

INFORMATION SHEET – February 2024

Qualification to join: Be a Stowmarket u3a member. You don't have to be an expert player – even if you've not played since your teens, you'll soon pick up the basics again. The objective is just to enjoy yourself and exercise mind and body in the process.



Venue/ Resources: We play at **the St Peter's Church Hall, Stowmarket** and use the equipment (4 tables, nets, balls and bats) loaned by the **Stowmarket Table Tennis Club**. There is a small charge per session for this. The STTC have their own session each Monday morning and leave the tables up for the afternoon.

Session frequency: Alternate Monday afternoons, 2.00 pm – 3.30 pm (see below for 2024 session dates)

Costs:

1. Hall Hire – Our session cost is St Peter's room hire plus a rental cost to STTC for equipment, currently totalling **£25.00** per 1½ hours.
2. The founder members agreed that, in order to ensure costs were covered irrespective of numbers attending each session, we would pay up front at the start of each **6 session/3 month period**. This also means that members are committed to no more than 3 months at a time. The amount paid may vary depending on the current number of players, for example, 25 members would pay **£6.00 for 6 sessions** (very cheap per session compared to alternatives elsewhere).
3. For those joining part way through, there is no payment necessary until the start of the next group of six sessions. This gives new members chance to see if they are suited before commitment.
4. Subscriptions can be paid by bank transfer (preferred) or cash/cheque at a meeting

Bank Transfer: Please ask for details..... webmaster@u3astowmarket.org.uk

Cheques: Payable to **Stowmarket u3a** ('Table Tennis' on the reverse)

Things to know: Table tennis is an active sport and in accordance with our U3A procedures a Risk Assessment has been prepared, *a copy of which is available to view any time*. Key items include:

1. Always wear appropriate clothing and suitable footwear, light weight and with good grip to avoid slipping.
2. Make yourself aware about the location of the emergency exits, fire extinguishers and first aid kit
3. The tables are heavy. Do not attempt to dismantle or put up unless you have been shown the correct procedure.
4. Ensure that you have provided names and contact numbers in the event of emergency.
5. All group members are responsible for their own belongings/ equipment and their own decision to participate – but as a supportive group we are encouraged to keep an eye on each other and support appropriately.
6. Please read our Risk Assessment [HERE](#)

Schedule for 2024, avoiding most bank holidays.

Play alternate weeks unless otherwise stated

<u>11/12/2023</u>	<u>18/12/2023</u>	01/01/2024	15/01/2024	29/01/2024	12/02/2024
26/02/2024	11/03/2024	25/03/2024	08/04/2024	<u>22/04/2024</u>	<u>29/04/2024</u>
<u>13/05/2024</u>	<u>20/05/2024</u>	03/06/2024	17/06/2024	01/07/2024	15/07/2024
29/07/2024	<u>12/08/2024</u>	<u>19/08/2024</u>	02/09/2024	16/09/2024	30/09/2024
14/10/2024	28/10/2024	11/11/2024	<u>25/11/2024</u>	<u>02/12/2024</u>	16/12/2024
30/12/2024	13/01/2025	27/01/2025	10/02/2025	24/02/2025	10/03/2025

Please note, dates in **bold/underlined** represent pairs of consecutive weeks.

01/01/2024, members previously voted to play on the N/Y bank holiday

PD 26/11/2023