

Booking Form

Early Bird Deadline date is 01/05/2017

Complete details and post **with payment** to:

EMDP, 14 Graylands Estate, Langhurstwood Rd, Horsham, West Sussex RH12 4QD

Book your sessions for the day(s) you are attending below. Please tick **ONLY** one box for each session.

	Saturday 15th July 2017	Tick
Session 1 10.00 – 12.00	Spotlight on Shapes	
	Specialist Laban – Spatial Body Actions	
	Having fun and extending the challenge with Air & Floor Patterns	
	Adapt for Success	
Session 2 13.00 – 14.45	Apparatus development for beginners – Materials	
	Personally Excellent	
	Flying through the air and scaling the heights (double session)	
	Prime Posture	
Session 3 15.00 – 16.30	Lively Laban	
	Flooring it	
	Flying through the air and a scaling the heights (continued from session 2)	
Sunday 16th July 2017		
Session 4 09.00 – 11.00	Come on the hoops	
	Specialist Laban – Make the connections	
	Making the Effort	
	Making the most of your toolkit	
Session 5 11.20 – 12.50	Extensions into Space	
	Motion Factors	
	Choreography using unique stimuli (double session)	
	Life and times of the pelvic floor	
Session 6 13.45 – 15.15	Fun on the dance floor	
	Flex it	
	Choreography using unique stimuli (continued from session 5)	

Please complete the form to the right to assist the working party to place delegates in correct group

Current Level of KFA Training <i>(please tick as appropriate)</i>			
Name:			
Level 3 KFA Teacher		Level 2 Exercise to Music Teacher	
Older Adults specialist		Level 2 Chair Based Older Adults	

Hilton Leicester - Junction 21 Approach, LE19 1WQ

Book your hotel accommodation as soon as possible direct with the hotel quoting GFITA (Keep Fit Association) Saturday July 15th 2017. Twin rooms are £34pp/pn B&B with a £20 single room supplement if required. Rooms can also be booked at the same rate for Friday July 14th if booked at the same time. Telephone 0116 2634574 between 9 a.m. – 5 p.m. Monday - Friday

Any unused rooms will be released for general sale on Monday 1st May 2017 so any bookings made after this date will be subject to rate/availability.

A valid credit card will be needed to guarantee the reservation.

If you are dining at the Hilton on the Saturday evening you will again need to book your table directly with the hotel (0116 2634574) and ask for the restaurant – it is advised to do this as soon as possible

Booking Form Contd.

Please indicate here if you have any dietary requirements: vegetarian option etc.

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Pricing Information	Early Bird £ By May 1 st 2017	Standard £ By June 24 th 2017
Saturday (including lunch and refreshments)	55	70
Sunday (including lunch and refreshments)	55	70
Saturday and Sunday (including lunch and refreshments on both days)	100	130

Booking Form	Please enter "Both", "Saturday" or "Sunday"	Amount
Training day attendance.		
Total		

You may wish to consider taking out personal insurance against possible cancellation (by you) as money paid is not refundable.

Name	Address and postcode	
Full Membership number	Email/Contact Number	Region

Payment details

Cheque number: _____ enclosed payable to *EMDP Ltd* for the sum of £ _____ in full payment