

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



June 2024

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



Juno is the ancient Roman goddess of marriage and childbirth. And the month of June is still a popular month for weddings today! In June we celebrate Flag Day, Father's Day, Juneteenth and the Summer Solstice.



REMINDER - 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



Importance of Tennis Ball and Can Recycling

The Club has been doing its part to support the initiative to make playing tennis more sustainable. Tennis balls are extremely hard to recycle, and the industry has yet to develop a ball to make that easier, nearly all the 330 million balls made worldwide each year eventually get chucked in the garbage, with most ending up in landfills, where they can take more than 400 years to decompose. A positive on the recycling front are nonprofits taking on the task of collecting and repurposing tennis balls, most notably **RecycleBalls**, which says it is on pace to collect 3 million tennis balls this year from across the U.S and Canada. **Our Club uses this company to recycle our used tennis balls and we have been able to divert 13,600 tennis balls from the landfill so far.** Our Club also uses Penn Tennis balls partly because Penn has made a commitment to sustainability. "Penn tennis ball plastic cans have been enhanced to be more efficiently recycled. The new cans also have another environmentally friendly feature. Penn is injecting an organic additive into its new PET cans and plastic lid caps which allows them to break down within only 3-5 years." *Taken from Newswire* Our club also takes the metal tops to be recycled at a local scrap yard.



The Perks of Group Fitness

Group fitness is a great option for those who want help staying motivated, sticking to a routine, or even just need some accountability. Our group fitness sessions are led by certified instructors, so you can expect more direction and form corrections than a solo gym workout. The Club currently offers many different group fitness classes such as:

Senior Strength Training

Working on Balance, Core and Strength, using weights and body weight to develop strength in all areas.

Pilates

Use controlled movements to tone and strengthen your body, as well as to increase endurance and coordination.

Hatha Yoga

A typical Integral Hatha Yoga class gives a solid foundation in the Classic style of Hatha Yoga including Asana (postures) Pranayama (breathing practice) Yoga Nidra (deep relaxation) and an introduction to meditation.

Gentle Yoga

The focus is on having fun, using the breath to move you through the postures, learning balance mentally and physically and a practice called moving meditation where for a short time in the class we move to music.

Beginner/Level I Hatha Yoga

For those new to Yoga, wanting to restart a Yoga practice, or just wishing for an easeful start to the week, come and move through the foundational postures (asana) learn or refresh breathing practices (pranayama) and relax deeply with Yoga Nidra

Aqua Fit

Get a great workout in our aqua class taught by a certified aquatic trainer. It's an hour long and includes a warm-up, cardio and cool down. You do not have to know how to swim.



Our Club will be supporting the Ashland Food Project which is about sharing food and building community. AFP collects green bags filled with food donations and delivers them six times a year to the Ashland Community Food Bank. AFP will be posting a sign six times a year at the front doors that will serve as a helpful reminder to folks who already participate in AFP to fill their bags and hopefully it will also encourage others to donate as well.

Ronda's Roundup

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

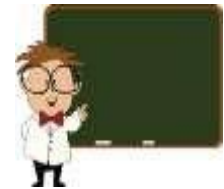
<https://app.utrsports.net/events/218653? ref=rondas019&shared=true>

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>

Len's Lessons



Way to go High School Tennis Players

The following ATFC players participated in High School districts the past couple of weeks for Ashland High School, St Mary's High School, and South Medford High School: Alex Gurov, Alexis Uschold, Antonio Cansino Perez, Ben Smith, Carys Chamberland, Case Johnston, Clark David, Claudia Stadtmueller, Gavin Conachy Chang, Jane Cruce, Luke Oliva, Paige Cohee, Pratheeka Weerakoon, Taylor Fuller, Thea Vogel, and Veronica Miller. Congratulations to those making it to state: Alex Gurov, Antonio Cansino Perez, Ben Smith, Claudia Stadtmueller, Gavin Conachy Chang, Jane Cruce, and Luke Oliva. Special congratulations to those who placed at State: Alexis Uschold- 4th place Singles, Carys Chamberland / Pratheeka Weerakoon - 2nd place Doubles, and Veronia Miller - 4th place Singles

Riddle Me This

This month's riddle:

A priest, a minister, and a rabbit walk into a clinic to donate blood. The rabbit turns to a nurse and says.....:



Last month's riddle:



A mobius band walked into a bar, looking grim. The bartender asked her what was wrong. How did she reply? Answer: I don't know where to begin... (Serious groan on this one!)