



# Imperial Courts Newsletter

2505 Cabrillo College Drive, Aptos, CA 95003 831-476-1062 / 688-1050

www.imperialcourts.com

**FEBRUARY 2024**



**Club Hours: Weekdays 8:30 am – 8:00 pm Weekends Winter Hours 8:00 am – 7:00 pm**

## SCHEDULE OF ACTIVITIES (subject to changes)

**FRIDAYS – 1:00 pm to “wine down” – tennis; all levels; join email list - contact: [david.lee3027@sbcglobal.net](mailto:david.lee3027@sbcglobal.net)**

**SATURDAYS – 9:00 am – 11:00 am - tennis; all levels; join email list - contact: [anmenfun@gmail.com](mailto:anmenfun@gmail.com)**

**FEB 02 Thurs – SCCWL Team I; 9:00 am warm-up; 9:30 am start; courts 6-9**

**FEB 03 Sat – USTA Women’s 40+ 3.5; 12:30 pm warm-up; 1:00 pm start; courts 6, 8, 9, 10**

**FEB 05 Mon – MBL Women’s Team A; 9:00 am warm-up; 9:30 am start; courts 6-10**

**FEB 08 Thurs – SCCWL Team I; 9:00 am warm-up; 9:30 am start; courts 6-9**

**FEB 10 Sat – USTA Women’s 40+ 3.5; 12:30 pm warm-up; 1:00 pm start; courts 6, 8, 9, 10**

 **FEB 14 Wed – happy valentine’s day** 

**FEB 15 Thurs – SCCWL Team I; 9:00 am warm-up; 9:30 am start; courts 6-9**

**FEB 17 Sat – USTA Women’s 40+ 3.5; 12:30 pm warm-up; 1:00 pm start; courts 6, 8, 9, 10**

**FEB 24 Sat – USTA Women’s 40+ 3.5; 12:30 pm warm-up; 1:00 pm start; courts 6, 8, 9, 10**

**FEB 28 Wed – MBL Women’s Team C; 9:00 am warm-up; 9:30 am start; courts 6-10**

**FEB 29 Thurs – SCCWL Team II; 9:00 am warm-up; 9:30 am start; courts 6-9**

**MAR 02 Sat – USTA Women’s 40+ 3.5; 12:30 pm warm-up; 1:00 pm start; courts 6, 8, 9, 10**

**MAR 13 Wed – MBL Women’s Team C; 9:00 am warm-up; 9:30 am start; courts 6-10**

**MAR 15 Fri – St. Paddy’s Round Robin Tennis Club Tourney; start 1:00 pm; contact David 831-295-2819**



## St. Paddy’s Round Robin Tourney

Join us on Friday March 15 at 1:00 PM for a St. Paddy’s Round Robin Doubles Tennis Tournament, followed by finger food and beverage social.

Sign-up in the Lobby starting on February 1.

For more info: contact our tennis host-est with the most-est David Lee (831)295-2819.



*THANK YOU to all the captains and co-captains of our USTA and Women’s Leagues this past year for your dedication of time and energy to making our Club’s tennis teams possible. A big fan cheer to all of you and all our team players for participating and displaying your unlimited tennis skills and cool sportsmanship.*

**LEARN FROM THE BEST:** Pros Melissa Gurney Van Ness and David Van Ness  
They offer private/semi-private, group and junior classes/lessons.

For David: call or text at 831-600-5875; e-mail him at [capitoladave@gmail.com](mailto:capitoladave@gmail.com)

For Melissa: call or text at 831-234-4589.

← RACQUET STRINGING & GRIPS TOO →



### THE TENNIS CAN NEWS & TIPS

**PLEASE** – after using the tennis court squeegees, **DO NOT** leave them sitting on the pavement.

**HANG THEM BACK UP** on the tennis court fencing or in the green hood hangers.

Leaving the roller laying directly on the pavement or ground **RUINS THEM.**



### EFFECTIVE NOW: COURT ASSIGNMENTS REQUIRED BY CHECKING IN WITH OFFICE STAFF

due to heavy usage, especially on Monday, Wednesday and Thursday mornings.

All players must check in with office staff, and when all players in your group are present, you will receive your court assignment. We hope all members will be patient with this process, and respectful to the staff.



### TENNIS TIP

If you don't play well the first 15 minutes of a match, you may want to consider stretching, or stretching more, beforehand. Whether this means taking up static stretching, holding a pose for a short period of time, or dynamic stretching where you loosen up by moving through specific exercises, just do something. Tennis is a fine motor skill sport.

It will help with your game by decreasing stiffness in muscles and joints to allow free-flowing movement.



### HANDBALL ROCKS



**PARK AVENUE FITNESS**  
Save the Date: **FEBRUARY 10, Saturday 11am-2pm**  
**TWO EVENTS! OPEN HOUSE & ZOOM WORKSHOP**

Join Park Avenue Fitness' Open House  
Come use our equipment; try out Tai Chi with our Tai Chi Master Linda Felicio; enjoy free chair massage with O'Shins Healing Spa (their facility is located right off Park Avenue); or just come visit us and snack! Our trainers will be on hand to help you with the equipment and answer any questions. Great time to revisit those resolutions and/or get started working out inside during these winter months! Bring your friends. Call Mary: 831-251-1810 to reserve a 15-minute chat with one of the trainers. Go to [parkavenuefitness.com](http://parkavenuefitness.com) or phone 831-251-1810

