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July 2026

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

THINGS TO KNOW ABOUT JULY

- July 1 is [Canada Day](#), a Canadian federal holiday that celebrates the creation of the Dominion of Canada in 1867.
- July 3 brings the start of the hot and sultry Dog Days of Summer! Read all about the [Dog Days of Summer](#).
- July 4 is the 250th anniversary of Independence Day! On the fourth of July, we celebrate the adoption of the Declaration of Independence in 1776 See our full [Independence Day page](#) , refresh your memory on the real meaning of this day.
- July 10th-12th The 51st Big Al's Annual Tournament
- July 14 is Bastille Day, which commemorates the storming of the Bastille and the start of the French Revolution.



CLUB CLOSED ON THE 4TH OF JULY

However, you choose to celebrate the holiday, we wish you a happy and safe day!



CIAN AND ASHLEY'S RECEPTION

The club was delighted to host a joyful reception where members gathered to congratulate and celebrate Ashley and Cian on their wedding. With delicious appetizers, beautiful music from a live cellist, the event was a wonderful tribute to the happy couple. Between 80 and 90 people stopped by to share their best wishes and join in the celebration.

FOCUS ON FITNESS

July is here, and summer is in full swing. The heat is real, schedules are chaotic, and maintaining fitness feels different from what it did even a month ago. We're officially past the halfway point of the year now.

If you're still consistently active in July, you've built something genuinely sustainable. Seven months of regular exercise isn't a phase or a resolution anymore. This is your lifestyle now.

However, July presents unique challenges. Peak summer heat makes outdoor exercise legitimately difficult or dangerous.

Fighting summer heat feels miserable and potentially dangerous. Accepting that July requires more indoor exercise like tennis makes life easier and safer. [Check out the tennis lessons and clinics offered at the club.](#)

July heat accelerates fluid loss dramatically. Sweat rate increases significantly in hot weather. You can lose substantial fluid quickly without realizing how dehydrated you're becoming until symptoms appear.

Water activities provide excellent July exercise while keeping you cool. The club offers [swimming](#), and [aqua fit](#) classes that will work your body without overheating.

July tempts people to focus only on cardio and outdoor activities. However, maintaining strength training prevents muscle loss and supports overall fitness. Research shows that strength declines relatively quickly without consistent resistance training. Check out our [strength training](#) class with Jane.

Keep going. Stay flexible. Adapt to summer conditions without abandoning core consistency. Rest when needed. Push when possible.

Written by Nicky at the Calendar Year Website



BIG AL'S 51ST ANNUAL TENNIS TOURNAMENT

July 10-12 ADULTS & JUNIORS

An annual July tradition of great tennis in beautiful Ashland, Oregon. For over 50 years tennis players from all over the West Coast play at the annual Big Al's Tennis Tournament.

The tournament schedule highlights include:

- Tournament play from Friday 8 am to Sunday 5 pm.
- A Saturday evening player meal provided – non-players may eat for a fee.
- Complimentary goodie bags for all players.
- Complimentary t-shirts to every player.
- Food truck on-site during the tournament.

Beyond the competitive aspect, the tournament will provide an enjoyable atmosphere for spectators, allowing them to witness exceptional tennis and socialize with fellow enthusiasts.

ATFC DOES ITS PART -TENNIS BALL RECYCLING PROGRAM



FOR OUR PLANET • OUR SPORT • OUR COMMUNITIES

Currently our club has helped keep 26800 tennis balls out of US landfills! Isn't that incredible? Thank you for your part in helping the RecycleBalls community. Your commitment to the environment and passion for tennis truly make a big difference!

RIDDLE ME THIS

This month's riddle: What's the difference between Spring Rolls and Summer Rolls? What's the difference between



Spring Rolls and Summer Rolls?

Last month's riddle :



My friend Alice got banned from Lithia Park yesterday for lining up squirrels by height. She asked APR what she'd done wrong and the

Answer: She learned that Lithia Park prohibits...."critter sizing"... Ha!