

## JR Program Tennis Staff

Len Spencer.....Director of Tennis  
Zach Matthews.....Head Tennis Professional  
Cian O'Neil.....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, 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.

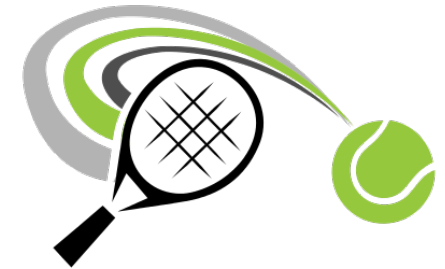
### Group Exercise Room:

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 WINTER/SPRING 2024 Jan 2 – Jun 14



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.
- **CANCELLATION POLICY:** Please cancel at least 24 hours in advance to allow other players to sign up. Please call the front desk to cancel.

**RESGISTER at the front desk, by calling 541-482-4073 or online at [www.ashlandtfc.org](http://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](mailto:tennisdir.atfc@mind.net)) or leave a message for him at the front desk.

<b><u>ATFC 1</u></b> <b>Monday &amp; Wednesday</b> <b>3:45 – 4:45 (Max 24)</b>	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.	<b>\$15 Member per class</b> <b>\$20 Non-Member per class</b> Plus \$2 court fee for all non-premium members.
<b><u>ATFC 2</u></b> <b>Tuesday &amp; Thursday</b> <b>3:45 – 4:45 (Max 24)</b>	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.	<b>\$15 Member per class</b> <b>\$20 Non-Member per class</b> Plus \$2 court fee for all non-premium members.
<b><u>SOA</u></b> <b>Friday</b> <b>3:45 – 4:45 (Max 24)</b>	<i>You can attend one or both of the SOA classes on Fridays. If you attend both you will be charged separately for each class time you attended.</i>  SOA (Southern 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.	<b>\$15.00 Member per class</b> <b>\$20.00 Non-Member per class</b> Plus \$3 court fee for all non-premium members.
<b><u>SOA</u></b> <b>Monday - Friday</b> <b>4:45 – 6:15 (Max 24)</b>	<i>Players must be approved by Tennis Director.</i>	<b>\$22.50 Member per class</b> <b>\$27.50 Non-Member per class</b> Plus \$3 court fee for all non-premium members.