

**Closing date:** 15<sup>th</sup> August 2011

**CANCELLATION FEE:**

\$40.00 before 15<sup>th</sup> August 2011

**No refunds after** 15<sup>th</sup> August 2011

**Special Dietary Needs:**

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**NEED assistance with travel?**

Are you are planning on driving and would like to share your vehicle & petrol costs? Would you like to be included in a car & are happy to share petrol costs? Do you require pick up from Rockhampton airport?

**Please indicate below:**

- I am driving & would like to share.
- I would like a seat in a car.
- Please pick me up from airport.

**Registration**

**Complete your registration form  
Send your fee with form to:**

Elaine Dimock  
Queensland Keep Fit Association Inc.  
22 Crescent Rd, Gympie QLD 4570  
(07) 5482 2897  
elaine.dimock@qldkeepfit.com.au

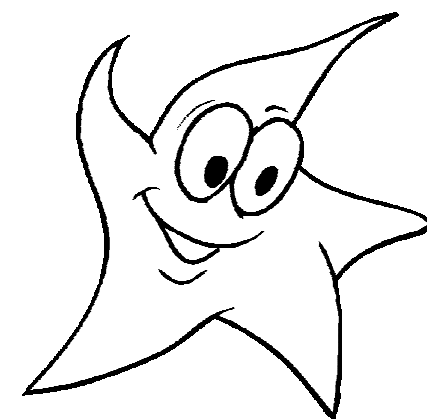
**Keeping Queenslanders Fit  
for over  
70 years**



**“To enhance the quality of  
life for  
all Queenslanders”**

[www.qldkeepfit.com.au](http://www.qldkeepfit.com.au)

Be Well  
& Laugh  
Weekend



Hosted by Queensland Keep Fit Association  
Incorporated

**Yeppoon Active Recreation Centre  
170 Matthew Finders drive  
Cooee Bay, Yeppoon**

**Friday 28<sup>th</sup> to Sunday 30<sup>th</sup>  
October 2011**





Come and spend a

weekend of fun, laughs and health at the recently refurbished Yeppoon Active Recreation Centre at beautiful Cooe Bay, Yeppoon.

Enjoy doing Tai Chi in the picturesque grounds, taking a relaxing meditation walk on scenic walking tracks or enjoying all the fun and frivolity of a ball and balloon party.

Activities will include Clogging, Tai Chi, Gentle exercise, Dancing, Water activities, Relaxation, Meditation and much more and you can choose to do as much as you want or as little as you would like.

All abilities and fitness levels will be catered for and beginners will be especially looked after.

The weekend of fun activities will begin at 5pm on Friday with registration and then dinner and will conclude after lunch on Sunday at 1:30pm.

Two nights accommodation in air condition cabins, all meals and activities are included.

Four to six weeks before the weekend registered attendees will receive a detailed list of suggested items to pack and bring with them.



*Bring  
your self,  
your friends &  
your sense of fun!*

Registration Form:

Name .....

Address.....

.....Postcode.....

Phone (h)..... (w).....

Mobile.....

Email.....

**Registration fee includes:**

Two nights accommodation, dinner & supper Friday evening, breakfast, m/t, lunch, a/t, dinner & supper Saturday and breakfast, m/t, & lunch Sunday and all activities.

**Special fee for QKFA Inc. Members:**

\$145.00 Instructor paid by 30/06/11

\$155.00 Affiliate paid by 30/06/11

\$160.00 Participant paid by 30/06/11

Membership no: \_\_\_\_\_

**Non QKFA Members**

\$180.00 Early bird paid by 30/06/11

**Late Fee** –all categories add to above fee

\$30.00 paid by 15/08/11

**Enclosed is my fee of \$** \_\_\_\_\_

**Please make out to:**

Qld Keep Fit Association Inc

Money Order  Cheque  EFT

BSB: 656400 Account: **600291219**

Please include a copy of bank deposit