

## ADULT CLINICS

**REGISTRATION REQUIRED:** Register online at [www.ashlandtfc.org](http://www.ashlandtfc.org) or by calling the front desk 541-482-4073.

If there is not a minimum of 3 players registered 24 hours before clinic time, the clinic may be cancelled.

### Cost per Clinic:

Members - 1 hour clinic - **\$20** plus \$4 court fee for all excluding premium members

Non-Members - 1 hour clinic - **\$36** (All fees included)

Members – 1 ½ hour clinic - **\$30** plus \$6 court fee for all excluding premium members

Non-members - 1 ½ hour clinic - **\$48** (All fees included)

### CLINIC CANCELLATION POLICY

- Please cancel at least 24 hours in advance to allow other players to sign up.
- Cancellations less than 4 hours in advance and no shows will be charged for the clinic and applicable court fees.
- **Please call the front desk to cancel.**

#### Beginner Doubles Clinic Monday 11:00 am – 12:00 pm

New to Tennis? Haven't played in a while? Need a refresher lesson? This is the clinic for you. If you're a beginner, we'll start with all the basics and teach you the proper grips and strokes, including forehand, backhand, volley, overhead, serve and return.

**Max 8 players.**

#### 3.0 + Cardio Monday 6:15 – 7:45 pm

Cardio Tennis pushes your fitness to a new level featuring drills to give players an ultimate high energy workout. Includes warm-up, cardio workout, and cool down phases. Cardio tennis is a great way to get in shape and to burn calories.

**1 ½ hour class.**

**Max 8 players.**

#### 4.0 + Clinic Wednesday 6:15 – 7:15 pm

A fast-paced workout with lots of drills and games. Play situations, movement & patterns of play are incorporated. Players should be able to hit cooperatively with others and sustain a rally with both ground strokes and volleys.

**Max 6 players.**

#### 3.0 + Clinic Thursday 12:00 – 1:00 pm

A fast-paced workout with lots of drills and games. Play situations, movement & patterns of play are incorporated. Players should be able to hit cooperatively with others and sustain a rally with both ground strokes and volleys.

**Max 12 players. 2 Courts**

#### Gail's 3.0 – 3.5 Doubles Clinic Friday 10:00 – 11:30 am

This clinic will focus on doubles technique, strategy, and cardio. Learn what it takes to refine areas of your game to advance to the next level, while getting a good workout in the process.

**Max 8 players.**

#### Cardio - Beg. / Int. Saturday 9:00 – 10:00 am

Cardio Tennis pushes your fitness to a new level featuring drills to give players an ultimate high energy workout. Includes warm-up, cardio workout, and cool down phases. Cardio tennis is a great way to get in shape and to burn calories.

**Max 14 players.**

#### Cardio - Int. / Adv. Saturday 10:00 – 11:00 am

Cardio Tennis pushes your fitness to a new level featuring drills to give players an ultimate high energy workout. Includes warm-up, cardio workout, and cool down phases. Cardio tennis is a great way to get in shape and to burn calories.

**Max 14 players.**

#### Private Lessons & Private Group Lesson Rates

1 Hour Lessons	Len	Cian, Ashley, Zach
<b>Private</b> (1 player)	<b>\$75</b>	<b>\$65</b>
<b>Semi-Private</b> (2 players)	<b>\$42</b>	<b>\$37</b>
<b>Private Group</b> (3 Players)	<b>\$31</b>	<b>\$27</b>
<b>Private Group</b> (4 or more Players)	<b>\$25</b>	<b>\$21</b>

## ATFC Tennis Staff

Len Spencer.....Director of Tennis  
Cian O'Neil.....Tennis Professional  
Ashley Spencer.....Tennis Professional  
Zach Matthews.....Tennis Professional  
Gail Patton.....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 accessories and offer stringing services. We also have demo racquets to try before you buy.

### 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



## ADULT TENNIS PROGRAM 2026



Ashland Tennis & Fitness Club  
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Ashland, OR 97520  
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