

Booking Form

Complete details below and post **with payment** to:

EMDP, FREEPOST RRRX-LGUL-XAKZ, 1 Grove House, Foundry Lane, Horsham, West Sussex RH13 5PL

Book your sessions for the day(s) you are attending below. Please tick one box for each session.

Sessions	Teachers	Tick	Trainers	Tick
Saturday				
Session 1 10.00 - 12.00	Mainly motif		Material girl	
	Let's get going		Go with the flow	
	Right to the core			
Session 2 13.00 - 15.00	Spice it up		Very visual	
	A touch of class		A flexible friend	
	Give and take			
Session 3 15.30 - 17.30	Working outside the box		Creating the moves	
	Join our club		Making it clear	
			Who evaluates?	
Sunday				
Session 4 9.30 - 11.30	Let's dance		Let's get physical	
	A thematic approach		Later life training	
	Come to the market			
Session 5 13.00 - 15.00	We live in a 3D world		Check out our training skills	
	Jazz it up		Don't be nervous - attend!	
	Food for thought			
Session 6 15.15 - 16.15	How cool are you?		Trainers Forum	
	Let's work together			
	Splish! Splash!			

Please complete the form to the right to assist the NE C09 working party to place delegates in correct group.

Current Level of KFA Training <i>(please tick as appropriate)</i>			
TC		Exercise to Music	
TAC		Youth Moves	
Trainer		RNIB	
Advanced Trainer		Older Adults	
Principal Trainer		Chair Based Older Adults	

please turn over...

We have arranged a choice of hotels for overnight accommodation:

Blackwell Grange Hotel, Grange Road, Darlington DL3 8QH
(where we will be hosting the Gala dinner)
telephone 0870 6096121 OR email : blackwell.grange.@forestdale.com

OR

Premier Inn, Morton Park Way, Morton Park, Darlington DL1 4PJ
telephone 01325 373340

Book your hotel accommodation as soon as possible direct with the hotel
quoting Keep Fit Association and the date of the event

Travel instructions give distances between:

- ◆ the Education Village for the Keep Fit
- ◆ Blackwell Grange Hotel accommodation and gala dinner
- ◆ Premier Inn accommodation

Please indicate if you have any dietary requirements: vegetarian option etc.

Pricing Information	Early Bird	Standard
Saturday (including lunch and refreshments)	£50	£60
Sunday (including lunch and refreshments)	£50	£60
Saturday and Sunday (including lunch and refreshments on both days)	£90	£110

Booking Form	Enter "Both", "Saturday" or "Sunday"	Amount
Training		
Saturday evening three course dinner £30 including reception drink		
You may wish to consider taking out personal insurance against possible cancellation (by you) as money paid is not refundable.		Total

Name	Address and postcode		
Full Membership number	Email/Contact Number	Region	Teacher/Trainer/Student (delete as necessary)

Payment details

Please note we'll have to phone you for your security code if you choose to pay by card; you may find a cheque much easier!

Cheque number: _____ enclosed payable to **EMDP Ltd** for the sum of £ _____ in full payment

OR

Please debit my VISA/MASTERCARD/SWITCH/EUROCARD:

Card number: _____ / _____ / _____ / _____

Expiry Date: _____ / _____ Issue: _____ Phone no to ring you for your Security Code: _____
(Switch only)

Card-holder's Name: _____ Card-holder's Signature: _____

