

## ATFC Tennis Staff

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

## Ashland Tennis and Fitness Club Amenities

### Indoor Tennis:

Four newly resurfaced 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:

Stringing services. Tennis accessories. Demo racquets to try before you buy.

### 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.

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



## JUNIOR TENNIS PROGRAM

Winter 2022  
Jan 3 - Feb 26



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:** if you do not know which class is right for you – please contact Director of Tennis, Len Spencer.  
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>BEGINNER</b> (*ages 4-10)	<b>Wednesday</b>	<b>Saturday</b>
Curriculum will vary based on experience and ability. Some players will participate in a variety of skill building activities including basic athletic skills, tennis stroke technique and rally skills all in a fun environment. Some players will learn 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</b>	<b>12:00 – 1:00</b>
	\$14 Member per class \$19 Non-Member per class  <i>Plus \$1 court fee for non-premium members</i>	
<b>INTERMEDIATE</b> (*ages 11-18)	<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 Level 6 to 7 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</b>	
	\$14 Member per class \$19 Non-Member per class  <i>Plus \$1 court fee for non-premium members</i>	
<b>ADVANCED</b> (*ages 11-18)	<b>Tuesday &amp; Thursday</b>	
This program is for committed, self-motivated players who are actively competing in Advanced USTA Level 5 and below 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</b>	
	\$21 Member per class \$26 Non-Member per class  <i>Plus \$1 court fee for non-premium members</i>	

Classes below by Tennis Pro approval only – contact Len or Zach

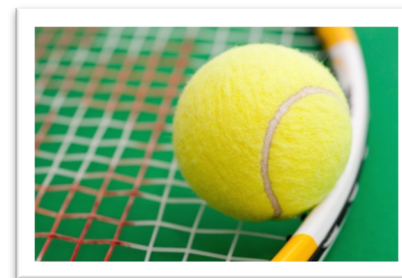
**PRE-ASCENSION: Monday / Wednesday / Friday 3:45 – 4:45**

\$14 Member per class  
 \$19 Non-Member per class  
*Plus \$1 court fee for non-premium members*

**ASCENSION: Monday / Wednesday / Friday 4:45 – 6:15**

\$21 Member per class  
 \$26 Non-Member per class  
*Plus \$1 court fee for non-premium members*

REGISTRATION REQUESTED  
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.

#### Junior / Young Adult

#### Individual & Group Private Lesson Rates

##### MEMBER

##### Cost:

1 Player        \$60  
2 Players       \$34 ea  
3 Players       \$25 ea  
4 & More       \$20 ea

Plus \$1 court fee for non-premium members

##### NON-MEMBER

##### Cost:

1 Player        \$70  
2 Players       \$44 ea  
3 Players       \$35 ea  
4 & More       \$30 ea

\$1 court fee and \$9 non member fee included

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