

735 Jefferson Ave
Ashland, OR 97520
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www.ashlandtfc.org



March 2025

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



In March we welcome Spring, along with a tapestry of traditional and unexpected celebrations fit for this (hopefully) warmer month. It is Women's History Month, where we spotlight the amazing contributions of women throughout history. March holidays include Mardi Gras (aka "Fat Tuesday" or Shrove Tuesday) and **March 4**, which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday. St. Patrick's Day is on the 17th, a lively affair full of emerald-green festivities.



Do not forget to change your clocks ahead on **Sunday March 9th** this is the start of Daylight Savings Time, which begins at 2:00 A.M. that day.



Swim Lane Reservation Procedures

Each reservation time slot is for ½ hour. You may reserve for up to 1 hour per day (Basic swim members can reserve a total of 4 hours per week. Premium swim members can reserve a total of 7 hours per week) Swim reservations must be canceled 4 hours in advance - if not, a \$10 fee will be charged per half hour. One swimmer per lane (unless you reside in the same household) You may reserve up to 7 days in advance. When making a reservation, the "day" begins at 8:00 AM each morning Example: If you go online at 8:00 AM or later a Monday you may reserve any open lane through the next Monday at 9 PM when the club closes. ** Note: There is no advantage to call or stop by before 8:00 AM ** Example: If you call or stop by for a lane reservation before 8:00 AM on a Monday you cannot reserve a lane for the following Monday, but you may reserve any open lane through the next Sunday.

Please Note: To delete, cancel or change a swim lane reservation you must contact the club.

Fitness in March

This March Madness Fitness Challenge is a great way to incorporate basic but effective exercises into your routine each day. The challenge doesn't take long but will jump-start your day and fitness routine. This is a fitness challenge that combines planks, push-ups, squats, and burpees into a quick workout that you can do before or after your normal workout.

By He & She Eat Clean

MARCH MADNESS CHALLENGE						
1 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	2 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	3 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	4 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	5 REST	6 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	7 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank
8 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	9 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	10 REST	11 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	12 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	13 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	14 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank
15 REST	16 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	17 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	18 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	19 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	20 REST	21 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank
22 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	23 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	24 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	25 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	26 REST	27 9 Burpees 20 Push-Ups 20 Squats 30 Sec Plank	28 9 Burpees 20 Push-Ups 20 Squats 30 Sec Plank
29 10 Burpees 20 Push-Ups 20 Squats 30 Sec Plank	30 11 Burpees 21 Push-Ups 21 Squats 30 Sec Plank	31 12 Burpees 22 Push-Ups 22 Squats 30 Sec Plank	FOR WORKOUTS AND RECIPES VISIT WWW.HEANDSHEEATCLEAN.COM			



How the club weathered the storm

As you know we were unable to open for 5 days. The first couple of days of closure were due to hazardous weather conditions. The next few were due to storm damage to the club and finding a company able to plow and de-ice the parking lot. Most of the damage was caused by the weight of the snow. The weight caused several pipes on the roof to bend and break resulting in water getting into the hot water heater and heating and air conditioning system. There was damage to many of the gutters as well as the awning at the front door. We've been working with the insurance company and various tradespeople to get all the repairs taken care of.

A very special shout out to:

Len, Cian and Ashley: for finding a way to get into the club early Wednesday morning the week of the storm. Had it not been for their swift action, damage to the club would have been far worse....

Valerie: for managing to figure out how to get payroll taken care of...

Terry: for what continues to be many days of long hours diagnosing and repairing damage to the club and finally...

You, our wonderful members, for your patience and understanding as we navigated our way through the storm.

Ronda's Roundup



Junior Friday Night Play

Beginner / Intermediate

March 14th 6:30 - 8:30 pm

\$15 per member / \$20 per non-member.

Pizza and Beverages included.

Sign up in the lobby at the club by March 13.

Max 16 players (Minimum 8)

Riddle Me This

This month's riddles:



Questions:

What do you get when you cross a shamrock with poison ivy?

Why should you never iron a shamrock?

Last month's riddle:



Question: What do you get when a grand piano falls into a mine shaft?

Answer: "A Flat Minor"