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[www.ashlandtfc.org](http://www.ashlandtfc.org)



April 2018

**Hours of Operation**  
Monday-Thursday 6:00am-9:00pm  
Friday 6:00am-7:30pm  
Saturday 7:00am-6:00pm  
Sunday 7:00am-4:00

### Curly's Corner

Curly, ATFC Fitness Coordinator, is considering adding two classes to the club's offerings. Whether or not we will try the classes depends on member interest, so Curly needs to hear from you. The classes under consideration are:

- 1) **ABC's**—abs, buns, chest—an intense 15 minute workout that would be offered early in the morning to help get your day started!
- 2) **Tai Chi**—an introductory-level, 1 hour class

The cost of both classes would be included in a fitness membership. If you think you may have interest in either class or both classes, we'd like to know. There will be a sign-up sheet at the front desk. Note: putting your name on the sheet does not mean you are committing to attend, only that you have some interest.

Remember, Curly is also available for personal training. She can be reached through her email: [fitnessdir.atfc@mind.net](mailto:fitnessdir.atfc@mind.net) If you'd prefer, you may call the front desk and ask to be put through to her voice mail. **There's nothing like a personal trainer to motivate you to work towards your fitness goals—give Curly a try!!**

### New Elliptical Machine

We are happy that the long-awaited new elliptical has arrived! If you haven't had the opportunity yet to try it, come check it out! This is a great option for those dealing with knee pain: its gliding motions are low-to-no impact, but using it has great payoffs! It's great for most fitness levels. So...don't let it intimidate you. Curly would love to show you how it works and how it could enhance your fitness routine.

### Thanks to Ladies Lift Class

Curly reports: "I am grateful to the members of the Ladies Lift class who have not only welcomed me warmly but have also been most helpful in showing me "the ropes"!! Thank you!\_

### Locker Rental Charge

A reminder: the annual fee for your rental locker will be billed in April. There are a few lockers still available for rental—please speak with the front desk staff if you'd like to have your own place to store your tennis/swim/fitness items!! (not quite big enough for your snowboard or bike...)

### Thanks to USTA Captains

ATFC is fielding many teams this spring—thanks to all the team members and, especially, to the captains who spend lots of time behind the scenes and on the courts making it possible for a lot of club members to compete with tennis players from around the state. The club has two teams going to the 7.0 mixed 18+ One Weekend League event in Corvallis this month—one is led by Joanne Beckett and the other by Pat & Dale Bibee. Nora Knox heads a 4.0 Women's team; Bari Frimkess is at the helm of a 3.5 Women's team; Gail Patton is captaining a 65+ Women's 8.0 team; many club members are on a 4.5 Women's team. Check out the calendar for USTA home matches—it's so much fun to come out and root on the home team!!

### Ms. Manners Martinilova

#### **Dearest Ms MMM:**

I loved high school Geometry and pride myself in knowing that the shortest distance between two points is a straight line. If truth be told, I am a little obsessed about striving always to get from point A to point B directly. Lovingly, Hard to Argue with That!!!

#### **Dearest HTAWT:**

When I visit ATFC (always in disguise, of course), I find that often I must fly in a "three-point" manner—e.g. Newark—Seattle—Medford. The same is true of the "travel" of all of you tennis players at my favorite club: if you are assigned to court 3, you must enter through the court 3 doorway. **It is not okay to cut across court 2 even if it is occupied "only" by a lesson or someone using the ball machine!!!** Please be respectful in following this rule. Sincerely, MMM

## Chip's Tennis Tip of the Month

### **Try the lob on return of serve:**

This is a great way to mix up your returns. Usually, you'll lob over the net person's head (down the line), but if the server rushes the net, you may want to lob crosscourt. *Make sure you alert your partner of your intentions before the point starts so he or she can be ready to move back to defend against a possible overhead.* If the ball goes over the net person's head, it gives you and your partner a chance to take over the net position. **Don't squander this opportunity by remaining at the baseline.** A good mix of crosscourt returns and lob returns will make it difficult for your opponents and will, hopefully, put you in the driver's seat.

## Tennis Classes – April 2018

### Adult Classes

#### Mondays:

- 9:30 am – Open Drill (1.5 hr)
- 5:30 pm – Singles Open Drill (1 hr)
- 6:30 pm – Cardio Tennis (1 hr)

#### Tuesdays:

- 11:00 am – Gail's Doubles Drop-in (1 hr)

#### Wednesdays:

- 9:30 am – 3.0/3.5 Open Drill (1.5 hr)

#### Thursdays:

- 12 noon – 4.0+ Open Drill (1 hr)

#### Fridays:

- 10:45 am – Gail's Doubles Drop-in (1 hr)
- 12 noon – Gail's Skills Class (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)

## Junior Classes

### Hummingbirds (ages 4-6 yrs old) (Red Ball)

- Mondays and Wednesdays: 4:00 pm – 4:30 pm

### Sparrows (ages 7-10 yrs old) (Orange Ball)

- Mondays and Wednesdays: 4:30 pm – 5:30 pm

### U18 Beginner (ages 11-18 yrs old)

- Wednesdays 5:30pm – 6:30 pm

### 18 Intermediate (ages 11-18 yrs old)

- Wednesdays: 6:30pm – 7:30pm

### U18 High School and Tournament Players (Pro approval required)

- Tuesdays and Thursdays: 4:15 pm – 6:15 pm

## Ms. Martina Mannerstilova (Part 2)

### **Dear MMM:**

In their eagerness to "hit the pool" some club members are bypassing the cleansing shower – is this no longer a club requirement?

Signed: It creeps me out

### **Dear "Creep":**

I am 100% with you!!! **It is both a club rule and a state law that anyone using the pool or the spa MUST take a cleansing shower first. So it DOES NOT WORK just to dip in the spa before jumping into the pool.** The sequence is: shower, then spa; or shower, then pool.

Sincerely, MMM