



Companies House
— for the record —

CHFP000

DCA

For a company limited by shares which is not
a subsidiary and where the only transaction
is the issue of subscriber shares

Company Number

048 00607

Company Name in full

ENERGIZE Dance + FITNESS

Balance Sheet as at

30 JUNE 05.

Current Year

Previous Year

£

£

£

£ 2

£

£ 2

Called up Share Capital not paid

Cash at Bank and in Hand

NET ASSETS

Authorised share capital:

1000

ordinary shares of

£1.00

each

Issued share capital:

2

ordinary shares of

£1.00

each

2

SHAREHOLDERS' FUNDS

Notes:

- During the year the company allotted 2.00 ordinary shares with an aggregate nominal value of £2.00, the consideration received by the company was £2.00.
- During the year the company acted as an agent for a person - if this applies please tick the box ☒

Statements:

- For the year ended 30 June 05 (date) the company was entitled to exemption under section 249AA(1) of the Companies Act 1985.
- Members have not required the company to obtain an audit in accordance with section 249B(2) of the Companies Act 1985.
- The director(s) acknowledge(s) responsibility for:
 - ensuring the company keeps accounting records which comply with section 221, and
 - preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit and loss for the financial year, in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.

These accounts were approved by the Board of Directors

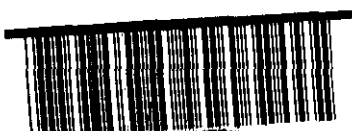
on 1 June 06. K. Kooch
and signed on their behalf by:

Director(s)

You do not have to give any contact information in the box below but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Contact details:

Energize Dance + Fitness
1st Floor Lodge Mill
Barden Lane
Burnley
Lancs BB12 0DY



A02
COMPANIES HOUSE

706
18/07/2006

GUIDANCE TO PREPARING DORMANT COMPANY ACCOUNTS FOR A COMPANY LIMITED BY SHARES WHERE ITS ONLY TRANSACTION IS THE ISSUE OF SUBSCRIBER SHARES AND THE COMPANY IS NOT A SUBSIDIARY: FOR FINANCIAL YEARS ENDING ON OR AFTER 26 JULY 2000.

- The attached template for dormant company accounts is only suitable for those companies limited by shares which have never traded and where the only transaction entered into the accounting records of the company is the issue of subscriber shares.
- Shares may be fully paid, partly paid or unpaid: any paid element should be shown as "Cash at Bank and in hand", any unpaid element shown as "Called up share capital not paid".
- The first year's accounts should include note 1 (required by paragraph 39 of Schedule 4 to the Companies Act 1985), thereafter this note should be deleted.
- Dormant companies acting as an agent for any person must state that they have so acted in the notes to the accounts.
- A fee or penalty raised on the company for the payment of an annual return (form 363) fee, change of name fee, re-registration fee, or late filing penalty may be omitted from the company records and this DCA form - if the payment was made by a third party without any right of reimbursement.
- The company directors are responsible for preparing and filing accounts at Companies House that comply with the requirements of the Companies Act and failure to do so may result in prosecution. Should you have any doubt about the company's entitlement to file dormant accounts, or the preparation of those accounts, you should seek professional advice.
- This guidance only advises on the preparation of abbreviated dormant accounts which can be filed at Companies House. It does not advise on the preparation of full accounts for the members.

Companies House for the record		DCA	
CHFP000		For a company limited by shares which is not a subsidiary and where the only transaction is the issue of subscriber shares	
Company Number	00123456		
Company Name in full	A Company Limited		
Balance Sheet as at	31 July 2002		
	Current Year	Previous Year	
	2002		
Called up Share Capital not paid (See note b. above)	£		
Cash at Bank and in Hand (See note b. above)	£	100.00	
NET ASSETS		£ 100.00	£
Authorised share capital:			
1000	ordinary shares of	£ 1.00	each
Issued share capital:			
100	ordinary shares of	£ 1.00	each
		100.00	
SHAREHOLDERS' FUNDS		£ 100.00	£
Notes:			
1. During the year the company allotted 100 ordinary shares with an aggregate nominal value of £ 100, the consideration received by the company was £ 100.			
2. During the year the company acted as an agent for a person - If this applies please tick the box ☐			
Statements:			
(a) For the year ended 31 July 2002, (date) the company was entitled to exemption under section 249AA(1) of the Companies Act 1985.			
(b) Members have not required the company to obtain an audit in accordance with section 249B(2) of the Companies Act 1985.			
(c) The director(s) acknowledge(s) responsibility for:			
i. ensuring the company keeps accounting records which comply with section 221, and			
ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit and loss for the financial year, in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.			
These accounts were approved by the Board of Directors			
on 30 August 2002			
and signed on their behalf by:			
Director(s) A Director			
You do not have to give any contact information in the box below but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.			
Contact details:			

An example:

On 1 July 2001 "A Company" Limited was incorporated with authorised share capital of 1,000 ordinary shares of which 100 shares were issued to its sole director. The director paid cash for the shares. The first year accounts are made up to 31 July 2002.

Please Note:

The total of Net Assets should equal the total of Shareholders' Funds.

Please Note:

- This form is only suitable for dormant companies where the company's only transaction is one mentioned in 'a' above and the company is not a subsidiary.
- Do not use this form if your company is a charity or is limited by guarantee or has no shares
- Do not use this form if preparing accounts in accordance with International Accounting Standards (IAS)

When you have completed and signed the form please send it to the Registrar of Companies at:

Companies House,
Crown Way, Cardiff, CF14 3UZ
DX 33050 Cardiff
for companies registered in England and Wales
or
Companies House,
37 Castle Terrace, Edinburgh, EH1 2EB
DX 235 Edinburgh
or LP-4 Edinburgh 2
for companies registered in Scotland