

Please return this portion of the booking form to:

Gillian Martin
1 Russell Mews, Commercial Road,
Paddock Wood, Tonbridge
Kent TN12 6DW

Telephone: 07544 573055
Email: gillian.martin312@btinternet.com

Cheques payable to:
South East Counties Keep Fit Association
Training

***Direct payment can also be made to:**
South Eastern Counties Keep Fit Association
Training Account:
Nat West, Dartford
60-06-33 16596269

Please use the reference MSM2024

Receipt of your application form and session requests will be confirmed using the contact details provided by you on the booking form

Closing date for all bookings is 13 April 2024 at the SECKFA AGM.

SECKFA Future Training dates

Sunday 13 October 2024 – Sheila Bryan
U2 E9 Accents and Tensions
AM: Teacher CPD / PM Trainer CPD

Sunday 22 June 2025 – Topic TBA

SECKFA is once again able to offer you our MSM day

An opportunity to be together and enjoy a lovely day of Keep Fit with all our friends to celebrate our love of moving together with like-minded colleagues.

Registration: 9.30am

Training topics:

10.00-11.30am: U1 E1/2 Directions / Dimensions

Tutor: Gay Furnell

11.45 -1.15pm: U2 E4 Dimensional Cross

Tutor: Wendi Redwin

Lunch break

2.00 -3.30pm: U2 E4 Octahedron

Tutor: Sheila Bryan

Practical application of these topics for your class

Recreative sessions

10:00 to 10:30am: Group Warm-up

Tutor: Sarah Elbourne

10.30 -11.30am: **Tutor: Kim Wilcox**

11.45 -1.15pm: **Tutor: Jan Norman**

Lunch break

2.00 -3.30pm **Tutor: Denise Palmer**

Apparatus / Ribbons

Laban Dance Choir for everyone to enjoy

3.45 – 4.30pm **Tutor: Jan Shapley**

(NB: Tutor will work to 4:15 and then do a cool down/stretch out)



SECKFA Regional Training Committee brings you

Moving Still Matters
on
Saturday 27 April 2024
at
Therfield School,
Dilston Road, Leatherhead, KT22 7NZ
10am to 5pm

Three Training and three Recreative sessions during the day ending with a Laban Dance Choir finale for everyone to enjoy

Costs for the day £30.00
£15 per half day

Please bring your own lunch and cup for tea/coffee

Proceeds from this event will go to the KFA National Charity Refuge

Moving Still Matters

Recreative programme

Tutors for the day:

Sarah Elbourne, Kim Wilcox
Jan Norman, Denise Palmer
Jan Shapley

09:30am

Arrival and registration

10:00 to 10:30

Warm up session with **Sarah Elbourne**

Session1: 10:30 to 11:30

Tutor: Kim Wilcox

Tea/Coffee break

Session 2: 11:45 to 13:15

Tutor: Jan Norman

Lunch Break

Session 3: 14:00 to 15:30

Tutor: Denise Palmer
Apparatus: Ribbons

15:45 to 16:30

Laban Dance Choir
Tutor: Jan Shapley

Moving Still Matters

Training Programme

Tutors for the day:

Gay Furnell
Wendi Redwin
Sheila Bryan

09:30am

Arrival and registration

Session 1: 10:00 to 11:30

Tutor: Gay Furnell

Tea/Coffee break

Session 2: 11:45 to 13:15

Tutor: Wendi Redwin

Lunch Break

Session 3: 14:00 to 15:30

Tutor: Sheila Bryan

15:45 to 16:30

Laban Dance Choir
Tutor: Jan Shapley

Moving Still Matters Saturday 27 April 2024 Booking Form

Name:

Address:

Contact Number:

Email:

County:

KFA Membership No:

MSM Booking Options – please tick

Recreative Programme	
Training Programme	
Mixed sessions (i.e. Training and Recreative) please specify your choices:	

Costs:

£30.00 for the day

£15 per half day

Please email Gilly to book your place and then complete and send / give this portion of the form to Gilly - contact details overleaf.

Priority will be given to South East Members