

CSSC LONDON SPA FITNESS WEEKENDER

1st – 3rd February 2008

Five Lakes Hotel, Golf & Country Club
Near TipTree, Essex

(Please either (i) complete this form using Word, or (ii) print the form and complete it legibly in manuscript, in capital letters and using black ink)

Your Name:		CSSC Membership No.:	
Department:			
Email Address:			
Home Address:			
Post Code:		Mobile:	
Telephone Number(Day):		Home:	
No. of people in party :	<input type="checkbox"/> One <input type="checkbox"/> Two <input type="checkbox"/> Three <input type="checkbox"/> Four <input type="checkbox"/> Five (Please tick)		

Guest(s) Name:	Mark as appropriate	CSSC Membership No.:
1	<input type="checkbox"/> Member / Non-member <input type="checkbox"/>	
2	<input type="checkbox"/> Member / Non-member <input type="checkbox"/>	
3	<input type="checkbox"/> Member / Non-member <input type="checkbox"/>	
4	<input type="checkbox"/> Member / Non-member <input type="checkbox"/>	
5	<input type="checkbox"/> Member / Non-member <input type="checkbox"/>	

Closing date for booking: 20th August with a £10 deposit (non-refundable).

**£145 p/p member rate, £155 p/p non member rate (prices based on sharing a twin room) single supplement £165 p/p
(£10 deposit required upon booking)**

Full payment required by Monday 5th November 2007

Price includes: Three course buffet dinner on both Friday & Saturday night, breakfast each morning, 2 nights twin room accommodation (unless you have booked a single room), a broad range of exercise classes; one class on the Friday afternoon, all day Saturday and until 3pm Sunday, classes include:; Dance, YOGA, aerobics, relaxation, Tai Chi and Combat. Evening entertainment – disco on both nights. Use of indoor heated swimming pool, sauna, steam room and spa bath. There are squash, tennis & badminton courts and a gym on site which can be hired at an additional cost.

Light lunches and bar snacks are available to purchase both Saturday and Sunday.

The team of Hollistic and Beauty Therapists will be available and will offer a range of treatments including massages, aromatherapy, reflexology, reiki and pedicure. Bookings and payment for treatments will be carried out before the weekend.

Transport Links: Train – Trains depart from Liverpool Street and the nearest stations to the venue are Kelvedon or Witham. If you are travelling from Kelvedon you will need to pre book a taxi (01206 331000), it takes approx 15 minutes and costs £18. Or if you are travelling from Witham it is about 20 minutes in a taxi and costs £22. You do not need to pre book at this station.

Car – M25 & A12 – I can send more comprehensive directions upon request.

Cancellation

Non refundable deposit and any cancellation made after 5th November on a confirmed booking will be charged a cancellation fee of 100% of the full cost unless a replacement can be found.

To book a place on this event you must be a CSSC member or be accompanied by a member.

For further information: visit www.cssc-london.co.uk,
call Gemma Fabian on 020 7 976 7649 or email: gemma.fabian@cssc.co.uk

Payment Method:
Please complete the form legibly and return it with your cheque payable to "CSSC London" (do not send cash).
Your entry form is **not valid** without an appropriate cheque. We also accept payments by Debit or Credit cards.

Please return the completed form to:
Gemma Fabian
CSSC Recreation Centre
1, Chadwick Street, Westminster, London
SW1P 2EP

EMail usage:

From time to time, CSSC circulates information to members via Email. Such communications may include information relating to the activities, events, offers and other services of CSSC and/or partner organisations. The intention is that these occasional messages will help you to maximise the benefits of your membership. CSSC will not pass on your email address to other organisations and you will be able to opt out from receiving these communications at any time.

If you do **not** wish your Email address to be used in this way, please tick this box



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