

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



April 2024

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



The month of April gets its name from the Latin word *aperio*, meaning “to open”. In April we celebrate many different events including April Fool’s Day, Passover, Earth Day, and National Arbor Day.



ATFC will be closed for **4 days, Thursday through Sunday, June 6-9** for our annual deep clean and maintenance. This closure allows us to take care of the necessary cleaning and repairs that would be impossible to complete while the club is open. If there’s something in your locker that you’ll be needing during that time, please be sure to grab it no later than June 5th. If you have anything they’ve noticed that needs to be attended to please leave a note at the front desk.



Benefits of a Rowing Machine Workout

“A rowing machine (or rower machine) mimics the actions of rowing and is great for a total body workout. A rowing machine provides a low-impact cardiovascular workout that improves your aerobic fitness. It also strengthens muscles and tones your entire body. A rowing machine provides both an aerobic and strength workout. It’s also a low-impact exercise, making it great for people who want to avoid overstressing their joints. You can use a rowing machine as your full workout or incorporate it alongside other exercises.”

Written by Alice Twu WebMD

Ronda's Roundup



Upcoming Events

April 13th 6:30 PM, Saturday

Women's Doubles Mixer 2.5 – 3.5 NTRP

https://app.utrsports.net/events/220308?_ref=rondas019&shared=true

April 20th 6:30 PM, Saturday

Mixed Doubles Round Robin Combined 7.0-8.0 NTRP

https://app.utrsports.net/events/228555?_ref=rondas019&shared=true

May 31 – June 2, Friday 5 PM – Sunday 5 PM

Stevenson Memorial Tennis Tournament –

https://app.utrsports.net/events/223746?_ref=rondas019&shared=true

June 15th 5:30 PM, Saturday

Men's Mini Tournament, Prize Money 4.0-4.5 NTRP

https://app.utrsports.net/events/228503?_ref=rondas019&shared=true

June 29th 5:30 PM, Saturday

Mixed Doubles Tune Up 8.0-9.0 Combined NTRP – Get Ready for Big Al's

https://app.utrsports.net/events/228570?_ref=rondas019&shared=true

July 11 – 14, 6:00 pm Thursday – 5:00 PM Sunday

Big Al's 49th Annual Tennis Tournament

https://app.utrsports.net/events/218653?_ref=rondas019&shared=true

September 6-8, Friday 6 PM – Sunday 5 PM

Ashland UTR – All Levels, All Ages – Level Based Tournament

https://app.utrsports.net/events/82379?_ref=rondas019&shared=true



TENNIS



April USTA Home League Team Matches

Saturday 6 1:15 PM Dix Bend 4.5 M 18+

Sunday 7 9:30 AM Knox / Beckett Salem 4.0 W 18+

Saturday 13 1:15 PM Whitener / Chiang Salem 3.5 W 18+

Saturday 27 1:15 PM Knox / Beckett Eugene 4.0 W 18+

Sunday 28 9:30 AM Knox / Beckett Eugene 4.0 W 18+

***Members are welcome to come watch and cheer on fellow club member teams!**



We have 708 LED light bulbs in the tennis center so to maintain the courts slightly cooler with the warmer weather coming AND to keep the ever-rising utility costs down, **PLEASE, PLEASE** turn off the lights when you've finished playing or if you don't need them when playing. Thank you!



New Pool Noodles

Some new pool noodles have been added to the pool equipment bin. Pool noodles are very versatile and can be used to practice different strokes, such as the breaststroke or backstroke and for resistance training, flotation, core work, and deep-water fitness.

Riddle Me This

This month's riddles:



Why can't basketball players go on Spring Break vacations?

What's Irish and comes out in Spring?



Last month's riddles:



Why was the bird detained by the police?

Answer: Because she was a robin....



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

Answer: Eggs mark the spot...