

Booking Form

You can book direct by going to EMD UK <https://emduk.org> - Login and click on buy a KFA teacher product - concordat 2018 - Fill in the booking form and pay for concordat directly online

Or

complete details on this form and post **with payment** to:

EMD UK, 14, Graylands Estate, Langhurstwood Road, Horsham, West Sussex, RH12 4QD.

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

Name	Address	Contact number
Full Membership number	Email	Region
	Training Sessions Offered	
		Tick
Saturday Session 1	Drawing the right line. Rachel Liggitt	
	Developing your choreography with apparatus. Gilda Chambers	
	Maintaining muscle strength and fitness. Carrie-Anne White <i>part of Sit and Stay Fit and Stay Fit and Active strand of KFA work.</i>	
	Session for trainers - Spatial forms. Sheila Bryan	
Saturday Session 2	Flying through the air and scaling the heights. Jan Shapley	
	Flow through time. Marion Quick	
	Improving cardio vascular fitness. Gill Beckett <i>part of Sit and Stay Fit and Stay Fit and Active strand of KFA work.</i>	
	Session for trainers - Spatial forms. Sheila Bryan	
Saturday Session 3	Flying through the air and scaling the heights. Jan Shapley	
	Improving personal performance. Lynne Atalar	
	Maintaining and increasing flexibility. Michelle Carter <i>part of Sit and Stay Fit and Stay Fit and Active strand of KFA work.</i>	
	Session for trainers - Spatial forms. Sheila Bryan	
Sunday Session 4	Volutes and Steeples. Ann Burley	
	Make an effort. Rachel Liggitt	
	Music and rhythms. Marion Quick	
	Session for trainers - A Scale. Val Adrian	
Sunday Session 5	Volutes and Steeples. Ann Burley	
	Floor for more. Carrie-Anne White	
	Weighting for time and space. Gilda Chambers	
	Session for trainers - A Scale. Val Adrian	
Sunday Session 6	Make an impact on your class, be impulsive and add a little swing. Lynne Dowdican	
	Exciting choreography. Michelle Carter	
	Air and floor combinations. Lynne Atalar	
	Session for trainers "A" movement study. Rachel Liggitt	

Please complete the form to the right to assist the C18 working party to help place delegates in correct group.

Current Level of KFA Training <i>(please tick as appropriate)</i>	
Main	Specialist training
Teacher Foundation level 2	Older Adults
Teacher Foundation level 3	Chair Based Older Adults
Trainer level	Exercise to Music
	Youth Moves

Booking Form Contd.

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

Pricing Information	Early Bird £	Standard £
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 Days	Please enter "Both", "Saturday" or "Sunday"	Amount
Training day attendance.		
You may wish to consider taking out personal insurance against possible cancellation (by you) as money paid is not refundable.		Total

Payment details

Pay online on at <https://emduk.org>

Or fill in details below and send a cheque

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

Early Bird Payment closing date is 1 May 2018

<p>Should accommodation be required, it will need to be booked by you, direct with the Hotel. Hotel Accommodation has been reserved at the Hilton Hotel, Leicester, Junction 21 Approach, LE19 1WQ. www.hilton.com/Leicester 0116 2634574 Prices per room per night for Bed and Breakfast Twin £70 per room, Single Room £55 per room. Book your hotel accommodation as soon as possible direct with the hotel quoting the Keep Fit Association and the date of the event. Any unused rooms will be released for general sale on 1st May 2018 so any bookings made after this date will be subject to rate/availability. A valid credit/debit card will be needed to guarantee your reservation which can be cancelled up to 4pm on the day of arrival without charge, after 4pm you will be charged the full amount. Alternative hotels are available around Junction 21 and Fosse Park area – all close to the training venue.</p>
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