

ADULT CLASSES

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

CANCELLATION POLICY: 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: 1 hour class **\$20** plus \$3 court fee for non-premium member / 1.5 hour class **\$30** plus \$4.5 court fee for non-premium member

Non-Members: 1 hour class **\$32** (All fees included) / 1.5 hour class **\$43.50** (All fees included)



2/23/22

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| 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 |
| Monday Cardio – All Levels | Monday |
| 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! | 6:15 – 7:15 pm |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| Saturday Cardio – 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! | 11:00 am – 12:00 pm |

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:

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.

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



ADULT TENNIS PROGRAM 2022



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735 Jefferson Ave.
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