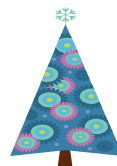


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December 2014

Hours of Operation
Monday-Friday 5:45am-9:00pm
Saturday-7:00am - 7:30pm
Sunday 7:00am-6:30pm

Holiday Hours

The Club will be closed on Christmas Day and on New Year's Day and will close at 5pm on Christmas Eve and New Year's Eve.

Giving Tree

'Tis the season for thankfulness and sharing! The annual Giving Tree, is a holiday tradition at ATFC, an opportunity for Club members to contribute directly to local children who are in need. Patty Knapp and the elves from Talent Elementary and Jeanne Walcher (representing the Kiwanis/Key Club) will again be placing names of Rogue Valley children on the Giving Tree in the lobby. Every little bit makes a difference in brightening a child's holiday season. **To participate, just choose an ornament with a child's name, buy items listed, and return (unwrapped) to the Club with the ornament by December 17th;** if you prefer, a cash/check donation would be happily received. Your overwhelming generosity in the last fifteen years has provided much for those who have little. Special thanks again to Tom and Carolyn Kennedy for our beautiful tree!

Business Office Staffing Change

After a couple of years of volunteering in the Business Office, Kimberley is transitioning out of her work as bookkeeper/trouble shooter. We are all grateful to Kimberley for everything she has done for ATFC—please thank her when you next see her. Our new bookkeeper, Michelle, is here on a part-time basis. If you have any questions about your account, please contact Valerie.

WELCOME

ATFC would like to welcome the following new and returning members: Catherine Adler, Zack Alexopoulos, Jennifer Bagshaw, Matthew Bergard, Steven Busol. William Camp, Jacob Christman, Kathy Cooper, Jody Datz, Josh Datz, Michael Datz, Sam Datz, Jeff Davis, Donnelly Fenn, Estuko Jensen, Luther Lyman, Lora Melhan, Diane Nichols, Alice Palmer, Kevin Price, Sabrina Prudhomme, Tracy Rice, Karyn Smith Prudhomme, Sabrina Skoog, Laura Smith, Robin Strangfued, Cal Thomas, Graham Thomas, Jack Thomas, Daylon Townes Bengard, Peter Warren, Danial White and Karlie Wilhelmi.

2015 Rate Increases

The Board has approved the following rate changes beginning in January: **monthly court fees will increase by \$1.50; monthly dues will increase by \$1 for all memberships except introductory specials.**

Temporary Court/Pool Usage

ATFC is helping out the Ashland community in the next couple of months by sharing our facility with other groups. The YMCA pool will be closed during December for repairs—for that month an adult swim class will be held at the Club; we also anticipate that some Y members may be using our pool (they will be paying to do so). In addition, Ashland Parks & Rec will be conducting a Cross Fit Aquatic Training Class. Please take note of the hours that our pool will NOT be available for regular lap swimming:

Mondays: 7-8 pm (Cross Fit Class—free to ATFC members; sign up at Front Desk)
Tuesdays: 8:15-9:15am (Aqua Fit class); 9:15-10:15 (Adult Swim) and 6-7:30pm (Jr. Swim)
Wednesdays: 7-8pm (Cross Fit Class)
Thursdays: 8:15-9:15am (Aqua Fit) and 6-7:30 (Jr. Swim)
Fridays: 6-7:30 pm (Jr. Swim)
Saturdays: 9:15-10:15 (Adult Swim)
Tennis Courts: Every year at about this time the tennis courts are used by the soccer group (FUTSOL) from **6-8 on Saturday nights.**

Ongoing Maintenance

The Maintenance Committee, headed by Steve Sacks & Tom Beam, has identified items in the facility which needs attention; these repairs will take place during operating hours. Volunteer opportunities TBA!

Policy for Junior Class Participation

All juniors will be required to register within the first week of a program to be eligible for the discount member rate. We will not pro-rate any registrations. Junior members will need to pay for programs before they participate. If you have not signed your child up before the program date starts, you must come into the building with your child to pay for the program or the drop-in rate for the month before they can participate.

Friendly Reminders

- 1) As the cold weather means full tennis courts, please be sure to call to cancel your court if your plans change.
- 2) Please scan your membership card each time you arrive at ATFC. Besides giving an indication that you "belong", the traffic information is valuable as we apply for grants. We have a new scanner coming

Day Lockers

New locks will soon be installed on all day lockers. This change is being made because the old key system has long been problematic, causing frustration for members and management alike! Once the hardware is installed, you will need to supply your own lock to secure the locker you've chosen to use that day. Rental lockers will remain keyed. And.. there are a few rental lockers available in both Men's and Women's areas—please contact Valerie for more information.

Ball Machine Reminders

It's great that the ball machine is getting so much use! Because of this frequent usage it's especially important to remember to 1) turn off the ball machine 5 or 10 minutes before your session is up to be sure you have enough time to clean up the court before the next tennis players or ball machine users begin their session; 2) use the court sweeper to clean up the yellow fuzz; 3) **gather ALL the balls—the ones on the court AND those pesky ones behind the curtain.** Thank you!

Ms. Martina Mannerstilova

Dearest MMM:

You won't believe this but when I went to do my lap swim the other morning there were 3 deer, 2 chipmunks, and 4 mallards doing laps—I almost got knocked silly by a cloven hoof! I know ATFC is generously trying to help the community out by sharing its pool, but isn't this a little much? Stunned Swimmer

Dear Stunned Swimmer:

You're lucky you weren't there when the bear did a cannonball. People, this is the kind of thing that can happen when you open the sliding doors by the pool!! Not only do the local animals sneak in, but leaves blow around, and the heating bill goes way up. PLEASE keep the pool doors closed. Love, MMM

Fitness News

Ski & Snowboard Conditioning Class, Mon. & Weds. 5:45-7pm. Cost: \$5 drop-in fee. Snow will soon be coming to our mountains and you'll want to be ready to play!

Lifetime Health & Wellness Class, beginning Mon., Dec. 1. If your teen has health questions you're unsure how to answer, send them to us. Signups sheet is at the Front Desk.

Five Tips on How to Stay Fit during the Holidays

- 1) Set a routine! Make time to work out every day, even if it's not as rigorous or structured as usual.
- 2) Bend, don't break your routine. The most successful people at the gym are not perfect—they often come dragging in, bloated, and bleary-eyed... But they show up and get right back on track.
- 3) Give yourself credit. When you do stay on track, pat yourself on the back. Start every sentence with, "Today while I was at the gym..."
- 4) Be realistic. Setting realistic goals will keep you motivated. Under-promise & over-deliver!!
- 5) Buddy up! Develop strength in numbers—find an exercise buddy who's on the same page & who will go the extra mile to keep you on track. Join a group fitness class to have several on your side.

Tennis News

Holiday Junior Tennis Camp: December 22 and 23 from 12-2pm. Cost: \$45/member; \$60/non-member

Ages 7 & up. Fun drills, games, strategy and fitness! Reserve a spot at the Front Desk or talk to Matt or Kelly.

USTA League Signup: Deadline for forming 18 and over teams which run Feb.-April is December 12. If you're looking for a team, wanting to form & captain a team, or just wanting more info, contact one of the pros for more details.

Century Tournament: January 23-January 25 Join in the fun for the Club's biggest tournament of the year! This is an all doubles tournament in which the combined ages of partners must be at least 100. We will have divisions for all levels of play. If you need help finding a partner, contact one of the pros. Entry blanks will be available December 1.

36 & 64 or 51 & 68

or 22 & 78

Babolat Racquets in stock for Christmas! We are going to have the 2015 Pure Drive - the frames have a sleek new color scheme & some new technology. Find out why they are known as the "arm pillow" racquet for their ease on the elbow, wrist, and forearm. The "new" 2015 frames are \$189. We also have some 2014 models which we are selling for \$159, including custom stringing. **Drop-in Clinics:** Check the tennis board for the schedule.

Super Elf Shout-out

Each year Barbara Vasquez has organized her tennis friends to make 75 dozen cookies for the annual Foster Children's Holiday Party in Medford. That's 9 thousand cookies in 10 years! Thanks, Barbara!