



PUBLIC OFFICERS' WELFARE COUNCIL

6th floor, Atom House, 16, Royal Street, Port Louis
Tel: 208 6658/208 0157 Fax: 208 6659 Email: powc@govmu.org
Website: <http://powc.govmu.org>

Our ref: POWC/KFA/17

Date: 15 May 2017

From: Organising Secretary, Public Officers' Welfare Council

To: Supervising Officers i/c Ministries/Departments

Keep-Fit Activities 2017

The Public Officers' Welfare Council is organising the following keep-fit activities for public officers:

- (i) Yoga;
- (ii) Bolly Aero;
- (iii) Tai Chi; and
- (iv) Zumba.

2. All sessions will be held on Saturdays at the Civil Service House, Gymkhana, Vacoas (site plan at Annex A). The sessions will start as from 15 July 2017 as follows:

Activities	Groups	Fees per participant (MUR)
Yoga One hour session per week	0845 to 0945 hours	600
	1000 to 1100 hours	600
Dress Code: T-Shirt, Legging/Tracksuit (Each participant should bring his/her own mat, towel and water)		
Bolly Aero One hour session per week	1115 to 1215 hours	900
	1230 to 1330 hours	900
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel and water)		
Tai Chi One hour session per week	1345 to 1445 hours	650
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel and water)		

Zumba One hour session per week	1500 to 1600 hours	900
	1615 to 1715 hours	900
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel and water)		

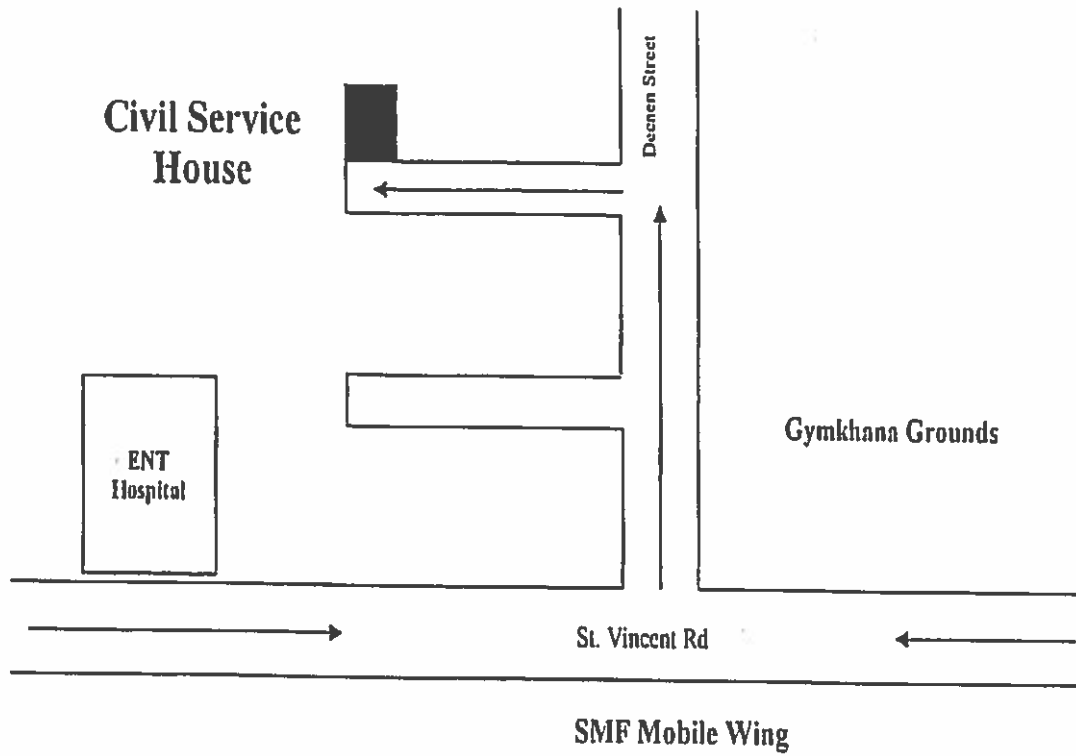
3. The fees mentioned above represent amount payable for the 20-week sessions which will be conducted by qualified instructors. Each group will comprise 20 persons.
4. Public officers interested to participate in the keep-fit activities, are requested to fill in the participation form (Annex B) and submit same to the Organising Secretary, Public Officers' Welfare Council, 6th Floor, ATOM House, 16, Royal Street, Port Louis **on weekdays during office hours from 0930 to 1500 hours** together with:
 - (i) The exact fees; and
 - (ii) Photocopy of a recent payslip/top part of payslip indicating the name, paysite code and NIC number or any written evidence/document attesting that the applicant is a public officer in service.
5. The enlistment for the keep-fit activities will be made on a **first come first served basis**.
6. Kindly note that session(s) may be postponed in case of bad weather conditions or any unforeseen circumstances. Therefore, participants' mobile number is important so that they may be easily contacted after working hours, including Saturdays.
7. The Council reserves the right to cancel any activity in case of low participation or any unforeseen circumstances. Participants will be refunded accordingly.
8. It would be appreciated if this circular letter could be brought to the attention of public officers serving in your Ministry/Department.
9. This circular letter is posted on the Council's website: <http://powc.govmu.org>



S. Bundhoo
Organising Secretary

Copy to: Presidents of Staff Welfare Associations

Site Plan - Civil Service House, Gymkhana, Vacoas



Participation Form

Keep Fit Activities 2017

Name of Applicant:* Mr/Mrs/Miss
 (* Delete as appropriate and Surname in Block Letters)

Designation: **Tel Off:**..... **Fax:**.....

Ministry/Department:

Residential Address:

Email Address: **Tel (Res):** **Mob:**.....

Please tick (✓) where appropriate

Activities	Groups		Fees per participant (MUR)
Yoga One hour session per week	As from Saturday 15 July 2017 0845 to 0945 hours	<input type="checkbox"/>	600
	As from Saturday 15 July 2017 1000 to 1100 hours	<input type="checkbox"/>	600
Dress Code: T-Shirt, Legging/Tracksuit (Each participant should bring his/her own mat, towel and water)			
Bolly Aero One hour session per week	As from Saturday 15 July 2017 1115 to 1215 hours	<input type="checkbox"/>	900
	As from Saturday 15 July 2017 1230 to 1330 hours	<input type="checkbox"/>	900
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel and water)			
Tai Chi One hour session per week	As from Saturday 15 July 2017 1345 to 1445 hours	<input type="checkbox"/>	650
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel and water)			
Zumba One hour session per week	As from Saturday 15 July 2017 1500 to 1600 hours	<input type="checkbox"/>	900
	As from Saturday 15 July 2017 1615 to 1715 hours	<input type="checkbox"/>	900
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel and water)			

Date: **Signature of Applicant:**

For office use only

Amount paid: _____

Receipt No.: _____