

## ATFC Tennis Staff

Len Spencer.....Director of Tennis  
Frank Inn.....Teaching Pro  
Gail Patton.....Teaching Pro  
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



## ***JUNIOR TENNIS PROGRAM***

***September 8 –  
December 23, 2020***



Ashland Tennis & Fitness Club  
735 Jefferson Ave.  
Ashland, OR 97520  
Phone 541-482-4073  
[frontdesk.atfc@mind.net](mailto:frontdesk.atfc@mind.net)

### CLASS DESCRIPTIONS

**PLEASE NOTE: Some class names and times have changed or combined since last session.**

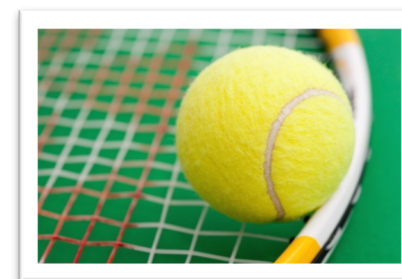
Specific instruction for individual styles will be the basis of these programs.

\*Ages are approximate in class descriptions. Appropriate class will be decided by Director of Tennis.

<b>LITTLE TENNIS</b> (*ages 4-7)	<i>Max players per class: 12</i>	<b>Monday &amp; Wednesday</b>
This program is a fun introduction to tennis for our young players. Players will participate in a variety of skill building activities including basic athletic skills (running, jumping, throwing, bouncing, catching), tennis stroke technique and rally skills all in a fun environment. Curriculum is designed so that children will learn and practice all stroke fundamentals, court positioning, develop a serve, rally and begin point play. Good sport behaviors are introduced and reinforced.		<b>3:45 – 4:45 PM</b>
		\$14 Member per class \$19 Non-Member per class
<b>BEGINNER</b> (*ages 7-10)	<i>Max players per class: 16</i>	<b>Monday &amp; Wednesday</b>
Curriculum will vary based on experience and ability. Players will learn stroke technique, use of spin, combine shots together with purpose, serve with proper form, approach the net to use volleys and overheads and practice point play and scoring. Rules of play and good sport behaviors are introduced and reinforced.		<b>3:45 – 4:45 PM</b>
		\$14 Member per class \$19 Non-Member per class
<b>INTERMEDIATE</b> (*ages 11-18)	<i>Max players per class: 16</i>	<b>Tuesday &amp; Thursday</b>
Players learn to rally with improved directions and height control, return serves and spins. Emphasis will be placed on skills and application in live ball (point play) situations. Players will work on stroke development, tactics and strategy in order to prepare the player for the USTA intermediate/low advanced and/or UTR tournaments. Private lessons are strongly encouraged. Rules of play and good sport behaviors are introduced and reinforced.		<b>3:45 – 4:45 PM</b>
		\$14 Member per class \$19 Non-Member per class
<b>ADVANCED</b> (*ages 11-18)	<i>Max players per class: 24</i>	<b>Mon / Wed / Fri</b>
This program is for committed, self-motivated players who are actively competing in Advanced USTA and/or UTR tournaments. High intensity drills will improve match play strategy, mental skill, footwork, shot selection, fitness and overall competitiveness. Players must be approved by Tennis Director and privates are strongly encouraged. Good sport behaviors are reinforced.		<b>4:45 – 6:15 PM</b>
		\$21 Member per class \$26 Non-Member per class

REGISTRATION REQUIRED  
by calling **541-482-4073** or online at  
[www.ashlandtfc.org](http://www.ashlandtfc.org).

Please register for classes  
at least 24 hours in advance.



### PRIVATE and GROUP LESSONS

Call the front desk to schedule private lessons. If the staff can't get you on the schedule, they will have the Director of Tennis call you.

#### Individual & Group Private Lesson Rates

(non-member court fee included)

Cost:	Member*	Non-Member
1 Player	\$60	\$68
2 Players	\$32 ea	\$40 ea
3 Players	\$23 ea	\$31 ea
4 & More	\$18 ea	\$26 ea

\*plus \$3 court fee for non-premium members



PLEASE REGISTER at least 24 hours in advance of class.

Please let us know if you have any questions or concerns about our program. We are here to help.