

## EAST MIDLANDS CALENDAR DATES 2010 - 2011

**Make a note of the date - Further Details will follow**

### East Midlands Committee Meetings

Members have an open invitation to these meetings. If you would like to attend a meeting as an observer please contact the Chair of your local committee.

#### 2010

6<sup>th</sup> November      Saturday              9.00 – 17.00              EM AGM (Notts/Derby)

#### 2011

20<sup>th</sup> February      Sunday                  10.00 -14.00              Toton Village Hall  
 24<sup>th</sup> April              Sunday                  10.00 -14.00              Markfield Community Centre  
 26<sup>th</sup> June              Sunday                  10.00 -14.00              Toton Village Hall  
 4<sup>th</sup> September      Sunday                  10.00 -14.00              Markfield Community Centre  
 5<sup>th</sup> November      Saturday                9.00 – 17.00              EM AGM (Leic /Northants)

### Training Committee Meeting Dates- 2011

25<sup>th</sup> February      Friday                    19.00- 21.00              Tollerton Church Hall  
 3<sup>rd</sup> June              Friday                    19 00- 21.00              Tollerton Church Hall  
 7<sup>th</sup> October        Friday                    19.00–21.00              Tollerton Church Hall

### Regional Activity Days

#### 2010

Rally by the Sea	13 <sup>th</sup> November	Saturday	11.00 - 15.00	Tennyson School, Mablethorpe, Lincolnshire
Derbyshire and Nottinghamshire Members AGM	20 <sup>th</sup> November	Saturday	14.00 -17.00	Ellis Guilford Sports Centre Bar Lane Basford
Northamptonshire Christmas rally	4 <sup>th</sup> December	Saturday	14.30 – 16.30	Pastures Comunity Centre, Acre Lane, Northampton.
Derbyshire and Nottinghamshire Christmas supper Party	10 <sup>th</sup> December	Friday	19.15 – 21.30	Coronation Hall, Toton.
Leicestershire Christmas party	11 <sup>th</sup> December	Saturday	10.00 – 14.00	Trinity Methodist Church, Narborough Road, Leicestershire

2011

KFA Championships	19 <sup>th</sup> and 20 <sup>th</sup> February	Saturday - Sunday	All Day	Southport, North West.
Northants and Leicester Members AGM	5 <sup>th</sup> March	Saturday	10.25 -16.00	Moulton School, Pound Lane, Moulton, Northants
Northants and Leicester Social Afternoon	26 <sup>th</sup> March	Saturday	14.00 – 16.00	Moulton Guide Hall, Barlow Lane, Moulton
Derbyshire and Nottinghamshire Spring Demonstration Rally	16 <sup>th</sup> April	Saturday	10.00 – 15.00	Becket School, West Bridgford
Active Retired Rally	23 <sup>rd</sup> April	Saturday	14.30 – 16.30	Pastures Community Centre, Acre Lane, Northampton.
Leics / Northants Spring Rally	7 <sup>th</sup> May	Saturday	TBC	Markfield Community Centre
Members Day	21 <sup>st</sup> May	Saturday	10.00-15.00	Becket School, West Bridgford.
Fitness Fun Day	11 <sup>th</sup> June	Saturday	TBC	Trinity Methodist Church, Narborough Road, Leicestershire
Fashion Show for Members	17 <sup>th</sup> June	Friday	19.00-21.30	Coronation Hall, Toton
Northants and Leicestershire Social Event	18 <sup>th</sup> June	Saturday	TBC	TBC
National AGM	1 <sup>st</sup> October	Saturday	All Day	Wodson Park Sport & recreation Centre, Wadesmill Road, Ware, Hertfordshire.
Members AGM	5 <sup>th</sup> November	Saturday	10.00 – 17.00	EM AGM (Leic /Northants) TBC

Training Dates for Teachers and Trainers

Training events are open to experienced members who like the challenge of working with others and wish to gain a deeper knowledge of keep fit.

2011

5 <sup>th</sup> February	Saturday	10.00 - 16.00	Leicester
12 <sup>th</sup> March	Saturday	10.00-16.00	Notts
2 <sup>nd</sup> April	Saturday	10.00 – 14.00	Teachers Forum - TBC
14 <sup>th</sup> May	Saturday	10.00-16.00	Walgrave Village Hall Northants
9 <sup>th</sup> – 10 <sup>th</sup> July Concordat	Saturday – Sunday	All Week-end	Woodson Park Sport & Recreation Centre, Wadesmill Road, Ware, Herts.
24 <sup>th</sup> September	Saturday	10.00-16.00	Derby

### **Regional Members Activity Groups**

All members are welcome to attend these activity groups. Meeting usually once a month, dates can be obtained from the contact name given below. (Contact details are available from your local Committee).

### **Movement Demonstration Team**

A team of keen Keep Fit members who enjoy working together on a regular basis, creating demonstration items to be performed as required and at least annually. There is no commitment to attend every rehearsal or take part in every performance – the choice is yours. The team is self funded, average cost per meeting is £2.50

For more details contact Sheila Howarth

### **Skipping Club**

Aim is to learn, practice and develop skills in skipping and ropework. The work is across all skill levels  
There is no requirement to attend every month or to take part in demonstrations  
Sessions are led by a number of East Midlands teachers. For more details, contact Lisa Terry

### **Dance Fit club**

If you are keen to increase your fitness, strength and challenge your fancy footwork then this group could be the group for you. The aim of the group is to:

- Develop stamina through aerobic curves.
- Improve floor work techniques and abilities.
- Challenge your fancy footwork through a dance routine that will be developed over time.
- Most of all the aim is to HAVE FUN!!!!

For further details contact Ruth Andrews

Cost for each group is £5 one off joining fee and then £2.50 per session (subject to annual review).