

Sutton on Sea

The Week-end at Sutton on Sea is fast becoming a must do feature of our East Midlands Calendar of Events.

For the second time, Sheila Howarth's class played host to teams and Keep Fitters from across our region at a rally and demonstration day on Saturday.



The morning was for Keep Fitters with two exercise sessions taken by Frances Dickins and Sue Bennett.

Then, after a quick lunch and recognising that our demo teams put on quite a show, the afternoon was opened up to non-members, friends and family.

Altogether the day raised approximately £200 for Macmillan Nurses and £200 to EM KFA Teacher Training Fund.

A fantastic day and a brilliant result.



Sutton on Sea Mature movers showed that age is no barrier to fun and fitness.

And although the East Midlands Demo Team claimed not to 'Feel Like Dancin' – they went ahead and did just that!





Having taken one of the morning sessions, Sue Bennett from Leicestershire demonstrated the physical joy and beauty of movement.



Another group of visiting members from Nottingham

Members of Chameleon performed their Championship Winning item, 'Children'



and then this fast and flamboyant interpretation of Riverdance.

Sunday – Carnival Day



Many visiting teams decided to make a week-end of it and so had the pleasure of seeing Sheila's class perform their items again on Sunday in Sutton on Sea High Street, and then later cheered them on in the Carnival Parade.

The theme for the Carnival this year was 'Circus' and so, suitably attired, Sheila's girls marched through the town in true Keep Fit manner and, much to the delight of bystanders, performed their item 'Clowning Around' from Barnum whenever the parade slowed down or stopped.



Sheila Howarth was delighted to accept the Sutton on Sea Carnival Trophy for Best Walking Group on behalf of her team at a special presentation evening when they were invited to perform their 'Clowning Around' item again.