

Imperial Courts Newsletter

2505 Cabrillo College Drive, Aptos, Ca. 95003 476-1062 or 688-1050 April 2023

Club Hours: Weekdays 8:30 a.m.—8:00p.m. Weekends 8:00 a.m.—8:00 p.m.

SCHEDULE OF ACTIVITIES

4/2: Women's 3.5 USTA 12:30 p.m. warm-up, 1:00 p.m. start. Cts 8-10
4/3: Women's 1/C 9:00 a.m. warm-up, 9:30 a.m. start. Cts. 6-10
4/13: Women's 1/C 9:00 a.m. warm-up, 9:30 a.m. start. Cts. 6-9
4/15: Women's 3.5 USTA 12:30 p.m. warm-up, 1:00 p.m. start. Cts. 8-10
4/16: Men's 3.5 USTA 12:30 p.m. warm-up; 1:00 p.m. start. Cts 6-10
4/17: Women's 1/C 9:00 a.m. warm-up, 9:30 a.m., start. Cts. 6-10
4/20: Women's 1/C 9:00 a.m. warm-up, 9:30 a.m. start. Cts. 6-9
4/25 SCCAL Boy's Tennis Championships. 9:00 a.m. to noon, Cts. 2-9. Noon: cts. 6-9.
4/26: SCCAL Boy's Finals. 3:00 p.m. cts. 6 and 8
4/27: Women's 1/C 9:00 a.m. warm-up, 9:30 a.m. start. Cts. 6-9
4/29: Men's 3.5 USTA 12:30 p.m. warm-up, 1:00 p.m. start. Cts 6-10

.....THINGS WE THINK YOU SHOULD KNOW.....

1- NANCY FRANICH HAS AGREED TO CAPTAIN A WOMEN'S MONTEREY BAY "B" TEAM THIS NEXT SEASON. SHE WOULD LIKE A VOLUNTEER TO ASSIST HER AS CO-CAPTAIN FOR THE TEAM. COMMENCING 1 MAY 2023, WE WILL HAVE SIGN-UP SHEETS IN THE FRONT LOBBY FOR THOSE INTERESTED IN JOINING ANY OF THE WOMEN'S INTERCLUB TEAMS THAT BEGIN LATER THIS YEAR.

2- WE HAVE BEEN INFORMED BY THE COCA-COLA COMPANY THAT, DUE TO THE LOW VOLUME OF COKE AND OTHER DRINK PRODUCTS WE SELL AT THE CLUB, THAT THEY WILL BE REMOVING OUR COKE MACHINE..OUR PLAN IS TO BRING IN A SMALLER UNIT THAT WE WILL HAVE IN THE FRONT OFFICE WHERE WE WILL MAINTAIN THE SAME VARIETY OF PRODUCTS YOU HAVE BEEN ENJOYING. ALL SALES WILL BE CONDUCTED BY OFFICE STAFF PERSONNEL.

3- WE HAD TO MAKE SOME CHANGES WITH THE DINNERWARE AND OTHER FOOD SERVING ITEMS WE PREVIOUSLY MAINTAINED UPSTAIRS IN OUR KITCHEN. TO THAT END, YOU WILL NOTICE THAT MOST, IF NOT ALL, OF THESE ITEMS HAVE BEEN REMOVED. UNTIL SUCH TIME WHEN WE ARE ABLE TO WORK AND REPAIR THE DRAINING ISSUE IN OUR SINK, WE ASK THAT YOU USE PAPER PRODUCTS AND PLASTIC UTENCILS UNTIL FURTHER NOTICE.

4.—WE ARE PLEASED TO HOST THE SCCAL BOY'S TENNIS CHAMPIONSHIP TUESDAY, 25 APRIL AND WEDNESDAY, 26 APRIL, 2023. IF YOU HAVE NOT HAD THE OPPORTUNITY TO ATTEND THIS EVENT, WE HIGHLY RECOMMEND YOU STOP BY AND SEE SOME OF THE BEST TENNIS TALENT IN THE AREA. YOU WON'T BE DISAPPOINTED.



News From The Pro

David and Melissa offer private/semi-private, group, and junior classes/lessons. You may call/text David at 831-600-5875, e-mail David at Capitoladave@gmail.com or call/text Melissa at 831-234-4589 to arrange for any of these sessions.

OUR TENNIS TIP FOR THE MONTH

THE CLOSER TO THE NET, THE SHORTER THE BACKSWING.

WHEN PLAYING FROM THE BASELINE AREA, A PLAYER NEEDS A COMPLETE BACKSWING TO GENERATE ENOUGH POWER TO EXECUTE A DEEP GROUNDSTROKE. MANY PEOPLE COMPLAIN THAT OFTEN TIMES THEY HIT THEIR APPROACH MIDCOURT SHOTS LONG. ONE WAY TO CONTAIN THE APPROACH SHOT IS TO THINK OF USING ONLY HALF A BACKSWING ON ALL APPROACH SHOTS. WHEN VOLLEYING AT THE NET, ONE SHOULD USE NO BACKSWING! A GREAT CATCH PHRASE TO REMEMBER WHILE PLAYING TENNIS IS "THE CLOSER TO THE NET, THE SHORTER THE BACKSWING"

JOIN PARK AVENUE FITNESS ZOOM WORKSHOP!!!

SATURDAY, April 15th at 10:00 a.m., join us for a Bladder Health Workshop with Pelvic Floor Physical Therapist, Amelia Foster, DPT, OCT. While zooming in the privacy of your own home, try the exercises for better bladder control, just take notes, or a bit of both. Learn how posture, breathing, core muscles and what healthy lifestyle habits impact bladder function and health. 100% of the \$10.00 fee goes to Second Harvest Food Bank. Text or email to register for the zoom link and/or to make your donation!!

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parkavenue
FITNESS STUDIOS

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