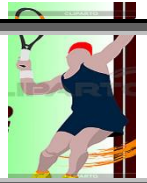


2505 Cabrillo College Drive, Aptos, CA 95003 831-476-1062 / 688-1050
www.imperialcourts.com
JANUARY 2024



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

SCHEDULE OF ACTIVITIES (subject to changes)

DEC 31 SUN 2023 – NEW YEAR’S EVE – CLUB CLOSING EARLY AT 12 NOON

JAN 01 2024 MON – NEW YEAR’S DAY – CLUB CLOSED

JAN 06 Sat – USTA Women’s 40+ 3.5; 12:30 pm warm-up; 1:00 pm start; courts 6, 8, 9, 10

JAN 11 Thurs – SCCWL Team II; 9 am warm-up; 9:30 am start; courts 6-9

JAN 20 Sat – USTA Women’s 40+ 3.5; 12:30 pm warm-up; 1:00 pm start; courts 6, 8, 9, 10

JAN 21 Sun – NorCal Handball Assn PLAY DAY; 9am – 1:00 pm

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

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

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

Wishing all a very Healthy, Prosperous and Happy 2024



Some changes to membership eligibility & guest usage and fees will go into effect this month. Details unveiling soon.

PLEASE
Use all exercise equipment with care and proper form. Do not jump off and on equipment for your own safety. Do not slam down weight plates. Make adjustments to settings without causing damage to the equipment. Be courteous and wipe down each piece after you have used it. **THANK YOU.**



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

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

TENNIS TIP

When things are not going well in a match, the best thing to do is to simply slow down.

Take the full 20 seconds you have between points to gather yourself and take a deep breath.

On the other hand, if you're having one of those great days and winning your points on your serve, then you should work to maintain that pace. If you're winning two points in a row, you have the positive momentum and should try to keep your play at that quicker pace.



N.C.H.A. Handball Play Day "Handball By The Beach" Sunday, January 21st, 2024

Come out to Aptos's Imperial Courts Club, for a day of handball, food, & drink. Entry fee \$20. Just minutes away from Capitola beaches, Santa Cruz Beach Boardwalk, Mystery Spot, so make a day out of it!

- You'll get:**
- 1 year Membership in NCHA
 - Food & Beverages
 - 2 Matches Guaranteed
 - Awards for Winners

Start times:

B/C start at 9am.

Open/A start at 10:30am.



RSVP: None needed. Just suit up & play!
Format is "Lucky Doubles".

Questions:

- . Mike Linnik (mikelinnik@yahoo.com 408-230-1440)
- . Tom Sove (tsove@sbcglobal.net 209-404-6394)

. **Imperial Courts Club: 2505 Cabrillo College Dr, Aptos**
Phone: (831) 688-1050 <http://www.imperialcourts.com/>

. NCHA sanctioned event

★ New to handball?
C'mon over, we'll introduce
you to The Perfect Sport!

PARK AVENUE FITNESS

Save the Date: January 13, Saturday 12-2pm

TWO EVENTS! OPEN HOUSE and ZOOM WORKSHOP

Join us January 13, Saturday, 12-2pm for our Open House! Free chair massage with O'Shins Healing Spa (their facility is located right off Park Avenue), tai chi demos with our Tai Chi Master Linda Felicio, use our equipment, and snacks! Our trainers will be on hand to help you with the equipment and answer any questions. Great time to get started workout inside during these winter months! Bring your friends! Questions? Call Mary 831-251-1810.

Can't make it? The same day we present a free zoom workshop "On Healthy Sugar Alternatives - How To Have Your Cake & Eat It Too!" with our favorite nutritionist Rebecca Hazelton, from 9:30am-10:30am! Just call/text Mary for info on getting the link!

Go to parkavenuefitness.com or phone 831-251-1810



Mary Doyle

MKDOYLE@PARKAVENUEFITNESS.COM
WWW.PARKAVENUEFITNESS.COM
831.251.1810