

Keep Fit Association
Laban Dance Fitness Annual Conference for Teachers and Trainers
Saturday 13 July- Sunday 14 July 2024
Brockington College, Blaby Road, Enderby, Leicester, LE19 4AQ

Booking Form

Name			
Address			
Email address			
Mobile		Landline	
KFA Membership No. if applicable		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: kfatraining@emduk.org

Post: Gilda Chambers, 9 Anthony Road, Welling Kent DA16 3EH

Closing date for bookings: 28 June 2024

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 organizing committee.

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

Early Bird – for bookings received by 31 May 2024			
Saturday & Sunday £100.00		Saturday only - £60.00	Sunday only - £30.00

Standard price – for bookings received by 28 June 2024			
Saturday & Sunday £130.00		Saturday only - £80.00	Sunday only - £40.00

Payments: *(please tick)*

By Bank Transfer to: 'The Keep Fit Association' Sort code:53-61-33 Account Number:66175607 Reference to quote: CON24 + your surname		By cheque (with your booking form)- payable to: 'The Keep Fit Association'	
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Booking Sessions

For each session enter your first choice by entering '1' and your second/alternative choice by entering '2'.

Saturday			Choice
Timings	Strand	Detail	
10:00 – 12:30	LL	Unit 3 Element 13 Take the forms into the body and dance Cathy Washbrooke	
	CC	Unit 2 Element 8 and 9 Using Accents and Tensions to add dynamic quality in classwork Irene Saunders	
	S	Unit 1 Element 4 Using Laban Analysis and more to improve social interaction on the Chair Tonia Gabriel	
	Tr	Trainer CPD U2 E8 Dynamics - Motion Factors - U2 E11 Weight, Space and Time Lines Frances Dickins	
13:30 to 15:00	LL	Unit 3 Element 16 Explore the spatial rings on the Icosahedron - focus on creative choreography Sheila Bryan	
	CC	Unit 2 Element 2 Body Flow - using body flow to develop MSE and flexibility Lisa Bigley	
	CC	Unit 1 Element 2 What's in your tool kit on a damp Tuesday night? Planning and Teaching methods and skills to keep motivation in class Lynne Dowdican	
	S	Unit 1 Element 4 Falls prevention recap on the exercise to help and how to get people standing in class Tina Kaufman	
15:30 to 16:30	LL	Get Creative with Cathy Cathy Washbrooke	
	CC	Unit 2 Element 6 Using Diagonals to promote flexibility Jan Shapley	
	S	Unit 1 Element 4 Techniques to improve balance in Older Adults Tonia Gabriel	
	Tr	Trainer CPD Unit 1 Element 2 Working with Learners needs Sue Bennett / Tina Kaufman	
Sunday			Choice
09:30 to 12:30	LL	Unit 3 Element 17 Working together complimentary Axis and Equator Scales Cathy Washbrooke	
	CC	Unit 2 Element 10 A movement study - Effort Actions with a focus on choreography for classwork Lisa Bigley	
	Tr	Trainer CPD Unit 2 Element 12 Qualitative Relationships - to understand the 4 components Consolidation / Weight, Formation / Space - Synchronisation / Time Communication / Flow Tutor Sheila Bryan	

Session Key:

LL -Laban Lyrical, **CC** – LDF Core Capabilities, **S** – Specialist Sit and Stay Fit, **Tr** – Trainer Training

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:

Single occupancy room £90 per night

Shared Twin room £100 per night

Shared Triple room £110 per night (one bed is a pull down bed)

Book your hotel accommodation through this link

[Hilton Event Email \(eventsathilton.com\)](mailto:eventsathilton.com)

Any unused rooms will be released for general sale on 31st May 2024 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.