

East Midlands Keep Fit Association

Regional Calendar of Events

2012

If you need transport to any of the events listed on these pages, please remember you can ask any member of any one of our committee's and they will do their best to help.

More information about these events will be publicised nearer the time. In the meantime, keep up to date with news and events by visiting our website at: eastmidlandskeepfit.co.uk

EAST MIDLANDS CALENDAR DATES

2011 - 2012

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.

2011

5 November	Saturday	9.00 – 17.00	EM AGM (Leic /Northants)
27 November	Sunday	14.00 – 16.00	Markfield Community Centre

2012

19 February	Sunday	10.00 -14.00	Toton Village Hall
29 April	Sunday	10.00 -14.00	Markfield Community Centre
17 June	Sunday	10.00 -14.00	Toton Village Hall
16 September	Sunday	10.00 -14.00	Markfield Community Centre
3 November	Saturday	9.00 - 17.00	EM AGM (Derbys/Notts)
25 November	Sunday	10.00 -14.00	Toton Village Hall

Training Committee Meeting Dates- 2012

17 February	Friday	19.00- 21.00	Tollerton Church Hall
15 June	Friday	19.00- 21.00	Tollerton Church Hall
14 September	Friday	19.00- 21.00	Tollerton Church Hall

These dates are currently under consideration and may be subject to change

Training Dates for Teachers and Trainers - 2012

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.

10 March	Saturday	10:00 - 16:00	Apparatus	Brockington College, Blaby Road, Enderby. LE19 4AQ
12 May	Saturday	10:00 -16:00	Developing a theme with Teaching Skills	Nottinghamshire – TBA
22 September	Saturday	10:00 - 16:00	AM – TBC PM – Disability Awareness	Northamptonshire – TBA

East Midlands National Festival of Movement Teams Selection & Rehearsals

Selection Day	Sunday	27 November	9:30 - 13:00	Markfield Community Centre LE67 9ST
Rehearsals	Sundays	March 11 th 18 th April 1 st 15 th 22 nd May 13 th 20 th 27 th	9:30 - 15:30	Alternating between Ellis Guildford, Nottingham and Crown Hills, Leicester.
National Festival of Movement & Dance		Saturday 9 th June	Afternoon and Evening performances	Milton Keynes Theatre , Central Milton Keynes MK

Regional Activity Days - 2011

Derbys / Notts, AGM & Social Evening	28 October	Friday	19:00 - 21:00	Coronation Hall, Toton
Members AGM	5 November	Saturday	9.00 – 17.00	Brockington College, Blaby Road, Enderby. LE19 4AQ
Youth Moves Show	16 December	Friday	19.30 start	Century Theatre. Leicester
Northants Christmas Rally	3 rd December	Saturday	14.30-16.30	The Pastures, Northampton
Derbys / Notts Christmas Rally & Supper	9 December	Friday	19:00 - 21:00	Coronation Hall. Toton
Leics Christmas Party	10 December	Saturday	10.00-14.00	Glenfield Memorial Hall, LE3 8DL

Regional Activity Days - 2012

KFA Weekend	14 & 15 January	Saturday - Sunday	All Weekend	Village Hotel Chilwell, Notts. NG9 6DL
Leicestershire Northamptonshire AGM	3 March	Saturday	10.00-16.00	Leicester TBC
Social/Quiz Afternoon	24 March	Saturday	14.30-16.30	Moulton Guide Hall, Barlow Lane, Moulton, Northants
Spring Demonstration Rally	31 March	Saturday	10:00 - 16:00	Eastwood Community Sports Centre, Mansfield Road. Eastwood,
Leicester Spring Rally	21 April	Saturday	10.00 – 1.00	Glenfield Memorial Hall, Stamford Street LE3 8DL.
Spring Rally (Active Retired)	28 April	Saturday	14.30-16.30	The Pastures, Northampton.
National Festival of Movement & Dance	9 June	Saturday	Afternoon and Evening performances	Milton Keynes Theatre , Central Milton Keynes MK
Fashion Show	15 June	Friday	19.15 - 22.00	Coronation Hall, Toton.
Summer Fun Day	16 June	Saturday	10.00 – 14.00	Kirby Muxloe Village
Social Event	June/July	TBC	TBC	Northamptonshire TBA
Youth Moves event	July	Saturday	TBC	Century Theatre, Leicester
Leics / Northants Warm Up	5 September	Wednesday	19.30-21.30.	Venue TBC
Derbys / Notts Teachers and Members Warm Up	September	Friday	19:00 - 21:00	Venue TBC

National AGM	6 October	Saturday	All day	West Midlands TBC
EM AGM	3 November	Saturday	9.00 – 17.00	Derbys / Notts

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).

East Midlands Demonstration Team & East Midlands Skipping Club

Due to the overlap in existing members and to reduce costs and diary commitments, the Demo Team and Skipping club have again arranged to meet on the same dates in 2012. Unless otherwise stated, Meeting Times are split:

Skipping Club 10-12 pm : Demo Team 12-3 pm

New members of any ability are always welcome to either or both groups. Further details about each are provided below.

East Mids Demo 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, cost per meeting is £3.00

Skipping Club

Aims 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.

Cost: £5 membership (if not already paid) and then £3.00 per session

For more details contact **Lisa Terry** Tel: (0115) 469270 Email: the2terrys@ntlworld.com

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!!!!

Cost is £5 one-off joining fee and then £4.00 per session.

For more details contact **Ruth Denholm**: Tel: 07990 890534 Email: ruth.andrews79@googlemail.com