

## JR Program Tennis Staff

Len Spencer.....Director of Tennis  
Cian O'Neil.....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:

Stringing services and demo racquets available. We stock grips, overgrips & dampeners. Racquets ordered by request.

### 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

FALL 2024

Aug 26 – Dec 21



Ashland Tennis & Fitness Club  
735 Jefferson Ave.  
Ashland, OR 97520  
Phone 541-482-4073  
[frontdesk.atfc@mind.net](mailto:frontdesk.atfc@mind.net)

## ATFC 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.

**REGISTER 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.*

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.

<p style="text-align: center;"><b><u>Beginner</u></b>  <b>Monday &amp; Wednesday</b>  <b>3:45 – 4:45 (Max 18)</b></p>	<p>Beginner 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.</p>	<p style="text-align: center;"><b>\$10 Member per class</b>  <b>\$15 Non-Member per class</b>                      Plus \$2 court fee for all non-premium members.</p>
<p style="text-align: center;"><b><u>Intermediate</u></b>  <b>Tuesday &amp; Thursday</b>  <b>3:45 – 4:45 (Max 18)</b></p>	<p>Intermediate 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 Club Team. Rules of play and good sport behaviors are introduced and reinforced.</p>	<p style="text-align: center;"><b>\$15 Member per class</b>  <b>\$20 Non-Member per class</b>                      Plus \$2 court fee for all non-premium members.</p>
<p style="text-align: center;"><b><u>Ascension</u></b>  <b>Monday - Friday</b>  <b>4:45 – 6:15</b></p> <p style="text-align: center;"><u>Skill Building</u>                      Tue / Wed / Thur                      (Max 24 players)</p> <p style="text-align: center;"><u>Point/Match Play</u>                      Mon &amp; Fri                      (Max 16 players)</p>	<p>Ascension is for players who are looking to play high school tennis, USTA Level 5-7 tournaments and/or UTR tournaments.</p> <p><u>Tue/Wed/Thur</u> will focus on the development of sound technical and tactical skills and fundamentals of match play. High intensity drills will improve match &amp; tournament play strategy, mental skill, footwork, shot selection, fitness and overall competitiveness. We continue to encourage athletic development, teamwork and having fun while learning to compete.</p> <p><u>Mon/Fri</u> will focus on point play and practice match play. This gives the players time to practice what they are learning and gives the coaches the chance to encourage, observe and correct as needed. Players will practice both singles and doubles.</p>	<p style="text-align: center;"><b>\$22.50 Member per class</b>  <b>\$27.50 Non-Member per class</b>                      Plus \$3 court fee for all non-premium members.</p>