

ADULT CLINICS

REGISTRATION REQUIRED: Register online at 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
Private (1 player)	\$75	\$65
Semi-Private (2 players)	\$42	\$37
Private Group (3 Players)	\$31	\$27
Private Group (4 or more Players)	\$25	\$21

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



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