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# **Physical Activity & Sport Directory for Wharfedale**



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## Foreword

How often have you heard the words, “You must get more exercise”?

Well, following the pandemic, the time has come for the nation to become more physically active and healthy, and as a consequence less dependent upon the NHS.

Back in 2012/2013 the task of the Wharfedale Activity Group, was to lay the foundations and increase participation in sport and physical activity by 1% per year, and use the 2012 Olympics to leave a legacy of sustainable opportunities throughout the Wharfe Valley. The Group produced the original Physical Activity and Sports Directory of which this is the latest version, updated during 2022 and early 2023.

This is in line with Active Bradford, local social prescribers and ultimately with guidance from the NHS and the Government because there is a recognised need for us to have a more physically active and healthier nation.

Everyone values the importance of being physically active and having the opportunity to do so.

Good attitudes to health do of course start as a young person, and there are many initiatives to attract more young people into sport and physical activity. However, most activities offered by clubs and organisations in the Wharfe Valley are available and suitable for all age groups. Therefore, it is never too late to take one or more of these activities up.

There are many people and organisations available to offer advice from health professionals to the clubs and groups themselves. Do not be afraid to ask, you will never know unless you do.

Please utilise the publication of this handbook, to make a difference and get involved in sport and physical activity in some capacity. By taking advantage of some of the fantastic opportunities available in the Wharfe Valley you will make appositive contribution to your own life, and believe it or not feel better for it.

**John Hope**

*Former Chairman, Wharfedale Activity Group*

16 June 2023

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## Community Action Bradford & District (CABAD)

Community Action Bradford & District (CABAD) is an infrastructure organisation which works across the Bradford District including the Wharfe Valley.

It has a wealth of specialist knowledge and expertise to support and share with voluntary and community sector groups, working at the heart of local communities, stimulating and co-ordinating new initiatives.

CABAD can offer clubs and groups:

- advice and support on constitutions and legal structures, safeguarding children and vulnerable adult policies (which are needed for many funding applications).
- assistance with finding funding and support with funding bids.
- access to a range of services for the voluntary and community sector, such as information from local and national sources, local training opportunities, networking with local agencies, etc.

Membership of CABAD offers access to social media and newsletters, to help groups keep up to date with latest news and training opportunities across the district as well as national and local funding opportunities.

For further information, help and advice, please contact:  
Bradford & District Community Action at [www.cabad.org.uk](http://www.cabad.org.uk) or  
email: [info@cabad.org.uk](mailto:info@cabad.org.uk)

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## Activities

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### Aikido

**Organisation:** British Aikido Association

**Contact:** Bob Jones

**Telephone:** 07793 487 098

**Email:** jonesbinw@btinternet.com

**Website:** www.britishaikidoassociation.co.uk

**Day and time:** Weekly mainly Wednesday and Fridays at various times

**Venue:** Several venues across Bradford and District

**Description:** Aikido principles are based on exploiting the weaknesses of an opponent. Joints, posture, the mind can all be vulnerable areas when attacked or challenged. In essence Aikido is turning an opponents' power against themselves by using the exact degree of control required to neutralise their energy without inflicting undue harm.

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## Activities

### Badminton

**Organisation:** Ilkley Badminton Club

**Contact:** Laura Stevens

**Telephone:**

**Email:** laura958@hotmail.com

**Website:** www.ilkeleybadmintonclub.com

**Day and time:** Tuesday for club nights 7.30pm - 9.30pm

**Venues:** Ilkley Grammar School, Cowpasture Rd Ilkley LS29 8TR .

Home matches - at Ilkley Grammar School ,Tuesdays, at St Mary's Menston Thursdays.

**Description:** Competitive badminton in the Bradford & Leeds leagues, supported by friendly club play.

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**Organisation:** Ilkley Moor Badminton Club

**Contact:** Brian Ellis

**Telephone:** 01274 636666

**Email:** brian@sgellis.co.uk

**Website:**

**Day and time:** Thursday 7pm -10pm

**Venue:** Westville House School sports hall, Carters Lane, Middleton, Ilkley, LS29 0DQ

**Description:** Competitive badminton in the Bradford & Leeds leagues, supported by friendly club play.

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## Activities

### Badminton

**Organisation:** Wednesday Badminton Club

**Contact:** Ann Waesser

**Telephone:** 01943 968481

**Email:**

**Website :**

**Day and time:** Wednesday 9.30 am - 11.30am

**Venue:** Ben Rhydding Methodist Church, Wheatley Lane, Ben Rhydding, Ilkley, LS29 8PP

**Description:** This is a ladies only class for ages 35+. For those who want to play badminton for leisure and can play to a good standard. Badminton racket required. Tea, coffee and water are available. The cost varies per term, payable by subscription.

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**Organisation:** Friday Morning Badminton Club

**Contact:** Laura Moorhouse

**Telephone:** 01943 875041

**Email:** dlmoorhouse@aol.com

**Website :**

**Day and time:** Friday 10.00 am - 11.30 am

**Venue:** Kirklands Village Hall, Menston, Ilkley LS29 6HT

**Description:** Badminton at intermediate level for men and ladies of all ages. Wear loose, comfortable clothing ie trousers, shorts, t-shirt, trainers. Please bring your own badminton racket. Cost £2.75 per session.

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## Activities

### Badminton

**Organisation:** Evergreen Badminton

**Contact:** Mick Rayner

**Telephone:** 01943 609143

**Email:** rayner@blueyonder.co.uk

**Website:**

**Day and time:** Monday 8.30 pm - 10.00 pm

**Venue:** Ilkley Grammar School Sports Hall, Cowpasture Road, Ilkley LS29 8TR

**Description:** Badminton for men and ladies age 18+. Knowing the basics of badminton essential : this is not a taught lesson. Shuttlecocks provided. Own racket necessary, as are non-marking shoes such as trainers. Annual fee £105. However, potential members may attend for one or 2 weeks at £5 per session ,which, if they subsequently join, will be taken off the annual fee.

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## Activities

### Bowls

**Organisation:** Ben Rhydding Bowls Club

**Contact:** Judith Smith

**Telephone:** 01943 603561

**Email:** judith.smith10@gmail.com

**Website:**

**Days and times:** April -September. Tuesdays 6.30pm - 8.00pm.

Thursday, Saturday & Sunday 2.00pm - 5.00 pm.

**Venue:** Ben Rhydding Sports Club, Coutances Way, Ben Rhydding, Ilkley, LS29 8AW

**Description:** Bowls Club for men and women, aged 12+ : many members are older. New members very welcome. Flat soled shoes to be worn (no trainers or heels). Woods can be borrowed. Costs: £30 for the first year of membership; £60 per annum for full members, plus £1.00 each time you play. This includes a cup of tea.

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**Organisation:** Burley in Wharfedale Bowls Club

**Contact:** Brian Wheeler

**Telephone:** 07944 191480

**Email:** brianpwheeler@hotmail.co.uk

**Website:**

**Day and time:** Easter - October. 7 days a week, 9.00am - 7.00pm

**Venue:** Grange Road, Burley in Wharfedale, LS29 7NF

**Description:** Bowls Club for men and women of all ages. No previous experience necessary. Equipment is available - it only takes a couple of bowls to start! The club provides recreational and competitive opportunities for Crown Green Bowling for men & women boys & girls. £10 per annum membership. Hot & soft drinks available.

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## Activities

### Bowls

**Organisation:** Ilkley Bowls Club

**Contact:** Richard Jennings

**Telephone:** 07761 930783

**Email:** jennings@talktalk.net

**Website:**

**Day and time:** Various

**Venue:** Ilkley Bowling Club, Skipton Road, Ilkley LS29 9EW

**Description:** Crown green bowls club, usually open for membership for people of all ages and abilities, but numbers may be limited from time to time.

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**Organisation:** Menston Bowls Club

**Contact:** Peter Hammond, Club Secretary

**Telephone:** 01943 863417

**Email:** peterwrexham@aol.com

**Website:**

**Day and time:** April - October, various times.

**Venue:** Menston Bowls Club

**Description:** Promotes the game of Crown Green Bowling at The Green behind Kirklands Community Centre. Open to residents of Menston: others subject to acceptance by membership committee. Annual subscription.

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## Activities

### Cricket

**Organisation:** Addingham Cricket Club

**Contact:** Richard Walton, Hon Sec

**Telephone:** 07582 413966

**Email:** walton.addingham@virginmedia.com

**Website:** www.addinghamcricketclub.co.uk

**Day and time:** Weekly matches at various times

**Venue:** Addingham Cricket Club

**Description:** Senior Cricket - Airedale and Wharfedale Senior Cricket League. Junior Cricket - U9 to U17 - Airedale Junior Cricket League.

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**Organisation:** Ilkley Cricket Club

**Contact:** Brian Wheeler

**Telephone:** 07944 191480

**Email:** brianpwheeler@hotmail.co.uk

**Website:** www.ilkleycc.co.uk

**Day and time:** Daily throughout the summer - open infrequently during winter but club available for hire. Afternoons and evening matches.

**Venue:** Ilkley Cricket Club, Middleton Avenue, Ilkley, LS29 0AD

**Description:** We provide cricket for boys, girls and adults from age of seven to seventy! We also try to provide an active social life for members and fundraise.

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## Activities

### Cricket

**Organisation:** Menston Cricket Club

**Contact:** Adrian Illingworth, Club Secretary

**Telephone:** 07702 762203

**Email:** menstoncc@btinternet.com

**Website:** <https://menston.play-cricket.com>

**Day and time:** Various: indoor nets mid-January to end-March.  
Outdoor nets and matches mid-April to mid-September

**Venues:** The Fox Cricket Ground LS29 6EB ; High Royds Cricket Ground LS29 6QR

**Description:**

- Provides opportunities for all ages to play and enjoy the game.
- Outdoor playing season from mid April to mid September.
- Men's teams: Airedale and Wharfedale Senior Cricket
- League matches Saturdays + Sundays. Nets Wednesdays +Thursdays 18:00pm. Craven & District Cricket League matches Saturdays. Nets Thursdays 8:00.pm
- Women's teams: West Yorkshire Women & Girls Cricket League. Matches Sundays. Nets Saturdays from 09:30am.
- Junior teams: various: boys and girls from under 9s to under 18s.
- All Stars Cricket, Saturday mornings for 8 weeks during May and June.

Social Membership: available for £25 a year, including £10 credit at the cricket club bar, plus 10% off all purchases.

Annual subscriptions apply.

Please get in touch for details.

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## Activities

### Cricket

**Organisation:** Burley in Wharfedale Cricket Club

**Contact:** David Cooper

**Telephone:** 07986234489 and 01943 862226

**Email:** cooper.david6@sky.com

**Website:** www.biwcc.play-cricket.com

**Day and time:** Weekly April-September.

Mondays 6.00 pm- 8.00pm Juniors

Tuesday 6pm - 6.45pm All Stars under 8s.

Tuesday 7pm - 8.30pm Seniors.

Thursdays 6pm - 8pm Seniors

Fridays 6pm - 8pm Juniors

**Venue:** Grange Road, Burley in Wharfedale, Ilkley, LS29 7HD

**Description:** Male and female teams, aged 8-17, suitable for any level. 3 Senior teams, two on Saturday and one on Sunday.

Tennis also available. Club can be hired for parties.

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### Croquet

**Organisation:** Ben Rhydding Croquet Club

**Contact:** Cathy O'Brien

**Telephone:** 0113 284 3407 **Mobile:** 07982 302287

**Email:** cathyobrien52@gmail.com

**Website:** www.benrhyddingcroquet.co.uk

**Day and time:** Mon 10.30 am- 4.00pm, Tues afternoon to sunset,  
Wed 10.30am to 4.00pm

**Venue:** Ben Rhydding Croquet Club, Coutances Way, Ilkley, LS29 8AW

**Description:** Croquet for complete beginners as well as advanced players. Golf Croquet and Association. For those who wish to take part, we play friendly and league matches against other clubs in Yorkshire.

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## Activities

### Cycling

**Organisation:** Ilkley Cycling Club

**Contact:** Andy Burnett

**Telephone:** 07563 036 948

**Email:** [contact@ilkley.cc](mailto:contact@ilkley.cc)

**Website:** [www.ilkley.cc](http://www.ilkley.cc)

**Day and time:** Usually Monday, Tuesday, Saturday and Sunday at 09.30am; Thursday 18.45pm. All rides posted on the website at <https://www.ilkley.cc/rides/list>

**Venue:** Rides start from the “Old Bridge” in Ilkley

**Description:** Adult cycling (mostly road, some off-road) in groups with a ride leader.

Rides are organised for all levels of ability, ranging from keen amateur to social riders. You are sure to find a group to ride with, and as your cycling needs change, you'll be able to try different groups and ride speeds. You'll find welcoming smiles and encouragement, and make many new friends along the way.

Youth and kids cycling section provides skills development with our qualified coaching team, and also skills for competitive racing.

Membership is £15 for an adult, £20 for a family and £5 for youths (13-18) This qualifies you for a wide range of discounts on goods and services at local retailers, for both recreational and racing purposes.

See <https://www.ilkley.cc/groups/partners> for details.

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## Activities

### Dance

**Organisation:** Joze School of Dance & Fitness

**Contact:** Jo Sproston

**Telephone:** 07709 519611

**Email:** jo@joeschoolofdance.com

**Website:** www.joeschoolofdance.com

**Day and time:** Open Monday to Friday only - see timetable on website

**Venue:** Operatic House, Leeds Road, Ilkley LS29 8DZ

**Description:** Styles includes: ballet, pointe, acro, contemporary, theatre craft, jazz, tap, body conditioning.

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**Organisation:** Silver Fox Salsa

**Contact:** Trevor Woollorton

**Telephone:** 07718 044683

**Email:** aslas3@hotmail.com

**Website:** www.silverfoxsalsa.cjb.net

**Day and time:** Tuesday - 7.30pm until late

**Venue:** The Hollygarth Club, Leeds Road, Ben Rhydding, Ilkley, LS29 8LY

**Description:** Salsa is an exciting, passionate and fun dance, one of the most popular in the UK. It is also a dance for all ages: you don't need a partner. All you need is the urge to enjoy dance and great music, and have fun.

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## Activities

### Dance

**Organisation:** Menston Parish Church Scottish Dancing Goup

**Contact:** Active Bradford

**Telephone:** 01274 202801

**Email:**

**Website :**

**Day and time:** (2nd and 4th Thursday of each month - except August) 7.45pm, - 9.30pm

**Venue:** Menston Parish Church Hall, Burley Lane, Menston, Ikley, LS29 6EU

**Description:** This group is part of the social activities run at Menston Church, open to anyone, not just Church members There is no formal tuition as such. Scottish dancing shoes, or other lightweight ones required. Most members of the group are retired. Cost is £10 per year.

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## Activities

### Exercise Classes

**Organisation:** Energyzone

**Contact:** Elyse Shankland - Fitness Instructor

**Telephone:** 07739 099955

**Email:** gshankland@btinternet.com

**Website:** www.

**Day and time:** Monday, Tuesday ,Wednesday evenings.  
Tuesday afternoon. Thurs morning.

**Venue:** Salem Church Rooms, Main St, Burley in Wharfedale,  
LS29 7DG; Burley & Woodhead School, Rose Bank, Burley in  
Wharfedale, LS29 7RQ

**Description:** Ladies cardio and conditioning exercise. Core  
strength work,. Latin-inspired, easy-to -follow calorie-burning fun  
workout.

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**Organisation:** Sue Ross Fitness

**Contact:** Susan Ross

**Telephone:** 01943 831093 **Mobile:** 07962 187533

**Email:** susanroxanne@hotmail.com

**Website:**

**Day and time:** Wednesday mornings during term time

**Venue:** Addingham

**Description:** An exercise-to-music class

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## Activities

### Football

**Organisation:** Burley Trojans Football Club

**Contact:** Richard Hawney, Club Secretary

**Telephone:** See contact page on website

**Email:** secretary.btjfc@gmail.com

**Website:** www.burleytrojansfc.co.uk

**Day and time:** Various - weekly Sept-May

**Venue:** The Recreation Ground, Off Main Street, Burley in Wharfedale

**Description:** .Burley Trojans FC is a grassroots club based in Burley-in-Wharfedale, n Affiliated Member Club of The Football Association. We currently have over 400 registered players with . A Junior section for boys and girls aged 4yrs + and teams for Men, Ladies'and Veterans'. All teams play in local leagues and are run by FA qualified volunteer coaches, without whose support the club would not function.

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## Activities

### Football

**Organisation:** Ilkley Town AFC

**Contact:** Richard Giles, Chairman

**Telephone:** 07714 153515

**Email:** [football@ilkleytownafc.co.uk](mailto:football@ilkleytownafc.co.uk)

**Website:** <https://ilkleytown.net>

**Day and time:** Evenings and weekends

**Venue:** MPM Stadium, Ben Rhydding Sports Club, Coutance Way, LS29 8AW

**Description:** Ilkley Football AFC run men's first, reserve, under 23 and under 21 teams. Also women's teams, veterans football and junior football from age 5 to 18 for boys and girls.

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#### **Other football clubs in the area:**

Addingham

Ilkley Town

Otley Town

Pool AFC

Weston Lane Otley

Some of the above also have Junior teams.

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## Activities

### Gym

**Organisation:** Clevedon Club

**Contact:** Leisure Club Manager Stephen Waite.

**Telephone:** 01943 811600

**Email:** [clevedonclub@audleyvillages.co.uk](mailto:clevedonclub@audleyvillages.co.uk)

**Website:** [www.audleyvillages.co.uk](http://www.audleyvillages.co.uk)

**Day and time:** Monday-Sunday 8am – 9pm ; Tuesday & Wednesday 7am

**Venue:** Audley Clevedon, Ben Rhydding Drive, Ilkley, LS29 8AQ

**Description:** Fully fitted gym, pool and sauna. Membership fees apply. Contact the Club for details.

Memberships include two free classes per week (subject to availability), 10% off hair, beauty, osteopath & restaurant. No under 18's.

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**Organisation:** Heavy Metal Gym

**Contact:** Peter Billington

**Telephone:**

**Email:** [class.booking@heavy-metal-gym.co.uk](mailto:class.booking@heavy-metal-gym.co.uk)

**Website:** [www.heavy-metal-gym.co.uk](http://www.heavy-metal-gym.co.uk)

**Day and time:** Monday-Friday, 7.00am - 9.00pm, Saturdays 10.00am - 6.00pm, Sundays 10:00am – 4:00pm

**Venue:** Heavy Metal Gym, Dansk Way, Ilkley, LS29 8JZ

**Description:** Fully fitted gym with qualified instructors always on duty. Equipment chosen for performance, catering for every level of athlete, from complete beginners to international competitors.

**Membership costs:** Membership fees apply. Contact the Club for details.

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## Activities

### Gym

**Organisation:** Ilkley Lawn Tennis and Squash Club

**Contact:** Marcus Whitehead, Gym Manager

**Telephone:** 01943 607182

**Email:** [info@iltsc.co.uk](mailto:info@iltsc.co.uk)

**Website:** [www.iltsc.co.uk/fitness](http://www.iltsc.co.uk/fitness)

**Day and time:** Monday-Friday, 7.00am - 10.00pm, Weekends  
8.00am - 8.00pm

**Venue:** Ilkley Lawn Tennis and Squash Club, Stourton Road, Ilkley,  
LS29 9BG

**Description:** Fully fitted gym with qualified instructors always on duty. We offer group fitness classes for non-members. All classes are suitable for all levels and abilities. Friendly members' club. Membership fees apply. Family Membership and concessions available. Contact the Club for details.

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## Activities

### Gymnastics

**Organisation:** Ilkley Gymnastics Club

**Contact:** Jackie Robinson or Jo Galasso

**Website:** <http://i3454.wixsite.com/ilkleygymclub>

**Day and time:** Wednesday classes start at 4.30pm, 5.30pm, 6.30pm (advanced), 7.30pm. Saturday classes are 9.00am-10.00am (beginners), 10.00am-12.00 noon (advanced)

**Venue:** Ilkley Grammar School Gymnasium, Cowpasture Road, Ilkley, LS29 8TR

**Description:** Classes on Wednesday evening and Saturday morning term time only .Fees collected termly ; £6 per class (approx.1 hour).

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## Activities

### Hang Gliding and Paragliding

**Organisation:** The Dales Hang Gliding and Paragliding Club

**Contact:** Mark Tam Morrison

**Telephone:** 07399 434116

**Email:** [contacts@dhpc.org.uk](mailto:contacts@dhpc.org.uk)

**Website:** [www.dhpc.org.uk](http://www.dhpc.org.uk)

**Day and time:** Club nights 1st Thursday of the month, September - April, 8pm. Flying on days with suitable weather: this tends to take all day.

**Venues:** Club Meeting at the Horse and Farrier, Otley, LS21 1BQ.. Flying : Yorkshire Dales, Pennines, Lake District, and further afield.

**Description:** The DHPC promotes and supports hang gliding and paragliding activities in the Dales for qualified pilots, it is not a training club. Both involve flying from hills and tow launches when conditions are suitable. It is relatively inexpensive to partake in and offers the most accessible way to fly.

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## Activities

### Hockey

**Organisation:** Ben Rhydding Ladies Hockey Club

**Contact:** Clare Oats

**Telephone:** 01943 879491

**Email:** clare.oats@gmail.com

**Website:** www.brhc.co.uk

**Day and time:** Varies: Tuesday, Wednesday, Weekend

**Venue:** Ben Rhydding Sports Club, Coutances Way, Ilkley, LS29  
8AW

**Description:** Playing of hockey at various levels is organised local and Northern Leagues.

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**Organisation:** Ben Rhydding Men's Hockey Club

**Contact:** Robin Snook

**Telephone:** 01943 607742

**Email:**

**Website:** www.brhc.co.uk

**Days:** Varies :training Tuesday, Wednesday, Thursday. Matches Saturday.

**Venue:** Ben Rhydding Sports Club, Coutances Way, Ilkley, LS29  
8AW

**Description:** Provides men's hockey at various levels from under 10's through to open-age.

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## Activities

### Orienteering

**Organisation:** Arientees Orienteering Club

**Contact:** David Alcock

**Telephone:** 07989 563588

**Email:** secretary@aire.org.uk

**Website:** www.aire.org.uk

**Day and time:** Weekly. Some Wednesday evenings, weekends

**Venue:** The club does not have a permanent base/meeting point.

The activities take place in a variety of venues.

**Description:** Orienteering is an activity sport for all ages and levels of fitness.

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### Rugby

**Organisation:** Ilkley Rugby Club

**Contact:** John Coen

**Telephone:** 07711 001929 / 01943 607037

**Email:** ilkleycoens@blueyonder.co.uk

**Website:** ilkleyrfc.co.uk

**Day and time:** Seniors - Tuesdays, Thursdays, Saturdays. Juniors - Sundays and some midweek sessions.

**Venue:** Stacks Field, Denton Road, Ilkley LS29 0BZ

**Description:** Play and train for Rugby Union.

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## Activities

### Running

**Organisation:** Jack Bloor Memorial Fund

**Contact:** Robert King - Race Organiser

**Telephone:** 07954 996848

**Email:** [thekingz@blueyonder.co.uk](mailto:thekingz@blueyonder.co.uk)

**Website:** [www.jackbloor.co.uk](http://www.jackbloor.co.uk)

**Day and time:** Evening of the second Tuesday in May: Juniors register from 5pm, start at 6pm. Seniors register from 6pm, start at 7.15pm.

**Venue:** Ilkley Moor. Race assembly is opposite Darwin Gardens, Wells Road, Ilkley LS29 9JS

**Description:** .Traditional annual fell race held on Ilkley Moor since 1985 and in memory of Jack Bloor, one of Yorkshire's sporting legends. The race has a permit from Fell Runners Association, permission from Bradford Council and assent from Natural England.

The Senior race is a 8.4 km navigational fell race with 350m of climb. The Junior races have flagged courses ranging from 0.75 km to 2.20 km in length. All monies raised go to The Jack Bloor Memorial Fund which makes small grants to young people engaging in outdoor adventure sports.

Applications to the Fund are welcome year round. Further details including online application are available here:

<https://jackbloor.co.uk/fund/>

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## Activities

### Running

**Organisation:** Ilkley Harriers

**Contact:** Paul Stephens (mship@ilkleyharriers.org.uk)

**Telephone:**

**Email:** secretary@ilkleyharriers.org.uk

**Website:** www.ilkleyharriers.org.uk

**Day and time:** Tuesday 7pm - 8.30pm

**Venue:** Ilkley Lawn Tennis & Squash Club, Stourton Road, Ilkley LS29 9BG

**Description:** Ilkley Harriers is a friendly welcoming club, open to all aged 16+. If you would like to try our training sessions, please register first (Ilkley Harriers AC) and then come along to our main club night at 7pm on Tuesdays. Meet upstairs at Ilkley Lawn Tennis and Squash Club. Please wear running shoes and a reflective top and headtorch when dark. Annual club membership is £30.

Members run on the roads, fells, trail, track and cross-country. We have regular coaching sessions, social runs and social events on weekdays and weekends.

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## Activities

### Squash - Racketball - Padel.

**Organisation:** Ilkley Lawn Tennis and Squash Club

**Contact:** Robbie Burnett, Head of Squash

**Telephone:** 01943 607182

**Email:** info@iltsc.co.uk

**Website:** www.iltsc.co.uk

**Day and time:** Open 7 days a week between 8am and 10pm, variable.

**Venue:** Ilkley Lawn Tennis and Squash Club, Stourton Road, Ilkley, LS29 9BG

**Description:** Squash Courts and coaching for all ages and abilities. Friendly members' club. Squash Membership fees apply. Family Membership and concessions available. Contact the Club for details.

Full club membership (including access to all facilities including Fitness Centre and Squash courts as well as Tennis) available.

A brand new Padel court was installed in February 2023. Padel is a mix between Tennis and Squash., and is fast becoming a popular sport, usually played in doubles . For full details of facilities and fees:

Contact: Chris Harrison, General Manager. 01943 607182, info@iltsc.co.uk

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## Activities

### Swimming

**Organisation:** Ilkley Swimming Club

**Contact:** Chairperson

**Telephone:**

**Email:** [chair@ilkleyswimmingclub.co.uk](mailto:chair@ilkleyswimmingclub.co.uk)

**Website:** [www.ilkleyswimmingclub.co.uk](http://www.ilkleyswimmingclub.co.uk)

**Day and time:** Monday, Tuesday, Thursday at various times

**Venue:** Ilkley Swimming Pool, Denton Road, Ilkley, LS29 0BZ

**Description:** Ilkley Swimming Club (ISC) provides coach led swimming sessions with the aim of improving technique, fitness and endurance. ISC swimmers take part in local galas, triathlons and other events.

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### Table Tennis

**Organisation:** Soroptimist International of Ilkley with Bradford Metropolitan Council and the Riverside Hotel

**Contact:** Jo Thornley

**Telephone:** 01943 609565

**Email:** [jorthornley@btinternet.com](mailto:jorthornley@btinternet.com)

**Website:** <https://sigbi.org/ilkley/>

**Day and time:** Any time the host site is open.

**Venue:** There is a free table tennis Table at the Lido and another at the Riverside Hotel.

**Description:** Bring your own gear or the swimming pool reception or the hotel staff have a supply of bats and balls to borrow, on payment of a small deposit.

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## Activities

### Tennis

**Organisation:** Ilkley Lawn Tennis and Squash Club

**Contact:** Kyle Brassington, Head of Tennis

**Telephone:** 01943 607182

**Email:** info@iltsc.co.uk

**Website:** www.iltsc.co.uk/tennis

**Day and time:** Open 7 days a week from 8am to 10pm at various times.

**Venue:** Ilkley Lawn Tennis and Squash Club, Stourton Road, Ilkley, LS29 9BG

**Description:** Indoor and outdoor Tennis coaching: playing opportunities for all ages and abilities. Friendly members' club. Membership fees apply. Family Membership and concessions available. Contact the Club for details.

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## Activities

### Tennis

**Organisation:** Soroptimist International of Ilkley with Bradford Metropolitan Council.

**Contact:** Jo Thornley

**Telephone:** 01943 609565

**Email:** [jothornley@btinternet.com](mailto:jothornley@btinternet.com)

**Website:** <https://sigbi.org/ilkley/>

**Day and time:** Holiday periods and weekends

**Venue:** Tennis courts and open access tennis wall at the Lido, Denton Road, Ilkley, LS29 0BZ . The wall can be accessed in daylight hours free of charge from Middleton Avenue, Ilkley.

**Description:** You can bring your own kit, or swimming pool reception have a supply of rackets and balls to hire for a small charge for use of the courts. There is no charge for use of the wall.

### Walking

**Organisation:** The Ramblers, Lower Wharfedale Group

**Contact:** Steve Rawlings

**Telephone:** 01132503488

**Email:** [secretary@lowerwharfedaleramblers.co.uk](mailto:secretary@lowerwharfedaleramblers.co.uk)

**Website:** [www.lowerwharfedaleramblers.co.uk](http://www.lowerwharfedaleramblers.co.uk)

**Day and time:** Tuesdays and Thursdays - most walks meet at 9.30am. See website for variations.

**Venue:** The Old Bridge, Ilkley, car sharing to the start of walks.

**Description:** We arrange led walks at four levels of difficulty every week. These take place mostly in areas of Yorkshire.

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## Activities

### Walking

**Organisation:** U3A Walking Groups

**Contact:**

**Telephone:**

**Email:**

**Website:** [www.ilkeleyu3a.org/groups](http://www.ilkeleyu3a.org/groups)

**Day and time:** Various, weekdays and weekends

**Venue:** Various

**Description:** The U3A offers members a wide variety of walking groups to suit different interests and abilities e.g. Walk to Lunch, Walking for Fitness, Walking Moor and Dale, Walking at Weekends, Wayfarers Walking.

For information on current groups go to [www.ilkeleyu3a.org/groups](http://www.ilkeleyu3a.org/groups)

Drop-in sessions are held at the Clarke Foley Centre, Cunliffe Road, Ilkley where members of U3A are available for a chat. It is an opportunity for both existing and potential members to meet some of our Trustees and Group Leaders and have their enquiries answered over a cup of tea or coffee

Check the list for drop in dates on the website

[www.ilkeleyu3a.org/Drop-Ins](http://www.ilkeleyu3a.org/Drop-Ins)

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## Activities

### Zumba and Zumba Gold

**Organisation:** ZUMBA with Wendy Houlders

**Contact:** Wendy Houlders

**Telephone:** 07748 331320

**Email:** wendy.houlders@btinternet.com

**Website:**

**Day and time:** Monday Zumba 9.30am-10.15am

Zumba Gold 10.30am- 11.15am

Tuesday Zumba party Class 7.00pm-7.45pm

**Venue:** Queen's Hall, Main Street,  
Burley-in-Wharfedale, LS29 7BT.

**Day and time:** Wednesday Zumba Gold 9.30-10.15am

**Venue:** Maureen Williams School of Dance,  
1 South Hawkesworth St., Ilkley, LS29 9DX

**Description:** Are you ready to party yourself into shape? ZUMBA is a fun, Latin-inspired dance-fitness workout featuring exotic rhythms set to high-energy international beats. Zumba provides an effective, easy-to-follow, calorie-burning experience that's moving millions of people all over the world towards joy and health. No experience is required. You will need to wear comfortable clothing that you can move easily in. It is also advisable to bring some water to the class.

**Zumba Gold** is suitable for all levels - a modified Zumba® class at a lower-intensity, especially suited to Active older adults. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

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## Community Facilities

**Organisation:** Clarke Foley Centre, Ilkley

**Telephone:** 07442 261462

**Venue:** Clarke Foley Centre, Cunliffe Road, LS29 9DZ

**Description:** A centre for the over 50's where you can take part in a variety of leisure activities.

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**Organisation:** Kirklands Community Centre, Menston

**Venue:** Kirklands Community Centre, Main St, Menston, LS29 6HT

**Description:** A range of recreational activities including badminton, dance and fitness classes.

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**Organisation:** Queens Hall, Burley-in-Wharfedale

**Telephone:** 01943 831090

**Venue:** Main Street, Burley-in-Wharfedale, LS29 7BT

**Description:** A range of physical activity including fitness, dance, Zumba and badminton.

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**Organisation:** Memorial Hall, Addingham

**Telephone:** 01943 831090

**Venue:** Main Street, Addingham, LS29 0PD

**Description:** A range of activities including yoga, pilate and fitness classes.

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**Organisation:** Ilkley & District U3A - Various Venues

**Contact:** <https://ilkleyu3a>

**Venue:** Monthly meetings at the Clarke Foley Centre

**Description:** U3A is an organisation for people who are retired or semi-retired and offers a wide range of activities including bowls, croquet, tai chi and fitness classes.

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**Organisation:** Burley Parish Centre

**Contact:** 01943 864405

**Venue:** Station Road, Burley-in-Wharfedale

**Description:** A range of activities including pilates, children's ballet, and fitness classes.

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## Additional Clubs and Providers

### Bradford MDC Sport & Leisure Service

[www.bradford.gov.uk/sport-and-activities/sport-and-activities/](http://www.bradford.gov.uk/sport-and-activities/sport-and-activities/)

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#### Angling

Addingham Angling Association  
Ilkley Angling Association

#### Badminton

Addingham Badminton Club

#### Basketball

Wharfedale Dragons

#### Bowls

Addingham Bowling Club

#### Cricket

Olicanians Cricket Club

#### Dance

Ilkley Dance Centre

#### Equestrian

Ilkley & District Riding Association  
Acrecliffe Riding School & Equestrian

#### Football

Addingham FC  
Burley Trojans FC  
Ilkley Dynamo  
Menston Junior FC  
Walking Football

#### Golf

Ben Rhydding Golf Club  
Bracken Ghyll Golf Club  
Ilkley Golf Club

#### Hockey

Otliensians (Ladies) Hockey Club

#### Martial Arts

Ilkley Karate Club  
Taerigi-Do Kickboxing/Taekwondo

#### Rounders

Addingham Rounders Club

#### Rugby

Burley Lions ARLFX  
Ilkley Rugby Club

#### Running

Wharfedale Harriers

#### Swimming

Ilkley Swimming Pool and Lido

#### Tennis

Burley in Wharfedale Tennis Club  
Ben Rhydding Tennis Club

#### Walking

Ilkley Walking Group  
Yoga & Pilates

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