

Booking Form

Book your sessions for the day(s) you are attending below. Please tick one box for each session unless you are a trainer taking the optional follow on where you will need to tick that box also. If paying by BACS email your booking form to cathybroganjohnson@hotmail.com

OR

If paying by cheque send booking form & cheque together to Cathy Johnson, details are at the end of the form. Zoom links to join the sessions will be sent nearer the time.

Name	Address	Contact number
Full Membership number	Email	Region
Training Sessions Offered		Tick
Saturday Session 1 10.00-12.00	10.00 – 11.00 only Apparatus for Seated Exercise <i>Lisa Bigley</i>	
	11.15 – 12.00 only An introduction to Resistance Bands for all class categories <i>Tonia Gabriel</i>	
	Time, Weight & Space Lines <i>Rachel Liggitt</i>	
	Volutes & Steeples <i>Ann Burley</i>	
Saturday Session 2 13.00-14.45	Interactive Tools for your 2D Training <i>Sue Bennett</i>	
	Effort Actions with focus on choreography <i>Lisa Bigley</i>	
	Planes <i>Gilly Martin</i>	
Saturday Session 3 15.00-16.30	Choreography for Seated Exercise <i>Ivy Purdham</i>	
	Imagery & Dance improvisation <i>Rachel Liggitt</i>	
	Extensions into Space <i>Cathy Johnson</i>	
Sunday Session 1 10.00-12.00	10.00 – 10.45 only Techniques to Improve Balance in older adults <i>Irene Saunders</i>	
	11.00 – 12.00 only Core on the Floor <i>Irene Saunders</i>	
	10.00 – 11.30 Spatial Body Actions <i>Tonia Gabriel</i>	
	11.30 – 12.00 Optional follow on for Trainers	
	Creative Stimuli <i>Rachel Liggitt</i>	
	Innovative ideas for the warm up <i>Mo Manby</i>	
Sunday Session 2 13.00-14.45	Music & Improvisation <i>Lisa Terry</i>	
	Personal Performance (of the teacher) <i>Sue Bennett</i>	
	13.00 – 14.30 Transversal 3 rings <i>Ann Burley</i>	
	14.30 – 15.00 Optional follow on for Trainers	
Sunday Session 3 15.15 –16.45	Dimensional cross <i>Mo Manby</i>	
	Dancing Texts <i>Rachel Liggitt</i>	
	Incomplete Effort Actions <i>June Billington</i>	

Pricing Information	£
Saturday	25
Sunday	25
Saturday and Sunday	50

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 by BACS

Account The Keep Fit Association
Sort Code 40 30 20
Account 21476157
Reference CON + First initial & Surname e.g. CONFDICKINS

OR

Send cheque payable to **The Keep Fit Association** along with your completed booking form to:

Cathy Johnson
 123 Figtree Walk
 Peterborough
 PE1 3SW

Closing Date for Applications is 20th June 2021

Please Note

Numbers for each session are restricted and will be allocated on a first come, first served basis

If your first choice of session is not available, you will be contacted and offered an alternative