

FAQs for "off peak" u3a membership:

Ilkley Lawn Tennis & Squash Club Fitness Centre

Updated January 2024

1. Is this a permanent arrangement with the tennis club?

- Yes, this will move from a pilot scheme to a permanent arrangement on April 1st, 2024, and will be a rolling six month contract.
- Whilst u3a have facilitated this arrangement, your contract is with ILTSC

2. How do I join this scheme?

- Once you are a member of Ilkley & District u3a, look for the Fitness Hub Group on the u3a website. Ask our Fitness Hub coordinator Nikki Falconer to provide a copy of an application form, direct debit mandate and health declaration. Once completed, these need to be sent or taken to the tennis club for processing. **See reception times in Q7.**

3. Who do I contact with enquiries relating to this scheme?

- Email fitnesshub@ilkleyu3a.org and our u3a Fitness Hub Coordinator (Nikki Falconer) or one of her colleagues will respond

4. When can u3a members start signing up and paying?

- Application forms etc. can be submitted at any time. Upon receipt of the first payment (by card or direct debit) an email will be sent with instructions for using the FitSense app and QR code that controls the access to the club. You can also ask reception for an entry fob. **See Q 6 & 7**

5. Will each contract be for a period of six months?

- Yes, each contract is for a period of 6 months which can then be renewed.

6. Can I pay the full contract amount by credit card?

- Yes. Either in person or by phoning club reception on 01943 607182

7. When is the tennis club reception open?

- Mon-Thu 6am - 10pm, Fri 6am - 9pm, Sat Sun 8am - 8pm

8. What are the rules about re-joining for existing tennis club members?

- Only new members can join the u3a scheme. If you wait 3 months before you re-join you are classed as a new member.

9. Will the existing u3a classes continue to operate?

- These will continue at the same times as now and will be just for u3a members. Turn up as follows. No need to book.

Move Freely. Every Tuesday at 1 pm.

Pilates. Every Tuesday at 2pm.

Pilates. Every Thursday at 1pm.

Pilates. Every Thursday at 2pm.

Silver Spin. Every Friday at 1pm.

Beginners Yoga. Every Wednesday at 12.15 but this needs to be booked by emailing Fitness Hub Coordinator.

The demand for these classes will be kept under review.

10. Can I turn up for a u3a class even if I have not previously attended?

- Yes (except Yoga). We anticipate there will be room for all. So, for instance you may decide to attend both Pilates and Spin in the same week.

11. Can I book for other classes that might be running?

- Yes. Use the tennis club app or call reception. Bookings normally open 7 days in advance

12. Can you arrive before 10am to change for a 10am session?

- Yes. Access is via a QR fob or QR on app.

13. Why will my name & contact details be passed by tennis club to u3a?

- To verify continuing membership of u3a. It also enables us to inform you of other developments such as new classes in the future.