

**Keep Fit Association
Laban Dance Fitness Annual Conference for Teachers and Trainers**

**Saturday 16th - Sunday 17th July 2022
Brockington College, Blaby Road, Enderby, Leicester, LE19 4AQ**

Booking Form

Name			
Address			
Email address			
Mobile		Landline	
KFA Membership No.		Region	
Dietary requirements			

To book your sessions:

1. Choose from the Training sessions on page 2; **please enter your 1st and 2nd choices.**
2. Complete the 'Fees and Payments' sections below and pay the appropriate fee by your chosen payment method.
3. Send your completed booking form (and cheque, if paying by cheque) to:

Email: cathybroganjohnson@hotmail.com

Post: Cathy Johnson, 123 Figtree Walk, Peterborough, PE1 3SW

Closing date for bookings: 17th June 2022

To ensure you get a place on your preferred sessions, and to assist with planning, no bookings will be accepted after this date.

Cancellations:

Refunds will be dependent on circumstances and will be at the discretion of KFA Training & Qualifications

Fees: including a light lunch - *(please tick)*

Early Bird – for bookings received by 20th May 2022			
Saturday & Sunday £90.00		Saturday only - £50.00	Sunday only - £50.00

Standard price – for bookings received by 17th June 2022			
Saturday & Sunday £140.00		Saturday only - £80.00	Sunday only - £80.00

Payments: *(please tick)*

By Bank Transfer to: 'The Keep Fit Association' Sort code: 40-30-20 Account Number: 21476157 Reference to quote: CON22 + your surname	By cheque (with your booking form) - payable to: 'The Keep Fit Association'
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Booking Sessions

Please enter your first choice by entering '1' and your second/alternative choice by entering '2'.
When choosing your sessions, please note the occasional overlap in timings.

Saturday					
10.00 – 12.30 Planes, Rings & Other Things		10.00 – 12.30 Choreography to Contrast Exercise, Movement and Dance		10.00 – 12.30 Apparatus for Seated Exercise	
13.30 – 15.00 Apparatus – Hoops		13.30 – 16.00 Qualitative Relationships		13.30 – 15.00 Use of Voice	
15.30 – 16.30 Stretch & Relaxation		16.00 – 16.30 <i>Optional follow on for trainers</i>		15.15 – 16.30 Bubble Dance	
Sunday					
09.30 – 12.30 Laban & Landscapes		09.30 - 11.15 Choreography Using Diagonal Scales		09.30 – 11.00 Use of Music to develop Dynamic Choreography	
		11.15 – 12.00 <i>Optional follow on for trainers</i>		11.15 – 12.30 Core Stability	
13.30 – 15.00 Apparatus – Materials		13.30 – 15.00 Dancing Texts			

Booking Accommodation

If you require accommodation, please book directly with the Hotel.

Hotel Accommodation has been reserved at the Hilton Hotel, Leicester
Junction 21 Approach, LE19 1WQ. (0116 2634574) www.hilton.com/Leicester

Prices per room per night for Bed and Breakfast: Twin room £80 ▪ Single room £70

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 2022 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 the Fosse Park area which are close to the training venue.