

# IMPERIAL COURTS NEWSLETTER

2505 CABRILLO COLLEGE DRIVE, APTOS, CA 95003 831-476-1062 / 688-1050

WWW.IMPERIALCOURTS.COM

**JULY 2023**

**CLUB HOURS: WEEKDAYS 8:30 AM – 8:00 PM WEEKENDS 8:00 AM - 8:00 PM**


**4<sup>TH</sup> OF JULY HOURS 8 AM - CLOSING EARLY AT 5PM**

## SCHEDULE OF ACTIVITIES

**July 4, 1-4pm: Club Round Robin Doubles and Potluck – advance sign-up required**

**July 8, 12:30pm warm-up/1:00pm start: Monterey County League Mixed Doubles 7.0, courts 8-10**

### MILD MANNERED FRONT DESK DAN AKA SHUPERMAN

DID YOU KNOW THAT OUR DAN SHUPE OF FRONT DESK FAME IS  ALSO ONE OF THE FAVORITE TRAINERS 10 AT PARK AVENUE FITNESS RIGHT NEXT DOOR? HE HAS OPENINGS TUESDAY AND THURSDAY AFTERNOONS.

THAT COULD BE THE PERFECT SPOT FOR YOU. HERE IS WHAT ONE OF HIS CLIENTS SAID ABOUT HIM: “I WAS REFERRED TO PARK AVENUE FITNESS BY MY PHYSICAL THERAPIST 1½ YEARS AGO. I’M SO HAPPY I TOOK HIS ADVICE. AFTER ASSESSING ME, THEY PAIRED ME WITH DAN, WHO HAS BEEN A GODSEND. DAN IS SPECIAL BECAUSE HE IS ABLE NOT ONLY TO IMPROVE THE FITNESS OF ALREADY HEALTHY, FIT, WELL-MUSCLED PEOPLE, BUT ALSO TO HELP OLDER CLIENTS WITH INJURIES, DEGENERATIVE CONDITIONS, AND THOSE WHO ARE POST-OP. HE UNDERSTANDS EXACTLY HOW HARD TO PUSH TO GET YOU A GREAT MUSCLE WORKOUT WITHOUT MAKING YOUR JOINTS ACHE AFTERWARDS. MY STRENGTH AND BALANCE HAVE BOTH IMPROVED CONSIDERABLY AND I ENJOY MY WORKOUTS NOW!”

WHETHER YOU ARE LOOKING TO IMPROVE YOUR TENNIS GAME OR JUST IMPROVE YOUR LIFE, DAN CAN HELP.

DON’T PROCRASTINATE! CALL PARK AVENUE FITNESS (OUR NEXT-DOOR NEIGHBOR) AT 831-252-1810.



**FRIENDLY REMINDERS**

**Guest Policy Limitations:** If you or other club members have brought the same person to the club to enjoy using it, please remember that that individual can only be a guest no more than 12 times in a calendar year. After 12 visits, that person is no longer allowed to use the club for the remainder of the calendar year. Limited exceptions may apply, so check with our staff.

**Tennis Court Care/Etiquette:** Please remember that for their safety, no children under 10 are allowed on the tennis courts without adult supervision. Wear appropriate footwear to protect your feet and that do not scratch or leave black marks on the courts. To maintain the integrity of the nets, do not hang or pull on them. Be considerate of others who use the courts after you by picking up from the court all the tennis balls that you used. And if you use a court squeegee, please hang it up the right way so as not to cause damage to the foam roller. **THANK YOU!!**

**NEWS FROM THE PROS DAVID VAN NESS AND MELISSA  
GURNEY VAN NESS**

**THEY OFFER PRIVATE/SEMI-PRIVATE, GROUP AND JUNIOR  
CLASSES/LESSONS.**

**TO LEARN FROM "THE BEST": CALL OR TEXT DAVID AT  
831-600-5875 OR E-MAIL HIM AT  
CAPITOLADAVE@GMAIL.COM. FOR MELISSA CALL OR TEXT  
AT 831-234-4589.**

**TENNIS TIP FOR THE MONTH**

Playing against someone who hits a hard fast ball can be intimidating as it's difficult to return such shots. Due to the speed of the ball, we often are hitting it too late as sometimes we try to match the power by taking a big backswing for the return. Instead, shorten your back swing as that will give you more time to hit the ball earlier and more accurately.

## IMPORTANT CLUB NOTIFICATION

### **TO ALL MEMBERS:**

Locker Cleanup Project: Beginning this August, we will be cleaning out any locker (including those with broken or missing locks) that is not currently rented to a member. For these unrented lockers, all contents shall be removed, and new locks installed as needed.

Any removed contents will be discarded by the front office if not claimed within 14 days after removal from the locker. If you wish to rent a locker, please contact our staff. The current fee is \$3.00/month.

---