

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



March 2024

Hours of Operation
Monday-Friday 7:00am-9:00pm
Saturday & Sunday: 8:00am-5:00pm



The month of March isn't just about celebrating St. Patrick's Day and the start of spring it is also a month where we celebrate Women's History Month, Pi Day (3.14) and daylight savings time **(don't forget to change your clocks before you go to bed on the 9th!).**



New Addition to our Massage Team

We are pleased to announce the latest addition to our massage team - meet Aimee Michel [Click Here](#) Aimee has been practicing therapeutic massage for over five years in the Ashland community. She is available for 60 and 75-minute sessions Monday - Wednesday at 4pm, Fridays 1-5pm and Saturdays by appointment. Members get 10% off their first session. Please contact Aimee directly to schedule an appointment: (510) 306-8788.



Phone Etiquette

We understand that having a cell phone on the gym floor is useful – whether using it as a timer, tracking your workouts, or filming your workout/technique, watching your favorite program, or listening to some music. However, if you must bring your phone to the gym, it should be set to silence and refrain from having loud, distracting conversations at the club (please take it outside).



Guest Day Pass Fees

Each guest accompanied by a member (must live 45 miles away from the club) will be charged \$12 (plus \$3 per court time if playing tennis). Each guest not accompanied by a member \$20 (plus \$3 per court time if playing tennis)

Lap Swimming Benefits



“Swimming is a remarkably effective workout because it combines three important types of exercise in one: aerobics, stretching, and strengthening. Simply keeping yourself afloat activates the core muscles in your back and abdomen. And you must move all your muscles to swim. Once you’re in the swim of things, you’ll notice lots of benefits to lap swimming. It’s easy on the joints, and it has a meditative quality that forces you to focus on your movement and breathing. Lap swimming also improves endurance and cardiovascular health, helps lower blood pressure, and helps reduce stress.”

By *Heidi Godman, Executive Editor, Harvard Health Letter*



Fitness Class Change

The Stretch & Strengthen: Movement Basics Class taught by Josh is now every Saturday and will start at 8:15 am and end at 9:30 am. **This class is free to ALL ATFC members as part of your membership.**



Staying Beyond End of Court Time

When your court time is up, if no one shows up to play, please feel free to stay for up to 15 minutes without incurring an additional charge. After 15 minutes, unless you are premium member, another court fee will be charged.



Tennis Cancellations

Reservation Cancellations - Regular tennis reservations must be canceled 4 hours in advance (\$10 fee, per court time, no exceptions) (fee will be divided among only the persons named in the online reservation) You may reserve up to 7 days in advance. When making a reservation, the "day" begins at 8:00 AM each morning.

Tennis lessons Cancellations- Lessons need to be cancelled at least 24 hours in advance to allow other players to sign up. If there is not a minimum of 3 players registered 24 hours before the lesson, the lesson may be cancelled. Cancellations less than 4 hours in advance and no shows will be charged for the lesson and applicable court fees.

Cancellations that need to be made less than 24 hours in advance must be done by calling the front desk at 541-482-4073.



Ronda's Roundup

USTA League Teams

The club has implemented a few new policies and procedures affecting USTA teams. We hope some of them will streamline the process for both captains and staff. The policies and procedures are in the process of being written up. If she hasn't already done so, Ronda will soon be in touch with each captain to go over them. They will also be posted on the bulletin board outside of Val's office and, if you would like a copy, please ask the front desk.

USTA LEAGUE: 18 & Over

ATFC has four teams this season.

Matches will be played between March 8 and June 16.

1 Men's 4.5 Team

1 Women's 4.0 Team

1 Women's 3.5 Team

1 Women's 3.0 Team

We will post the home match schedules on the bulletin board for those interested in coming out to cheer on your fellow members.

GOOD LUCK THIS SEASON!

Big Al's 49th Annual Tennis Tournament

JULY 11-14, 2024

- Co-Ed Singles - Level Based UTR (All levels / All ages)
- Co-Ed Doubles - Level Based UTR (All levels / All ages)
- Adult Men's Doubles - Level Based UTR (18+)
- Adult Women's Doubles - Level Based UTR (18+)
- Adult Mixed Doubles - Level Based UTR (18+)
- All Matches Played at Hunter Park
- Complimentary T-shirt for Every Player
- Complimentary Saturday Night Dinner for Every Player
- Exhibition Match During Dinner (players TBA)
- Food Trucks on Site Throughout Tournament

To register and for more information about the tournament, please go to: <https://app.utrsports.net/events/218653> or by scanning the QR Code



If you have never played in a UTR tournament, you will need to create a profile before registering for the tournament. Contact Ronda Spencer for more information :541-517-9764

Len's Lesson



ATFC Member Sascha Wells Named Women's Student Athlete of the Week. The Northwest Conference is proud to announce its Student-Athletes of the Week in Tennis for the week of February 5th through February 12th. Sascha helped the Blues to two wins at Lewis-Clark State College and went 3-0 in her matches played. In the first match she won her No. 3 doubles match and swept at No. 4 singles. Her third victory came in the second match where she won at first doubles.



Riddle Me This

This month's riddles:



Why was the bird detained by the police?



On a treasure map, how can an eagle locate its nest?

Last month's riddles:



What did February 14 say to February 1?

Answer: Are you single?



What is a frog's favorite time of the year?

Answer: Leap day!