

JR Program Tennis Staff

Len Spencer.....Director of Tennis
Cian O'Neil.....Tennis Professional
Ashley Spencer.....Tennis Professional
Zach Matthews.....Tennis Professional
Dana Smith.....Assistant Tennis Professional
Anna Launder.....Assistant Tennis Instructor
Josue Maidana.....Assistant Tennis Instructor
Jenny Brown.....Assistant Tennis Instructor

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 DEVELOPMENT PROGRAM

WINTER/SPRING
Jan 2 – June 11, 2026



Ashland Tennis & Fitness Club
735 Jefferson Ave.
Ashland, OR 97520
Phone 541-482-4073
frontdesk.atfc@mind.net

ATFC JUNIOR DEVELOPMENT PROGRAM

- **REGISTRATION REQUIRED** at least 1 week in advance of each class to assure your spot and so we can staff accordingly.
 1. We use an app called “**Heja** – Sports Team Communication” for all junior class registration. You can either download the app (iPhone or android) and use the “Team Code” below for the corresponding class or you can text Ronda Spencer, 541-517-9764 requesting the link/code to the class you need for your child.
 2. Once you have signed up, you can register for classes by going to the Heja app, choose “schedule” tab, then choose “going” or ‘not going” for each class scheduled that week. Please register no later than each Friday for the following week so we can staff accordingly.
 3. This app also allows us to communicate with you regarding upcoming events and any schedule changes that may happen due to unforeseen circumstances.
 4. If you are new to ATFC, you will also need to fill out a waiver and put a credit card on file before you can attend class.
- **CANCELLATION POLICY:** Please cancel using the Heja app at least 24 hours in advance to allow other players to sign up.
- **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 email Len Spencer, Director of Tennis (tennisdir.atfc@mind.net) or text him at 541-517-0546.

<p>Beginner Tuesday & Thursday 3:45– 4:45 pm Heya Code HH-831506</p>	<p>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>\$15 Member per class \$20 Non-Member per class Plus \$2.50 court fee for all excluding premium members. (Max 12)</p>
<p>Intermediate & High School Tuesday & Thursday 3:45 – 4:45 pm Heya Code BB-896992</p>	<p><u>Intermediate:</u> 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. Rules of play and good sport behaviors are introduced and reinforced.</p> <p><u>High School:</u> This class is for those who are planning to play High School tennis and working towards or already playing tournaments. Players will work on stroke development, tactics, and strategy, mental skill, footwork, shot selection, fitness, and overall competitiveness. Rules of play and good sport behaviors are reinforced.</p>	<p>\$15 Member per class \$20 Non-Member per class Plus \$2.50 court fee for all excluding premium members. (Max 24)</p>
<p>Advanced Tue / Wed / Thur 4:45 – 6:15 pm Heya Code QZ-166328</p>	<p>This class is for committed, self-motivated players who are actively competing in Advanced USTA Level 1-6 tournaments and/or UTR tournaments. High intensity drills will improve match & tournament play strategy, mental skill, footwork, shot selection, fitness, and overall competitiveness. Travel as a team to various tournaments is strongly encouraged.</p>	<p>\$22.50 Member per class \$27.50 Non-Member per class Plus \$3.75 court fee for all excluding premium members. (Max 24)</p>

