

AUGUST 2024

ILTSC

ILKLEY LAWN TENNIS & SQUASH CLUB

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Join us in wishing gym instructor and S&C coach Jonny a fond farewell as he starts a new chapter over in America later this month!

Since joining the ILTSC team 8 years ago, Jonny has made a huge impact here at the club. Always a smiling face in the gym, Jonny has helped many members on their fitness journey as well as quite literally saving lives!

He will be missed here at the club but we wish him all the best and can't wait to see what the future has in store for him!



AUGUST 2024

TENNIS

ILKLEY OPEN 2024

**369
entries**

**802
matches
complete**

**Sell out
BBQ**

**And a full
week of
sunshine!**



Well done to everyone who took part including some of our members! Thank you also to everyone who came down to support throughout the week.

AUGUST 2024

TENNIS

BLOCK BOOKINGS

A reminder that the deadline for block booking requests is **Friday 16th August**. If you are interested in a block booking and have not yet done so, please email our Head of Rackets Gavin, a **first and second preference with day and time**.

gavin@iltsc.co.uk



COACHING TERM



Our development coaching term will restart w/c 9th September and performance coaching w/c 2nd September. For any coaching queries, please email our **Head of Rackets** gavin@iltsc.co.uk or Head Coach kyle@iltsc.co.uk

AUGUST 2024

FITNESS FOCUS

NEW FITNESS CLASSES



Pilates Fusion has been such a hit that we have added an extra class!

Now renamed **ONE BODY STRENGTH**, book on to start your morning with a full body workout:

TUESDAYS & THURSDAYS @7AM

Looking to progress your Pilates skills even further? Why not book onto our

NEW ADVANCED PILATES!

THURSDAYS @ 7:45PM



HYBRID FIT:

**OUR NEW OUTDOOR CLASS
WEDNESDAYS @6PM**

A unique training experience for all levels. Designed to target every aspect of your fitness with workouts built around speed, agility, stamina and power. If you're looking to get fitter and have fun at the same time, this is the class for you!

STARTING AUGUST 21ST



AUGUST 2024

PADEL

NEW TO THE CLUB?

If you're new to the club and are looking to try Padel, our socials and coaching sessions are a great way to meet and play other members!



PADEL & PINTS: TUESDAYS 7-9PM

PADEL & PROSECCO: THURSDAYS 6-8PM

Only £5 and includes a complimentary drink at the bar! Available to book for rackets and full members.



PADEL COACHING

Looking to improve your game? Why not book in for a coaching session with Nicky! Email her directly to get started:

jnhriffa@gmail.com

AUGUST 2024

SERVE

SPECTACULAR

QUIZ!

SUNDAY

SEPTEMBER 1ST

5PM START - NOW WITH FREE ENTRY!

Our quiz nights are finally making a return, now on the first Sunday of each month! Members and non-members welcome with snacks available from the bar.

Don't forget it's also Happy Hour!



TIME TO GET YOUR DANCING SHOES ON!

SATURDAY 7 SEPTEMBER

ELVIS

ELVIS TRIBUTE ACT PLUS 70'S DISCO



£5

TICKETS AVAILABLE FROM RECEPTION
EVERYONE WELCOME!