

ADULT CLINICS

REGISTRATION REQUIRED: Register online at www.ashlandtfc.org or by calling the front desk 541-482-4073. If there is not a minimum of 3 players registered 24 hours before clinic time, the clinic may be cancelled.

Cost per Clinic:

Members: 1 hour clinic **\$20** plus \$3 court fee for non-premium member
Non-Members: 1 hour clinic **\$35** (All fees included)
Members: 1.5 hour clinic **\$30** plus \$4.50 court fee for non-premium member
Non-members: 1.5 hour clinic **\$46.50** (All fees included)

CLINIC 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 clinic and applicable court fees.
Please call the front desk to cancel.

3.5 + Clinic

Monday 6:15 – 7:15 pm

This clinic 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.

Max 8 players.

3.5 & Below Singles Clinic

Wednesday 12:00 – 1:00 pm

This clinic 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.

Max 4 players.

4.0 + Clinic

Wednesday 6:15 – 7:15 pm

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.

Max 6 players.

3.0 + Clinic

Thursday 12:00 – 1:00 pm

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.

Max 8 players.

Gail’s 3.0 – 3.5 Doubles Clinic

Friday 10:00 – 11:30 am

This clinic 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.

Max 8 players.

Beginner Clinic

Saturday 8:00 – 9:00 am

New to Tennis? Haven’t played in a while? Need a refresher lesson? This is the clinic 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.

Max 8 players.

Cardio - Beg. / Int.

Saturday 9:00 – 10:00 am

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. Cardio tennis is a great way to get in shape and to burn calories.

Max 14 players.

Cardio - Int. / Adv.

Saturday 10:00 – 11:00 am

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. Cardio tennis is a great way to get in shape and to burn calories.

Max 14 players.

Private & Private Group Lesson Rates

	Len	Zach	Cian
1 Hour Lessons			
Private (1 player)	\$70	\$65	\$60
Semi-Private (2 players)	\$39	\$37	\$34
Private Group (3 Players)	\$29	\$27	\$25
Private Group (4 or more Players)	\$23	\$21	\$20

ATFC Tennis Staff

Len Spencer.....Director of Tennis
Zach Matthews.....Tennis Professional
Cian O’Neil.....Tennis Professional
Gail Patton..... Tennis Professional
Dana Smith.....Assistant Tennis Instructor
Ronda Spencer.....Events Coordinator

Ashland Tennis and Fitness Club Amenities

Indoor Tennis:

Four recently resurfaced indoor Plexipave tennis courts.

Swimming Pool:

Indoor 25 meter lap pool - 3 private lanes. 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 racquets and tennis accessories. 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. Including yoga, gentle yoga and pilates.

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



ADULT TENNIS PROGRAM WINTER/SPRING 2024 Jan 2 – Jun 15



Ashland Tennis & Fitness Club
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Ashland, OR 97520
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