

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

Programme for the weekend	
Saturday	Sunday
09.30 – 09.45 Registration & Refreshments	09.00 – 09.15 Registration
10.00 – 12.30 Session 1	09.30 – 12.30 Session 1
12.30 – 13.15 Lunch	Lunch
13.30 – 15.00 Session 2	Farewells and depart for home
15.00 – 15.30 Break	
15.30 -16.30 Session 3	
All enquiries to: Gilda Chambers – Email: kfatraining@emduk.org • Call 020 8855 2034	

Session Information

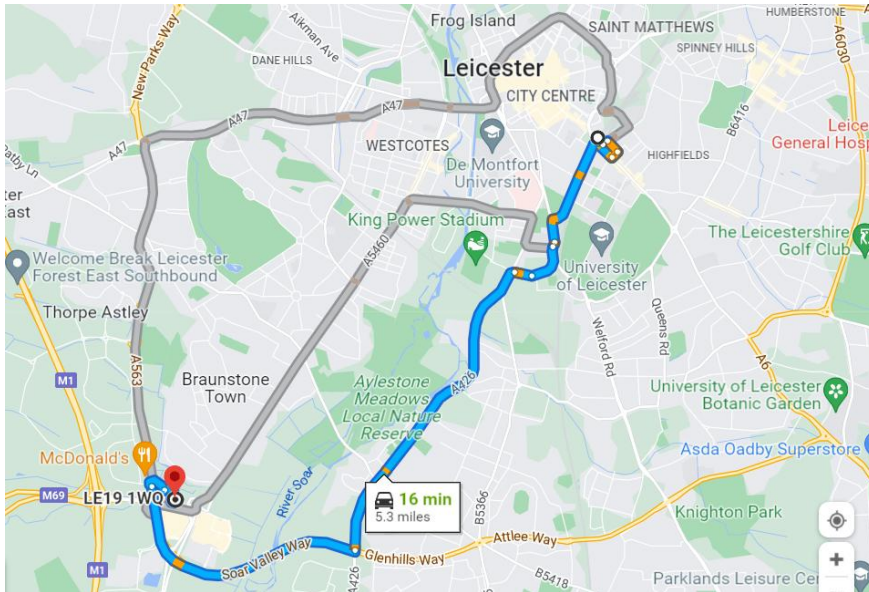
Saturday		
10:00 – 12:30	LL	Cathy Washbrooke – Bringing her own perspective and explore with you the creative development of spatial forms.
	CC	Irene Saunders - Irene will help you use Laban's Accents and Tensions to add dynamic quality to your classwork.
	S	Tonia Gabriel - Using Laban Analysis, and more, to improve social interaction on the Chair.
	Tr	Frances Dickins - Honing your training skills to bring out the 'quality of movement' with Dynamics and Motion Factors.
13:30 to 15:00	LL	Sheila Bryan – A practical session exploring the spatial rings on the Icosahedron with a focus on creative choreography
	CC	Lisa Bigley – Using body flow to develop physical objectives of muscular strength and endurance and flexibility in your classes
	CC	Lynne Dowdican - What's in your tool kit on a damp Tuesday night? Using planning with teaching methods and skills to keep up the motivation in class.
	S	Tina Kaufman – Promoting falls prevention. A recap on the exercises to help and how to introduce standing with support in class.
15:30 to 16:30	LL	Cathy Washbrooke - Get Creative with Cathy! A session to indulge and Dance with Laban.
	CC	Jan Shapley - Using Diagonals to promote physical objective of flexibility in a main stream class.
	S	Tonia Gabriel - Introducing techniques to improve balance in Older Adults.
	Tr	Sue Bennett / Tina Kaufman - Developing trainer confidence in working with a range of learners needs based on lived experiences.
Sunday		
09:30 to 12:30	LL	Cathy Washbrooke – creative session, working together with Laban's complimentary Axis and Equator Scales.
	CC	Lisa Bigley –a movement study using Effort Actions with a focus on choreography for classwork.
	Tr	Sheila Bryan – Exploring the 4 components of Qualitative Relationships – Consolidation / Weight, Formation / Space - Synchronisation / Time Communication / Flow

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

Getting There - Travel Directions

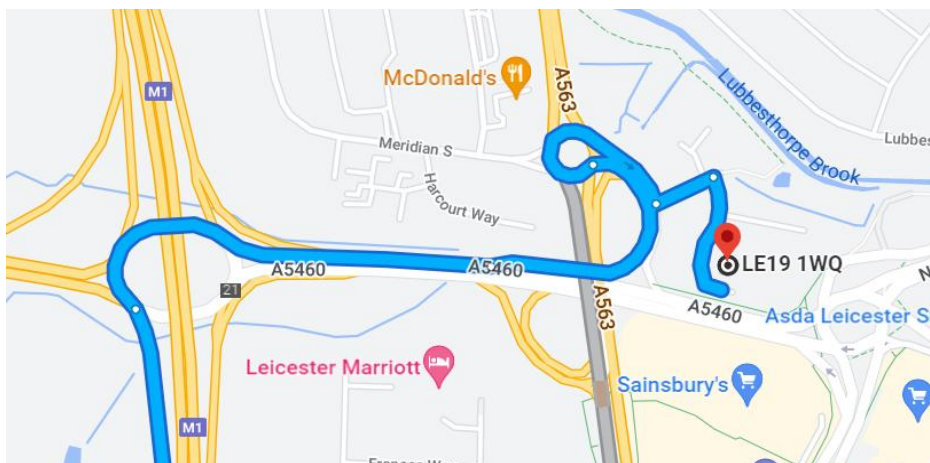
These directions were submitted for publishing March 2022.
The working party cannot be held responsible for any amendments to the above due to road/rail changes.

By Train



Leicester Train Station is approximately a 15-minute taxi ride to the Hilton Hotel

To Hilton Hotel (LE19 1WQ)



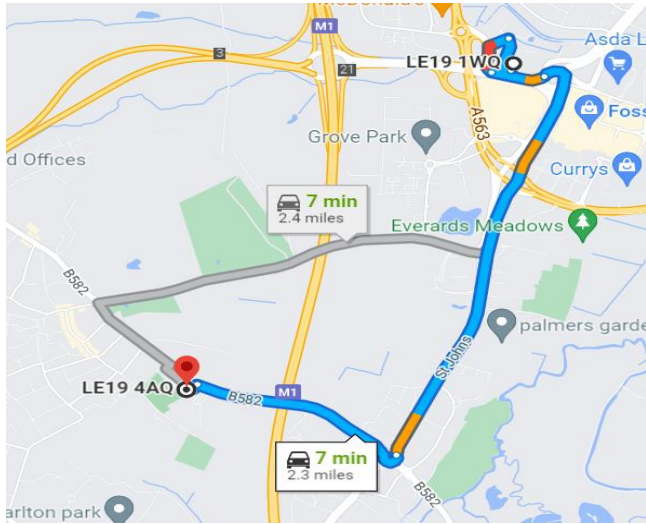
From the M1, exit at Junction 21.

Go onto the A5460, heading towards Leicester.
After only 100 yards, take the left-hand slip road under the bridge sign-posted for Meridian Business Park (you will see the Hilton hotel on your right).

Approach the roundabout, go all the way round, back on yourself. The hotel entrance is on your left.

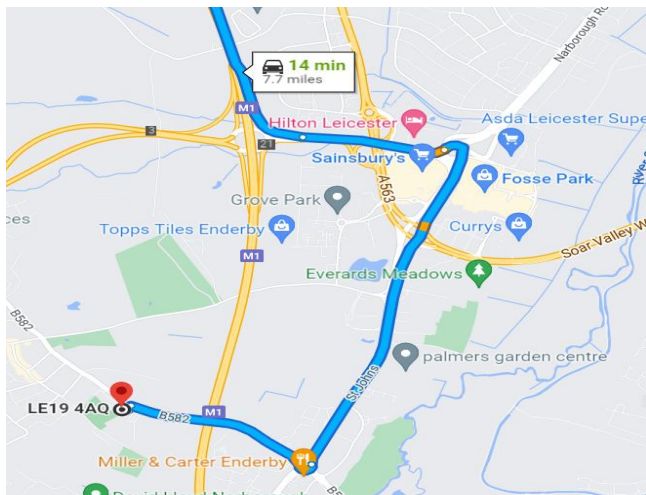
For Satellite Navigation please use the Postcode LE19 1WQ

From Hilton Hotel (LE19 1WQ) to Brockington College (LE19 4AQ)



21 Junction Approach, Leicester LE19 1WQ
 Head north (354 ft)
 Turn left towards A5460 (0.1 mi)
 Merge onto A5460 (0.1 mi)
 At the roundabout, take the 4th exit onto
 Narborough Rd S/B4114 0.6 mi
 Slight right towards Leicester Ln (118 ft)
 Turn right onto Leicester Ln (1.0 mi)
 Turn left onto Blaby Rd/B582 (0.4 mi)
 Brockington College, Enderby

To Brockington College (LE19 4AQ)



M1 Junction 21, Enderby
 Head east (223 ft)
 Exit the roundabout onto A5460. (0.5 mi)
 At the roundabout, take the 4th exit onto
 Narborough Rd S/B4114
 Continue to follow B4114 (1.3 mi)
 At the roundabout, take the 3rd exit onto
 Blaby Rd/B582 (0.5 mi) Brockington
 College, Blaby Road, Enderby, Leicester,
 LE19 4AQ