

JR Program Tennis Staff

Len Spencer.....Director of Tennis
Cian O'Neil.....Tennis Professional
Zach Matthews.....Tennis Professional
Dana Smith.....Assistant Tennis Professional
Anna Launder.....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



JUNIOR TENNIS PROGRAM SUMMER 2024 June 17 – Aug 23



Ashland Tennis & Fitness Club
735 Jefferson Ave.
Ashland, OR 97520
Phone 541-482-4073
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.

Please note: some classes may be held at Hunter Park Tennis Courts in Ashland.

You will be notified ahead of time if class is to be held at Hunter Park only if you are registered.

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) or leave a message for him at the front desk.

<u>ATFC 1</u> Monday & Wednesday 3:00 – 4:00 (Max 24)	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.	\$15 Member per class \$20 Non-Member per class Plus \$2 court fee for all non-premium members.
<u>ATFC 2</u> Tuesday & Thursday 3:00 – 4:00 (Max 12)	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.	\$15 Member per class \$20 Non-Member per class Plus \$2 court fee for all non-premium members.
<u>High School</u> Tuesday & Thursday 3:00 – 4:00 (Max 12)	High School class is for those entering high school this fall or already in high school. Players will work on stroke development, tactics, and strategy in order to prepare the player for high school tennis. Players will work on match play strategy, mental skill, footwork, shot selection, fitness and overall competitiveness. Rules of play and good sport behaviors are reinforced.	\$15.00 Member per class \$20.00 Non-Member per class Plus \$2 court fee for all non-premium members.
<u>SOA</u> Tue / Wed / Thur 4:00 – 6:00 (Max 24)	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. <i>Players must be approved by Tennis Director.</i>	\$22.50 Member per class \$27.50 Non-Member per class Plus \$4 court fee for all non-premium members.