



Members' Recreative Weekend 11 and 12 July

This great weekend is specifically designed with you in mind, two days packed full of different styles of exercise classes with fun, a night out and all this mixed in with the opportunity to indulge yourself in some pampering sessions. It's just the kind of weekend to mix with old friends and make new ones.

The weekend will be held at The Education Village, in Darlington, and will start on Saturday at 9.00 am. The days are divided in to sessions and there are four classes on offer on Saturday and three on Sunday:

Saturday

Gentle Fitness	<i>Beverley Thompson</i>
Lyrical Movement	<i>Margaret Beattie</i>
Lindy Hop	<i>Clare and Glen Iley-Christie</i>
Movement	<i>Ivy Purdham</i>

Sunday

Apparatus—scarves	<i>Blanche Thompson</i>
Salsa	<i>Garner Harris</i>
Relaxing recreative session or a splash in the pool	<i>Janet Ridsdale</i>

You could always mix and match these sessions with the treatments on offer: half hour treatments of Reiki, Indian Head massage, back massage or hand and arm massage, booked in advance, will run along side these sessions.

Lunch and refreshments are provided during the day and to top off the whole weekend why not book your place for the 'KFA's Got Talent' dinner at Blackwell Grange Hotel on Saturday evening. Even better, if you have an act you would like to enter email Joan on 'janicemcandrew06@aol.com'.

The two-day event is on a first-come, first-served basis, so to avoid disappointment and take advantage of the early bird prices send in the form overleaf with your payment today. You can come for the whole weekend, or if a single day works best for you, a limited number of one-day tickets are available.

If you would like more information please go online at www.keepfit.org.uk or contact the office on 01403 266000.

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

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



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

Please indicate if you have any dietary requirements

Pricing Information	Early Bird (before 15 May)	Standard (15 May and after)
Saturday	£35	£45
Sunday	£35	£45
Saturday and Sunday	£60	£80

Booking Form	Enter "Both", "Saturday" or "Sunday"	Amount
Member's Concordat		
Saturday evening three course dinner £30 including reception drink		
Pamper Session at £5		
<small>You may wish to consider taking out personal insurance against possible cancellation (by you) as money paid is not refundable.</small>		Total

Name	Address and postcode		
Full Membership number	Email	Phone Number	Region

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: _____