  
some discounted bar drinks  
to get the Warmwell  
party started!

*Look forward to seeing you there!*



*Ski!* at the ski slope!

**Sunday 12pm-1pm**

Book and Pay at Reception

Ski Lesson £15 Ski Session £12

Ringos (30 mins) £6

Our professional photographer will  
be there to capture all the fun!



**Saturday  
5.30pm Bar  
Teams of 6**

## **Pool Party!** **Sunday 1.45pm**

Music, Dance Class,  
Games and so much  
fun your sides  
will ache for days!

*Don't forget your  
swimwear and towels*



## **MJROC WARMWELL**

### **PRO-AM DANCE COMPETITION**

**Saturday 23rd November 2013**

**IT'S TEACHERS PAIRED WITH AMATEURS  
LET BATTLE COMMENCE!**

*Sign up on the night - Main Hall from 8.15pm*

## **Fancy Dress** **Sunday night**



Anything goes, no theme

Prizes for Best Female

Best Male

Best Non-Performing Group  
and **BUSTERS CUP** to  
Best Performing Group





Your dance holiday is not complete without a few extras and home comforts





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# DANCE CLOTHES AND SHOES STORES




Bespoke Dance Shoes and Clothes will be providing a huge range of dance clothes and shoes (with a brand new range to showcase for us!)

If you wish to speak to Nigel about perhaps bringing your size or a specific pair of shoes, then please contact him on [enquiries@bespoke-dance-shoes.co.uk](mailto:enquiries@bespoke-dance-shoes.co.uk)

They will also very kind be providing a prize for our Pro-Am Dance Competition! Thanks guys!

## Murphy's Breathable Shirts



**Breathable Shirts by Murphy** are made from our special Supercool material, a lightweight fabric designed to be highly functional which is woven to create a series of slots to siphon moisture away from your body.

**Something for the men! (and ladies!)**

**Located in the Restaurant area**

**[www.breathableshirts.co.uk](http://www.breathableshirts.co.uk)**



# BOOKING FOR WARMWELL

## 28 NOVEMBER - 1 DECEMBER 2014

We will be taking bookings for 2014 on Sunday 3.30pm - 4.30pm in the Restaurant area. If you wish to book the same lodge (not for couples, male or female sharers, or under occupancies), then we will process you first between 3.30pm-4pm. After that we will open all lodges and places up for sale. Please bring £25 per person deposit in cash or cheque and complete a booking form (the flyers are in your individual packs you will be given at check in, or they're on the flyer tables).

Prices for 2014 are stated here, alongside the different options we can offer.

### Accommodation [ Please ring to reserve a preferred lodge tel 07718 567304 / 07944 971195 ]

	4 People	4 People	5 People	6 People	2 People x 2 People	2 People	Female or Male Lodges only
Sofabed in Bronze or Silver iSPA when all beds have been paid for	2 Bedrooms Double & Twin	3 Bedrooms Double & 2 x Twin	3 Bedrooms Double & 2 x Twin	3 Bedrooms Double & 2 x Twin	2 x Shared Couples[M/F]	1 Couple Lodge [M/F]	Shared lodge all Male/All Female 3 Bedrooms 1 Double 1 Large Twin 1 Small Twin
<b>BRONZE</b>	£130pp	£165pp	£145pp	£125pp	£145pp	£175pp TWIN BEDS	£155pp Single large room £140pp Shared large Twin room £140pp Single Small room
<b>SILVER</b>	£145pp	£180pp	£160pp	£140pp	£165pp	£200pp	£165pp Single Large room £150pp Shared Large Twin room £150pp Single small room
<b>SILVER +</b>	N/A	N/A	N/A	N/A	£175pp	£225pp	N/A
<b>GOLD</b>	£160pp	£185pp	£175pp	£155pp	£185pp	£235pp	£185pp Single Large room £175pp Shared Large Twin room £175pp Single Small room
<b>GOLD +</b>	£160pp	£190pp	£180pp	£160pp	N/A	N/A	N/A
<b>PLATINUM</b>	N/A	N/A	£190pp	£170pp	N/A	N/A	N/A
<b>PRESTIGE</b>	£185pp	N/A	£205pp	£185pp	N/A	N/A	N/A

Child Place £50pp Dog Friendly Lodges + £30.[Dog breed must be approved ]  
 Sofa Bed Bronze £95pp - Silver £110pp in limited lodges with full occupancies  
 Local Weekender Three day pass £99pp no overnight stay permitted. [Living within 10 miles of Site]  
 Any under occupancies will incur a surcharge.

**As a lead name on the booking, you agree to paying with one cheque for the deposit and full payment - on each extra cheque / payment type will result in a 75p extra charge. Thank you.**

Thank you for choosing to holiday with MJROC, we truly appreciate it and hope that you enjoy yourselves with us and of course it is you who makes the weekend so special for us all.

*Colin, Jim & Nicky, Gazza*