

JR Program Tennis Staff

Len Spencer.....Director of Tennis
Zach Matthews.....Head Teaching Pro
Cian O'Neil.....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
FALL 2023
Sept 5 – Dec 22**



Ashland Tennis & Fitness Club
735 Jefferson Ave.
Ashland, OR 97520
Phone 541-482-4073
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.

CLASS PLACEMENT: *Please do not register for a class unless you have been advised by one of the tennis professionals only.* 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) or leave a message for him at the front desk.

ATFC 1

Monday / Wednesday / Friday
3:45 – 4:45 (Max 24)

ATFC 1 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.

\$15 Member per class
\$20 Non-Member per class
Plus \$2 court fee for all non-premium members.

ATFC 2

Tuesday & Thursday
3:45 – 4:45 (Max 24)

ATFC 2 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. Rules of play and good sport behaviors are introduced and reinforced.

\$15 Member per class
\$20 Non-Member per class
Plus \$2 court fee for all non-premium members.

SOA

Monday - Friday
4:45 – 6:15 (Max 24)

SOA (Sothern Oregon Ascension) is for committed, self-motivated players who are actively competing in Advanced USTA Level 1-6 tournaments and/or UTR tournaments. High intensity drills will improve match & tournament play strategy, mental skill, footwork, shot selection, fitness and overall competitiveness. Travel as a team to various tournaments is strongly encouraged. *Players must be approved by Tennis Director.*

\$22.50 Member per class
\$27.50 Non-Member per class
Plus \$3 court fee for all non-premium members.