

JR Program Tennis Staff

Len Spencer.....Director of Tennis
Cian O'Neil.....Head Tennis Professional
Ashley Spencer.....Tennis Professional
Anna Launder.....Assistant Tennis Instructor
Jenny Brown.....Assistant Tennis Instructor
Josue Maidana.....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:

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 TENNIS PROGRAM

FALL 2026
Sept 1 – Dec 23



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

ASCENSION - ATFC JUNIOR TENNIS PROGRAM

- **REGISTRATION: (REQUIRED)**

1. We use the app “Heja – Sports Team Communication” for junior class registration. Download the app (iPhone or Android) and enter the corresponding class code or use the QR code with your smartphone.
2. Create a profile and then register for classes by going to the Heja app, selecting the “schedule” tab, and choosing “going” or “not going” for each class scheduled that week. Register by Friday of each week for the following week to ensure staffing.
3. We communicate through this app for upcoming events and schedule changes that may occur due to unforeseen circumstances. It is a good idea to have notifications set so that you do not miss any last-minute messages that are sent.
4. If you are new to ATFC you must fill out a waiver and provide a credit card before attending classes.

- **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.

Beginner Tuesday & Thursday 4:00 – 5:00 pm  Heja Code HH-831506	Curriculum will vary based on experience and ability. 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. Rules of play and good sport behaviors are introduced and reinforced.	\$15 Member per class \$20 Non-Member per class Plus \$2.50 court fee for all excluding premium members. (Max 16 players)
Intermediate Tuesday & Thursday 4:00 – 5:00 pm  Heja Code BB-896992	Players will work to rally with improved direction 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, mental skill, footwork, shot selection, fitness, and overall competitiveness. Rules of play and good sport behaviors are reinforced.	\$15 Member per class \$20 Non-Member per class Plus \$2.50 court fee for all excluding premium members. (Max 16 players)
Advanced Tuesday & Thursday 5:00 – 6:15 pm  Heja Code QZ-166328	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.	\$20 Member per class \$25 Non-Member per class Plus \$5.00 court fee for all excluding premium members. (Max 24 players)