ATFC Tennis Staff

Len Spencer……Tennis Director
Frank Inn……Tennis Pro
Gail Patton……Tennis Pro
Merilyn Tribble……Instructor
Ronda Spencer……Events Coordinator

Ashland Tennis and Fitness Club Amenities

Indoor Tennis:

Four indoor Plexipave tennis courts.

Swimming Pool:

Indoor 25 meter, 2-lane lap pool. Kept at 82 degrees. The pool is open to members year-round.

Locker Room Facilities:

Spacious locker rooms with showers, sauna and spa. Lockers are available for monthly rental and day use.

Pro-Shop:

We stock tennis rackets, tennis accessories, and pickleball paddles. We also have stringing services and demo racquets.

Fitness Center:

A 2400 square foot facility filled with cardiovascular and strength training equipment. Personal trainer on staff.

Group Exercise Room:

A 1000 square foot room dedicated to group exercise classes and other group activities. Including yoga, gentle yoga and pilates.

Ashland Tennis & Fitness Club
735 Jefferson Ave.
Ashland, OR 97520

ASHLAND TENNIS & FITNESS CLUB

ADULT TENNIS PROGRAM

January 6 – June 12, 2020

Ashland Tennis & Fitness Club
735 Jefferson Ave.
Ashland, OR 97520
Phone 541-482-4073
frontdesk.atfc@mind.net

ADULT CLASSES

A court fee of $3 will be added to lessons below for non-premium member and non-member.

Maximum 8 players per class unless otherwise specified.

RESGISTION REQUESTED PLEASE:

While most of you are used to drop-in classes, we are requesting that you please start registering at least 24 hours prior to each class.

Please note: Once everyone is used to this process, we will be implementing a policy for a minimum in each class – if those minimums are not met 24 hours prior to each class, they will be canceled.

Doubles Clinic	Instructor: Gail	**Monday**
The class will include drills, games, strategy and foot skills. Learn what it takes to refine areas of your game to advance to the next level, while getting a good workout in the process.		**11:00 – 12:00 pm** $20 Members $25 Non-Members
Clinic 3.0-3.5	Instructor: Len	**Wednesday**
This is a fun, fast paced clinic that will combine drills and instruction to improve your game and physical condition.		**11:00 – 12:00** $20 Members $25 Non-Members
Clinic 4.0+	Instructor: Len	**Wednesday**
A fast-paced workout with lots of drills and games. Play situations, movement & patterns of play are incorporated. Players should be able to hit cooperatively with others and sustain a rally with both ground strokes and volleys.		**6:15 – 7:15 pm** $20 Members $25 Non-Members
Clinic 4.0+	Instructor: Len	**Thursday**
A fast-paced workout with lots of drills and games. Play situations, movement & patterns of play are incorporated. Players should be able to hit cooperatively with others and sustain a rally with both ground strokes and volleys.		**12:30 – 1:30 PM** $20 Members $25 Non-Members
Doubles Clinic 3.0-3.5	Instructor: Gail	**Friday**
Class will focus on doubles technique, strategy and cardio. Learn what it takes to refine areas of your game to advance to the next level, while getting a good workout in the process.		**10:00 – 11:00 am** $20 Members $25 Non-Members
Skills Clinic All Levels	Instructor: Gail	**Friday**
This clinic will consist of shot making, stroke production and anything else you want to learn. Come to class with all of your questions and leave with the answers that will make the difference in your game.		**11:00 – 12:00 pm** $20 Members $25 Non-Members
Saturday Cardio – Beginner / Intermediate	Instructor: Len	**Saturday**
Cardio Tennis pushes your fitness to a new level with a high energy workout! It's a fun group activity featuring drills to give players of all abilities an ultimate high energy workout. Includes warm-up, cardio workout, and cool down phases. If you want to find a healthy, new way to get in shape and to burn calories…try Cardio Tennis!		**9:00 – 10:00 AM** $20 Members $25 Non-Members
Saturday Cardio – Intermediate / Advanced	Instructor: Len	**Saturday**
Cardio Tennis pushes your fitness to a new level with a high energy workout! It's a fun group activity featuring drills to give players of all abilities an ultimate high energy workout. Includes warm-up, cardio workout, and cool down phases. If you want to find a healthy, new way to get in shape and to burn calories…try Cardio Tennis!		**10:00 – 11:00 AM** $20 Members $25 Non-Members