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April 2015

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

Get Out & RUN! April 19-25

Train for your 5K, 10K, Half or Full Marathon! Are you an aspiring runner wanting to enter your first race but don't know where to start? A seasoned racer looking to improve your time? Or maybe a fitness junkie who likes the health benefits and friendly competition of a local charity run? Whichever description applies to you, you're invited to **Get Out & Run**...one week of FREE full club access, a complimentary run coaching session, workshops, and more. Make Ashland Tennis & Fitness Club the starting line for your next race. Sign up today. April 19-25 Free Club Access. Complimentary Run Coaching Session with **Certified Run Coach Holly Hight**.

Join our FUNdraising RUN

COLOR RUN "Shine Tour" May 16, 2015 The Happiest 5k on the Planet

Sign up as part of the ATFC Youth Sports team online: <http://the.colorrn.com/medford/>
Pick up a fundraising card from the Front Desk to collect from your family, friends, neighbors, fellow pet owners, grocery store clerks, your bestie, the guy who always says "hi" at the coffee shop...your community! Sign on to shine on with ATFC Youth Sports. All donations are tax deductible. **Make checks payable to ATFC Youth Sports, Inc.**

Siskiyou Sprint Triathlon: Swim, Bike, Run

May 2, 2015

Siskiyou Sprint Triathlon supports local youth athletes pursuing their active lifestyles by raising funds for ATFC Youth Sports. Race your heart out for our youth and win fantastic prizes! Follow us on Facebook for discount registration codes!!

Ms. Martina Mannerstilova

Dearest MMM,

It's a good thing you are back in town – things have been a little dicey here manners-wise! It's about the swimmers and spa users....almost all are super polite and dry off their feet before walking on the tile floors; a few, however, seem to identify as aquatic creatures and like to be wet even on land! The locker rooms have become mighty dangerous. HELP!!

Signed, Slip-sliding away



My dear Slip-slider,

Well, I suppose one solution would be to have everyone wear soccer cleats in the locker rooms – that would certainly help prevent tumbles caused by wet floors. Ha, ha! Instead, though, I want to talk privately to the swimmers and spa users: PLEASE dry off before striding about in the locker room! It really is a matter of safety. Thanks ever so. **XOX, MMM**

Thank you to Volunteers!

One of the great things about ATFC is the willingness of members to offer their talents to the Club. For several hours each weekday we are fortunate to have volunteers at the Front Desk; for many years **Sharon & Ed Laskos, Barbara Vasquez, Ron Iverson, and Carolyn Kennedy** have served ATFC in this capacity. Please take a moment to say, "Thanks!" when you next see them. We are now happy to welcome on board the Front Desk's two newest rock stars: **Shari Neumann & Mary Steinbergs Hamilton**. Thanks, Mary and Shari! (Please contact Valerie if you are interested in joining the volunteer Front Desk crew.)

Junior Swim

The Junior Swim Program will continue until June 5.

USTA Home Matches

The Club will be active with USTA home matches in April. Take note of the match schedule and come out to support your club-mates! April 4: 9:30 (3.0 women); April 5: 9:30 (3.0 women); April 11: 2:30 (3.5 women); April 12: 8:15 (3.5 women); April 25: noon (4.5 women); April 26: noon (4.5 women).

Women's Spa

We are happy to report that the spa is up and running—we appreciate your patience while we located a part for its repair. The spa will be closed for one day (tbd) as we endeavor to eliminate the discoloration of the tiles (caused by copper coins tossed in....). (Hint: It's NOT a lucky fountain...)

Junior Tennis Class Schedule

L'il Aces: Ages 4-6 Mondays and Wednesdays 3:45-4:30

Beginner/Intermediate: Ages 7-12 Mondays and Wednesdays 4:30-5:30

Jr. High & High School: Tuesdays and Thursdays 4-6

Congratulations to Junior Champs

Our two 12 and under phenoms, Karolina Dobiacka and Alyssa Retiz, met in the finals of the Medford "Champs" tournament with Alyssa coming out on top 6-4,6-4. Congratulations to you both!

Save the Date for Big Al's

Due to our strong turnout last year the USTA has granted level 1 tournament status to Big Al's. This year's event runs July 17-19th. Plan on playing!

9.0 Mixed Doubles Round Robin

We are still taking names for our 9.0 mixed doubles round robin (you must be rated 4.5). If interested, please contact Gail.

Cinco de Mayo Celebration

Save the date: May 2nd 3-6 pm, Come one, come all for tennis, libations, and camaraderie. All levels welcome.. Cost \$10 per person. Round robin doubles format. Arriba!



Message from ATFC Board President

This is an excerpt from the letter which ATFC Board President Alan Steed e-mailed to members on March 29. "I'm writing to bring you up-to date on many actions that are underway to improve the financial position of ATFC.....The Board of Directors has adopted an approach which looks to all constituents of the club—members, programs, & administration—for ways to save expense and/or increase revenue.....A major change taking place in the first week of April is the adoption of a volunteer management committee. ... We are fortunate to have Dave Hodges and Ted Gibbs as the first members of the new volunteer management team. ...Let's give them our thanks, support, and patience!"

Pool Feasibility and Thanks

As John Souza has been exploring the possibility of expanding our pool, he has had a lot of help from two local companies: **Adroit**, a construction company, and **Kissler, Small, and White**, architects, have given generously of their time and talents. We are grateful! Should you have questions/comments about this potential project, please address them to John.

Molly's Leave/Taqueria Picaro

Fitness Director Molly Romero will be on maternity leave for four weeks. We all send her, Flip, and the about-to-be-born babe our warmest wishes! Molly has made arrangements for all her classes to be covered during her time away. Another addition to the Romero family is **Taqueria Picaro**, a restaurant on Pioneer St. which Flip has been helping develop and open. Open 7 days (11am-10pm). All non-GMO corn; hormone & antibiotic free meats; fresh squeezed lime margaritas! Check it out!