

MAY 2024

# ILTSC

ILKLEY LAWN TENNIS & SQUASH CLUB

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It's starting to get very exciting here at the club with less than 4 weeks to go until the Ilkley Trophy, as well as lots of club developments taking place!

Member wristbands for during the Ilkley Trophy are now available to collect from reception. These will need to be presented at the entrance to be able to access the gym during tournament and will also act as your free member grounds pass.



## BANK HOLIDAY OPENING HOURS

**Saturday 25th and Sunday 26th**

Normal Opening hours

**Monday 27th**

All facilities open 8am - 8pm

Please note the kitchen will only be open 9-2pm

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## VOLUNTEER UNIFORM COLLECTION

If you are volunteering at this year's Lexus Ilkley Trophy and have not yet collected your uniform, please see the dates below for collection.

**MONDAY 3RD - FRIDAY 7TH JUNE**

**5-6PM IN SERVE CAFE VIEWING GALLERY**

No uniform can be given out outside of these dates so please endeavour to attend one of these collection times.



# PACO FIRST AID TRAINING



A massive thank you to Paula from PACO First Aid who delivered two CPR and first aid sessions for our members last week. It was brilliant to see so many members refreshing their first aid training!



We would like to remind everyone of the medical emergency alarms located around the club. Should a medical emergency arise, please make use of these blue alarms. They are designed to alert the team within the club as quickly as possible.

Should a defibrillator be required, we now have two located at the club. The first is located in reception at the end of the desk.

Thanks to the money raised from our team's Padel marathon, we now have a second defibrillator located just outside the main clubhouse entrance.





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## CELEBRATING SUCCESS

A huge well done to two of our very own team, Jonny and Gareth who took part in the Rob Burrow marathon event on Sunday 12th May.

Gareth completed the half and Jonny took on the full marathon. Both battled the heat and finished with impressive times!



Congratulations to Andy Hutchinson who represented Great Britain in the Men's 60s World Tennis Championship. The team flew to Mexico City to battle teams from across the World (as well as the heat and the altitude!). After some hard fought matches, the team secured 5th place, with Andy winning 4 out of 5 of his matches.

A full blog of Andy's trip can be found under the headline news section of our website if you would like to read more!

A big well done also to all of our Ilkley Ladies who have been competing in Padel tournaments over the last few weeks!

It's great to see so many representing the club and there have been some fantastic results so far!



Finally, after the generous donations of everyone who attended this year's barn dance, a fantastic £1426 has been raised for the charity MIND! Thank you to everyone who donated!



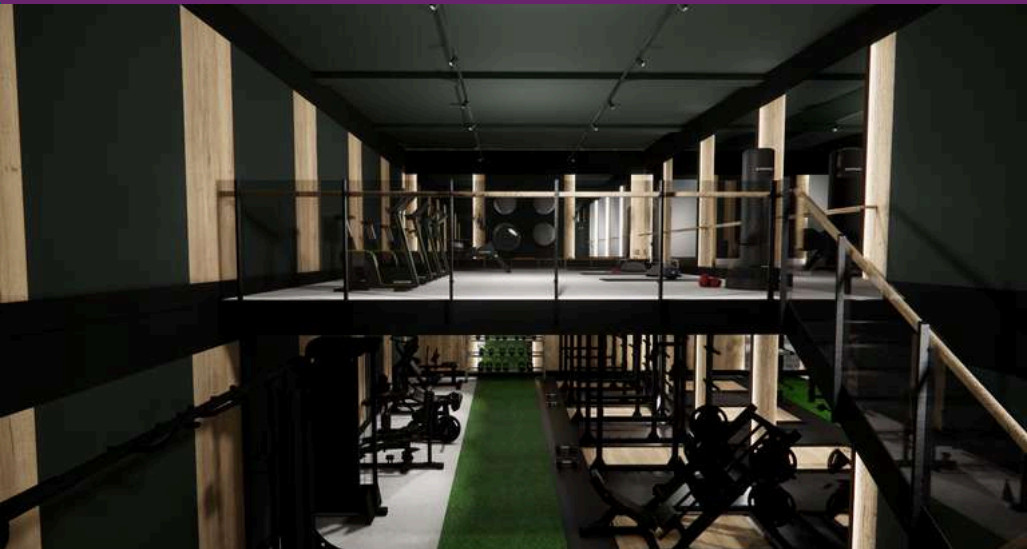
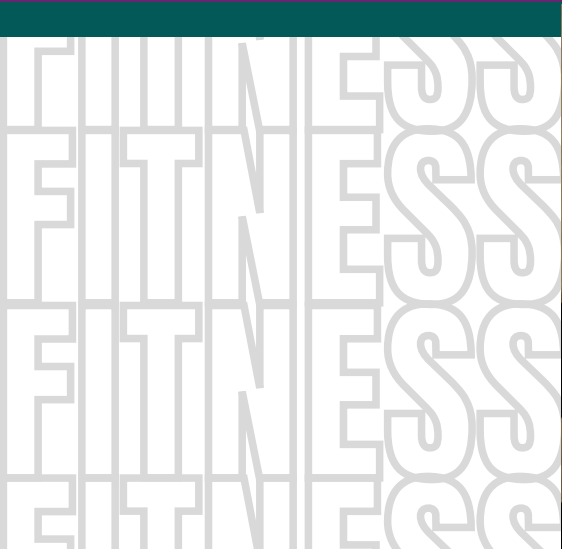
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# FITNESS FOCUS

## NEW GYM DEVELOPMENT

You might have spotted some exciting deliveries heading into the club in the last few days...our brand new gym equipment has started to arrive!

We're onto the last few stages of the development, so with a few finishing touches we hope to be opening the extension in the next couple of weeks!





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# SERVE

## SPECTACULAR

Check out our new SERVE Cafe Bar Facebook page, dedicated to telling all about what exciting events and offers we have coming up!



Head over and give us a follow so you don't miss out on any updates!

## Speaking of offers.....

### NEW HAPPY HOUR!

Every Saturday and Sunday after 5pm, enjoy your drinks at 25% off!

Our Cafe is also open to non-members so we welcome everyone to enjoy a drink alongside picturesque views of the Cow and Calf.



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# TENNIS

## INDOOR TENNIS COURTS

Due to a change in contractors schedule, we are able to open indoor courts 1-3. They will be **PLAYABLE** up until close of play on Sunday 26th.



Any junior coaching that was scheduled outside will now be back indoors until the 27th.

Any ladies rotas that usually play on courts 1-3 have also now been moved back inside until the 27th.

If you have made a booking outside and would like to try and move it to an indoor court this week, please contact the club.

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# TENNIS

## CLUB CHAMPIONSHIPS

Don't forget that all club championship matches, up until the finals, must be played before **Saturday 15th June**.

All finals will then take place on **Sunday 23rd June**.  
**Followed by presentations at the ILTSC Summer Ball!**

**Tickets to the ball can be purchased from [chris@iltsc.co.uk](mailto:chris@iltsc.co.uk) and all entrants receive a 50% discount!**

## GRASS COURTS



We've managed a few days of grass court play on the grass courts before the rain stopped our excitement!

Our head groundsman Will Rigg will monitor the weather daily and open the grass courts accordingly when they are fit for play.

Keep your fingers crossed the sunshine comes back to stay for the rest of summer!



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## NEW: MEMBER BENEFITS

We are excited to introduce a new member benefits section to our newsletters! These will feature businesses who we have partnered with who are generously giving our members exclusive offers.

First up, Yorkshire Cryotherapy Clinic at Fire and Ice!

# FIRE & ICE

LOVE YOUR BODY AND MIND

Claire Greenwood, Founder, says 'As Yorkshire's leading Cryotherapy Clinic, we love to help our clients to improve their physical and mental wellbeing, lose weight sustainably, and look and feel the best they have felt in years. We combine the power of personalised health screening, 1:1 support and cutting edge technology, getting results for our clients, time after time.

We use a combination of Cryotherapy, Ozone Sauna and Thermotherapy which are very powerful for healing, detoxing, cleansing and recovery. Many clients at Fire and Ice have described the treatments as 'life changing'

With programmes starting at 4 weeks in length, you are guaranteed a full transformational experience.

- ✔ Like the client who lost 6.6kg in just 4 weeks.
- ✔ Or A, who managed to stop the deterioration of her autoimmune illness.
- ✔ Or the client who cleared up her brain fog, increased her energy and motivation levels by 50% and was sleeping better than ever!

Yorkshire Cryotherapy Clinic offer personalised programmes starting from £298 up to £3799, depending on your needs and goals, and as a member of ILTSC you will receive 10% discount plus a complimentary Cryotherapy session, for each programme you sign up for.

Set in a beautiful, private location, you will experience luxury and peace from the moment you arrive.

Send a message via email to [claire.greenwood@thisisfireandice.co.uk](mailto:claire.greenwood@thisisfireandice.co.uk) or what's app to 07770 851053, we will ask a few questions and then if we are a good fit, we will book you in for a complimentary 1:1 call to create your health and wellbeing plan.

# CLUB PARTNER SPOTLIGHT



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