

## JR Program Tennis Staff

Len Spencer.....Director of Tennis  
Zach Matthews.....Head Teaching Pro  
Cian O'Neil.....Teaching Pro  
Gabriela Sullins.....Asst. Teaching Pro  
Dana Smith.....Asst. Teaching Pro  
Ronda Spencer.....Events Coordinator

## Ashland Tennis and Fitness Club Amenities

### Indoor Tennis:

Four recently resurfaced indoor Plexipave tennis courts.

### Swimming Pool:

Indoor 25 meter, 3-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.

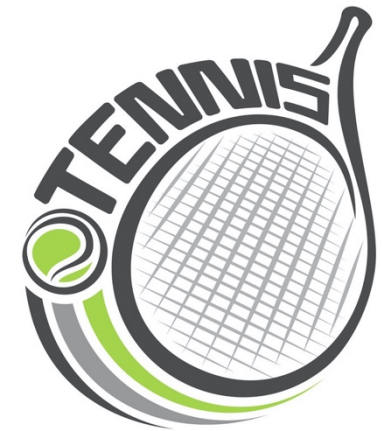
### Group Exercise Room:

A 1000 square foot room dedicated to group exercise classes and other group activities.

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



## JUNIOR TENNIS PROGRAM SPRING 2023 Mar 6 – June 17



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

### **JUNIOR TENNIS PROGRAM**

- Registration **REQUIRED** at least 1 week in advance of each class to assure your spot and so we can staff accordingly.
- **IMPORTANT:** Those that show up without registering one week in advance will only be allowed to stay if there is space in class and you will be charged a \$4 fee per class in addition to the cost of the classes listed below.
- **CANCELLATION POLICY:** Please cancel at least 24 hours in advance to allow other players to sign up. Cancellations less than 4 hours in advance and no shows will be charged for the class and applicable court fees. Please call the front desk to cancel.

REGISTER at the front desk, by calling 541-482-4073 or online at [www.ashlandtfc.org](http://www.ashlandtfc.org).

#### **Beginner / Adv. Beginner**

**Mon & Wed; 3:45 – 4:45 (Max 24)**  
**Sat, 12:00 – 1:00 (Max 8)**

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.

**\$14 Member per class**  
**\$19 Non-Member per class**  
Plus \$2 court fee for all non-premium members.

#### **Intermediate / Adv. Intermediate**

**Tue & Thur; 3:45 – 4:45 (Max 24)**  
**Sun, 2:00 – 3:00 (Max 8)**

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 7 and/or UTR tournaments. Private lessons are strongly encouraged. Rules of play and good sport behaviors are introduced and reinforced.

**\$14 Member per class**  
**\$19 Non-Member per class**  
Plus \$2 court fee for all non-premium members.

#### **Advanced**

**Tue & Thur; 4:45 – 6:15 (Max 8)**

This program is for committed, self-motivated players who are actively competing in Advanced USTA Level 5-7 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.

**\$21 Member per class**  
**\$26 Non-Member per class**  
Plus \$3 court fee for all non-premium members.

The classes below are by Tennis Pro approval only.

Please contact Director of Tennis, Len Spencer for more information.

#### **ASCENSION – 3:45**

**Mon – Fri; 3:45 – 4:45 (Max 8)**

**\$14 Member per class**  
**\$19 Non-Member per class**  
Plus \$2 court fee for all non-premium members.

#### **ASCENSION – 4:45**

**Mon – Fri; 4:45 – 6:15 (Max 24)**

**\$21 Member per class**  
**\$26 Non-Member per class**  
Plus \$3 court fee for all non-premium members.

#### **CLASS PLACEMENT:**

Players are placed in appropriate class by the tennis staff only. If you have not been advised which class to register for, please reach out to Len Spencer, Director of Tennis ([tennisdir.atfc@mind.net](mailto:tennisdir.atfc@mind.net)), or leave a message for him at the front desk.