



September 2017

Hours of Operation

| | |
|-----------------|---------------|
| Monday-Thursday | 6:00am-9:00pm |
| Friday | 6:00am-7:30pm |
| Saturday | 7:00am-6:00pm |
| Sunday | 7:00am-4:00pm |

FOUR DAY CLUB CLOSURE

September 15,16, 17, 18

ATFC will be closed for maintenance, repairs, and continued interior remodeling. Many new countertops will be installed, new ice machine and water bottle filler installed, bathrooms refurbished (including deep-cleaning of men's and women's spas and showers in women's locker room), pool decking and brick edging around the pool deep-cleaned, courts deep-cleaned and measurements taken for new back drops and dividers, new clocks installed in tennis center, continuation of interior painting, beginning of new carpet and gym floor installation.... We are making every effort to secure many tradespeople to complete much of their work during this period and are hoping to get a LOT accomplished!!!

Note to Tennis Members re. September 15 through 18

Ashland Parks and Rec has generously agreed to allow Chip to teach on the Hunter Park courts on Friday and Monday mornings, the 15th and 18th....so you may schedule lessons directly with Chip during those times.

Please note: you will not be able to telephone in reservations over these four days; however, you will be able to make court reservations using the Club's on-line reservation system. (For help with how to use the online system, please contact Val: billing.atfc@mind.net)

Note to Swim & Fitness Members re. September 15 through 18

The **Ashland YMCA** has graciously agreed to allow our members to use the its pool and fitness center for **\$5 per visit** (their normal fee is \$20/visit). (Daniel Meyer Pool will already be closed for the season.)

In order to utilize any of its facility the Y will require that you show:

- 1) **photo ID**
- 2) and your **ATFC swipe card**



Fitness Classes & Private Training Sessions with Brady Inn will **not** be available September 15—18.

Fitness News

Some fitness classes will be added this fall. Curly's Aqua Fit class and Brady's Women with Weights class will begin meeting twice weekly. Check with the Front Desk to see when these new sessions will begin. AND... be on the lookout for news of an early morning Boot Camp class (perhaps in October).



Personal training with Brady has proven so popular that only a handful of openings in his schedule remain; if you are interested in working on your fitness goals with an expert, contact Brady in person or leave him a voice-mail message.

Billing

If your monthly bill is confusing and doesn't match the amount on your bank statement, here is why: Our monthly club statement is generated around the 1st of the month and will include those charges made to your account during the previous month. It will also include dues for the month going forward. (For example, the Sept. statement will include August charges and Sept. dues.) Please note that if you have a couple's membership half your monthly dues will be charged to each member. We send statements via email to allow you to review the charges that have been posted to your account before they are actually charged to your debit or credit card accounts. We generally give you about 5 days to review the statement and to notify us by email billing.atfc@mind.net if there are questions. After this 5 day period we submit charges to be processed against your debit or credit card accounts; however, any new charges that have posted to your account during the 5 day period will also be charged. This is why your statement balance may not match your banking statement charge. Of course, the charges posted during the 5 day period may be reviewed through your on-line access or you can see them when your next statement is e-mailed to you. You will then have the chance to question/dispute the charges made during that 5 day period. If any of those charges are incorrect, they will be refunded back to your Club account as a credit and will be applied against your new charges on your next month's statement. **And, of course, no matter when an error is brought to our attention, it will be corrected.**

Gentle Yoga

Gentle Yoga classes will continue on Friday mornings from 8:30– 9:30 (no class on 9/15). Shannon Rio leads this class through yoga postures with a focus on breathing, attaining greater balance & mobility and on having fun. Every person of every level of ability (or disability) is welcome.

Friday Night Fun

On August 25 Chip held his first social at ATFC and it was a great success! Twenty people of all tennis levels (and ages) had a heck of a good time on the courts playing “Up the River; Down the River”; then the group shared (perhaps the **best-ever**) potluck! Excellent food and drink were prepared and happily consumed. Special thanks to Jodi Blackmon and Front Desk Manager Shannon for creating hearty pasta and enchilada dishes. Keep an eye out for the date of the next social and be sure to sign up early...

September Junior Classes

Hummingbirds (ages 4-6 years old)

Mondays and Wednesdays: 4-4:30 pm (no class on 9/18)

Sparrows (7-10 years old)

Beginner

Mondays and Wednesdays: 4:30-5:30 pm (no class on 9/18)



Under 14 Intermediate (pro approval)

Tuesdays and Thursdays: 4-5 pm

Under 18 High School & Tournament Players (pro approval)

Tuesdays and Thursdays: 5-6:30 pm

September Adult Clinics

Mondays: 5:30 pm—Singles open Drill (1 hr)(no clinic 9/18)

6:30 pm—Cardio Tennis (1 hr)(no clinic 9/18)

Wednesdays: 9:30 am—3.0/3.5 open Drill (1.5 hrs)

Thursdays: 12 noon—4.0+ open Drill (1 hr)

Fridays: 9:30 am—Cardio Tennis (1 hr)

Saturdays: 9:00 am—4.0+ open Drill (1.5 hr)

10:30 am—3.0/3.5 open Drill (1.5 hr)



Tennis Tip of the Month—Doubles

- Keep the ball low.
- Lob to make your opponents hit an overhead from behind the service line. Do not try to win by hitting the lob on the baseline.
- When running fast for a short ball, or miss-hit ball, hit the ball very slowly. Very commonly, a player will run fast for the short ball and hit it so hard they make an error or pop it up and get killed.
- Sometimes when you receive a very easy second serve, instead of trying to kill it, return it short cross-court. This will force the server to come forward, forcing them to hit a tougher shot.
- Anytime you are not sure where to hit a shot, hit it down the middle. It is the lowest part of the net and the highest percentage shot.
- Do not try to win the point off your service return, half-volley, low volley, deep overhead and second serve. Put these balls back in play
- If you cannot serve hard, serve deep in the box and try not to serve too wide.
- Learn to take high lobs in the air as a volley when you are on the baseline. Do not let them bounce and kill yourself moving backwards toward the back wall.
- **On match days, average is what wins.** Thinking that you must play great or perfect tennis will only lead to disappointment and loss of confidence.

Ms. Martina Mannerstilova

Dearest MMM: Some of the Front Desk people appear to believe that I need to check in with my swipe card, even though I have been a member for a long time. Could you let them know that I am exempt? Sincerely, **Special My dear Special: Here's the good news:** at ATFC **everyone** is considered equally special. That means that **every member** must swipe in **every time**. Got it? Sincerely, **MMM**