

ADULT CLASSES

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



Cost per Class:

Members \$20 per hour (Plus \$3 court fee unless Premium Member)

Non-Members \$32 per hour (All fees included)

Gail's Doubles Clinic	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 am – 12:00 pm
Len's 3.0 - 3.5 Singles Clinic	Tuesday
Class will focus on technique, singles 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.	1:00 – 2:00 pm
Len's Beginner Clinic	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 forehand, backhand, volley, overhead, serve and return. You'll also learn to rally and keep score.	6:15 – 7:15 pm
Len's 4.0 + Clinic (Wed)	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
Len's 4.0 + Clinic (Thur)	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.	12:00 - 1:00 pm
Len's 3.5+ Clinic	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
Gail's Doubles 3.0 – 3.5 Clinic	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 – 11:30 am
Gail's All Levels Skills Clinic	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.	11:30 – 12:30 pm
Len's Saturday Cardio – Beginner / Intermediate	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
Len's Saturday Cardio – Intermediate / Advanced	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

ATFC Tennis Staff

Len Spencer.....Director of Tennis
Zach Matthews.....Teaching Pro
Frank Inn.....Teaching Pro
Gail Patton.....Teaching Pro
Ronda Spencer.....Events Coordinator

Safe Practices while at ATFC

Classes will be limited to 6 per court unless otherwise stated to keep the social distancing required by the Governor. Because class is limited, it is a good idea to register early to make sure you have secured a spot in class – we will not be allowed to exceed maximum class sizes listed.

Bring your own water bottle already filled.

The water and ice machine is not available until further notice. Bottled water is available in the cooler for \$1.

Bring your own towel if needed for on court

as towel service is not available until further notice.

Please remember the following:

1. Stay 6' away from other people whenever possible.
2. Regularly wash your hands with soap and water for at least 20 seconds or use the hand sanitizers located around the club (all have a minimum 60% alcohol).
3. Avoid touching your face
4. PLEASE: Do not come to the club if there is any question that you are not a 100% well.
5. Cough or sneeze into your elbow.

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



ADULT TENNIS PROGRAM

**March 1 –
December 31, 2021**



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