

ADULT CLASSES @ATFC

Maximum 8 players per class unless otherwise specified.

REGISTRATION REQUESTED PLEASE: Online at www.ashlandtfc.org or by calling the front desk 541-482-4073.

Please register at least 24 hours prior to each class.

If there is not a minimum of 3 players registered 24 hours before class time, the class may be cancelled.

Cost per Class: \$20 for Members / \$25 for Non-Members

In addition, a court fee of \$3 will be added to lessons below for non-premium members and non-members.



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
Beginner Clinic	Instructor: Len	Tuesday
New to tennis? Haven't played in a while? Need a refresher lesson? This is the class for you. If you're a beginner, we'll start with all the basics and teach you the proper grips and strokes, including the forehand, backhand, volley, overhead, serve and return. You'll also learn to rally and keep score.		6:15 – 7:15 pm
Clinic 3.5-4.0	Instructor: Len	Wednesday
Class will focus on 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.		11:00 – 12:00 pm
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
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
Clinic 3.5	Instructor: Len	Thursday
Class will focus on 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.		6:15 – 7:15 pm
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
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
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
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

