

Wetherby & District u3a Table Tennis

Wetherby Methodist Church Hall Monday morning 9.00am to 10.30am.

Every Monday except Bank Holidays

There is also a Table Tennis group that meets on Wednesdays.

Members enjoy a fun & friendly atmosphere, alongside the fitness & exercise benefits.

A charge of £10 per person, every 2 months, is collected to cover costs

All members joining the Group should be generally fit and healthy as Table Tennis can be quite a strenuous form of activity. There are four tables available.



Participants should dress for activity and wear trainers. Everyone helps to prepare the hall and set out the tables and nets.

The person responsible for their safety and happiness at Table Tennis is the individual.

The u3a leader will organise the sessions. It is up to the individual to be careful in following the procedures and to know their own capabilities and limitations.

Activities organised by u3a groups automatically have public liability insurance cover, provided the participants are u3a members. However, this is not a personal accident insurance and all members must be aware that they play at their own risk.

Should any member have any underlying health problems that may affect them during a session or any medication that they may need, they should ensure that the medication is brought with them and that either the group leader or a trusted companion knows what to do in the event of any problem.

Members are asked, if possible, to carry with them a contact name and telephone number which could be used should the need arise. This may be stored on a mobile phone under the name "ICE" (In Case of Emergency).

Glenys Pengilley & Shirley Aspey

If you would like to join this group [Click Here](#) and use the group's application form