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| **October 2023**  Hours of Operation  **Monday-Friday 7:00am-9:00pm**  **Saturday & Sunday: 8:00am–5:00pm** |



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| **735 Jefferson Ave** |
| **Ashland, OR 97520** |
| (**541) 482-4073 www.ashlandtfc.org** |
|  |

**Thank you Jo Wayles! A colorful text on a black background

Description automatically generated**

As coined by Geoffrey Chaucer "But at the laste, as every thing hath ende ..."

After serving as editor of the club's newsletter for the past 9 years, and for 3-4 years at various times before that, our club's volunteer editor, Jo Wayles is retiring. But, have no fear. The monthly newsletter will continue on! Valerie Stein-Retiz, a key staff member in charge of bookkeeping and member relations has graciously offered to assume the helm.  Jo joined the club in 2003 when she and her husband relocated to Ashland. As many of you know, in addition to editing the newsletter, Jo has made numerous contributions to the club over the years and was instrumental in keeping the club going during some of its more difficult times.

Thank you, Jo. Your contributions to the club through the years continue to be recognized and

appreciated.

Lexi Packer

Owner

**Congratulations to ATFC’s Women’s 8.0 Team** 

The ATFC women's 65 8.0 team is heading to the PNW Sectional tournament 9/21-24 after winning their southern OR conference. Congratulations to Susan Atzman. Kate McInerny, Ellie Miller, Lexi Packer, Gail Patton, Nancy Walz, Dana Yearsley, Carol Yirak and Leslie Zauher.

Congratulations and Go Team ATFC!



**Sale at the ATFC Pro Shop Continuing**

**WE ARE STILL HAVING OUR** **CLEARANCE SALE AT THE ATFC PRO SHOP!**

**Shirts! Towels! Water Bottles! Bags! Socks!**

A cartoon of a person doing yoga

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**Focus on Fitness**

Yoga connects body, mind and spirit using specific poses and movements.  Incorporating the breath into the practice calms the nervous system and brings one into the present moment. Classes are instructed at a slow and gentle pace, including Yoga postures, breath work and deep relaxation. Make sure to wear comfortable loose attire and come and try it out and remember that even though yoga is a deep spiritual and physical practice, it is also just plain fun!

The club is now offering five yoga classes taught by Shannon Rio and Susan Jacques. The teachers work with each student to adapt the practice to their level of ability.  There are two gentle yoga classes that are accessible to every person regardless of limitations.

Contributed by Shannon Rio, long time member and yoga instructor.

Susan’s gentle hatha yoga class is a new addition to the club’s fitness schedule. The class will remain on the schedule if it is well attended. This class will start on Tuesday September 5th (9:15am – 10:30am). Whether you are wanting to add to your Yoga practice, or are interested in starting up a Yoga practice, this class is for you! For any questions or concerns about this new class please feel free to email Susan at [kiwi@easefulmind.com](mailto:kiwi@easefulmind.com)

Yoga classes are free to all fitness and swim members.  Others can come and pay a small fee.

Here is a link to the fitness class schedule: <http://ashlandtfc.org/wp-content/uploads/2023/08/Fitness-Class-Schedule-8-17-23-1.docx>

**Guest Policy**

***General Rule:*** To qualify as a guest, the guest’s residence must be at least 45 miles from the Club. A guest with an ATFC member will pay $12 and a guest without a member will pay $20 per day which allows the guest access to the entire club and includes the fitness classes.

***Exceptions:***

* Guests who are members of the Rogue Valley Country Club (must show proof) may play tennis with members 2-3 times a month
* **For tennis the $12/$20 guest fee is per court time/lesson** plus any applicable tennis court usage fee.
* Prospective ATFC members may request a guest pass allowing them one free day’s

access to all club facilities but must pay for lesson/clinic fees but not court fees.

* Non-members who live closer than 45 miles from the club are able to take tennis clinics and classes for an additional fee of $15.

**Adult Tennis Camp Reminder A cartoon elephant holding a sign

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Come join **Gail** and fellow tennis pro, **Steve Vaughn**, September 15-17 for a Wild West Tennis Camp at Hunter Park! Work on your strokes, court positioning, and mental toughness during fun, fast-paced drills. For more information, contact Gail or go to [www.wildwesttennis.com](http://www.wildwesttennis.com)

  **RONDA’S ROUNDUP**

**UTR Tennis Tournament September 8-10**

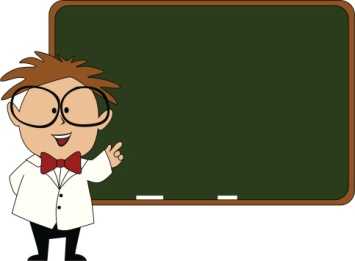
**Level Based tournament: All ages / All levels – Singles & Doubles**

**Location: Hunter Park**

Register by September 4th online at:

<https://app.universaltennis.com/events/189046>

Reminder that if you have not played a UTR tournament yet, you do need to create a profile before you can register.  Contact Ronda with any questions (cell 541-517-9764).



**Len’s Lesson**

A red and yellow leaf

Description automatically generatedFALL TENNIS PROGRAMS

Fall programs start September 5th for both juniors and adults. There have been class changes to both programs.  Please make sure to check out the class times and days on our website [www.ashlandtfc.org](http://www.ashlandtfc.org/) or pick up a brochure at the front desk.

**Riddle Me This**

**This month’s riddle:** Fred’s wife asked him to take the spider out of the house instead of killing it. What happened next ? A cartoon spider with long legs

Description automatically generated

**Last month’s riddle:** Where do bad rainbows go? (Thanks to Ellie Miller for this one!)

 **Answer:**  Prism - it's a light sentence and gives them time to reflect.....