

SWING - MANRESA
Training Camp Summer 2010

2.8. - 4.8.2010

Dear dancers and colleagues:

It is my pleasure to inform you about the INTERNATIONAL SUMMER TRAINING CAMP, which will be held at the SWING-MANRESA DANCE CENTRE, in Manresa city to 1 hour from the Barcelona airport, from 2nd to the 4th of August 2010 (3 full days).

The **CLOSING DATE** for entries and booking of private lessons is the **14th JULY 2010!!!!**

In the end of that information you have a list of different hotels that you can try contact. You have to do bookings or reservation yourself!

For accommodation we recommend the “**ALBERG DE LA JOVENTUT DE MANRESA**”, walking distance from the studio and very cheap because it is a student’s residence, and they will open just only for our training because we are a lot of couples, last year we were 70th!

Also we have the combination with them for the meals times with our training camp. If you are interesting to book you have to hurry up because it is full very quick.

Wishing you a great summertime and looking forward to see you soon!

Best regards,
Karina Rubio

SWING-MANRESA DANCE CENTRE
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see page 2-3 information about the Training Camp
see page 4 entry form
see page 5 information hotels and student’s residence

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Teachers

- **LATIN** KARINA RUBIO
ALEX CAZORLA
EDGAR MARCOS
INTERNACIONAL TEACHERS HANSE GALKE
BRYAN WATSON
VICTOR NIKOVSKIY

- **STANDARD** JESÚS RUBIO
ISABEL PEREZ

INTERNACIONAL TEACHER FEDERICO DI TORO

- **PHYSICAL PREPARATION** DANIEL RODRÍGUEZ

- **PSYCHOLOGY** ISABEL PEREZ

- **BODY EXPRESION/FLEXIBILITY** QUIMA GRATACOS

Planning work

3 days (2.8. – 4.8.2010)

Sunday 1st August the school will be open from 6:30 to 9:00 PM for practice Standard and Latin and explain the planning work of the Training Camp.

On 2, 3 & 4 August the training camp start at 9:00 AM till 9:00 PM. with the next planning:

- Groups Lessons
(Latin / Standard / Physical Preparation / Flexibility / Psychology for Dance Sport)

- Practice and final Rounds of Standard and latin.

- Private lessons

THE PRICE FOR THE 3 DAYS WORKSHOP WILL BE

150,-- €/person/3 days	55,-- €/person/1 day (for couples dance only STANDARD or LATIN)
170,-- €/person/3 days	60,-- €/person/1 day (for couples dance 10 DANCES)

The trainer is coming with own students can participate on the training without cost

Private lessons

You can book private lessons with:

a) Latin:

- Karina Rubio
70,--€/ couple/ 45 minuts
- Alex Cazorla and Edgar Marcos
45,--€/ couple / 45 minuts
- Hans Galke, Brian Watson and Victor Nikovski
140,--€/ couple / 45 minuts

b) Standard:

- Jesús Rubio e Isabel Pérez
55,--€/ couple / 45 minutos
- Federico di Toro
100,--€/ couple / 45 minutos

Important

1. In the school are a bar for buy all you need.
2. On the physical preparation you need sport wear and a big towel.
3. You must pay the workshop and all the private lessons the first day of the training camp 2nd of August.

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ALBERGUE DE LA JUVENTUD DE MANRESA (STUDENT'S RESIDENCE)

- From 5 minutes by walking to the dance school.
- Address: Plaça Milcentenari, s/n. Manresa
Telephone: +34 93 875 03 96 Fax: +34 93 872 68 38
e-mail: alberg_manresa@tjuuca.com
- Price: Bed and breakfast 17'80 € per person
 Bed and full meals 29'30 € per person
- On the price it is not include the towels (towel renting 2'55 €)
- There are not doubles rooms. It is from 4 people the rooms.

HOTEL 1948

- From 5 minutes by walking to the dance school.
- Address: Carretera de Santpedor, 54-58, Manresa
- Telephone: +3493 874 82 16
- e-mail: info@1948hotel.com
- Price: Single room 60 €
(BREAKFAST INCLUDING) Double room 75 €
 Triple room 91 €

HOTEL PERE III

- From 10 minutes by walking to the dance school.
- Address: C/ Muralla Sant Francesc, 49
Telephone: +34 93 872 40 00 Fax: +34 93 875 05 06
e-mail: info@hotelpereIII.com
- Price without breakfast: Double Room 75 €