



Imperial Courts Newsletter

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

www.imperialcourts.com

MARCH 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

SATURDAYS – 9:00 am – 11:00 am - tennis; all levels; join email list - contact: anmenfun@gmail.com

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

MAR 04 Mon – MBL Women’s Team A; 9:00 am warm-up; 9:30 am start; courts 6-10

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

MARCH 15 FRIDAY – St. Paddy’s Round Robin Tennis & Social Potluck; 1:00 – 3:00 pm tennis sign-up now closed; come to watch, socialize & eat; bring to share a finger-food or beverage



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

MAR 21 Thurs – SCCWL Team II; 9:00 am warm-up; 9:30 am start; courts 6-9

MAR 28 Thurs – SCCWL Team II; 9:00 am warm-up; 9:30 am start; courts 6-9



Sign-ups in progress for three new USTA Women’s Teams.

* 55+ 7.0 *

* 18+ 2.5/3.0 *

* 18+ 4.5 *

Sign-up sheets in office lobby .

For more info, contact each team’s captain or

our Club’s Women’s Teams Coordinator Geri (831-359-6198).



Everyone please cross your fingers, hope upon hope, and implore for sunny, dry weather all May and June. We hope to finally resurface Courts 1 to 5!! This will cause inconveniences for Club use and parking, but it is a vital project that must be done. A few surprise features will be added to enhance the use and enjoyment of these courts.



FRIENDLY REMINDERS: 12 visit limit per calendar year per individual guest no matter which member(s) sponsor the guest’s visit to the Club; check with management for limited exemptions. After the 12th visit, that individual guest will not be allowed to come in and use the facility for the remainder of the year.

Please remember to empty your pockets before entering the pool and the spa!!

It is very difficult to cleanse the pool and spa and their filters of your tissues and papers.

Also, remember to pick up all food and other litter that you, your children and others in your party have dropped in the pool area. Be considerate of other members who also come to use the pool area.

And please do not sit on, climb on or move the large rolled-up pool covers! If you have caused damage to them, you will be charged for the replacement of them. **THANK YOU!!**

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

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

← RACQUET STRINGING & GRIPS TOO →



THE TENNIS CAN NEWS & TIPS

REMINDER: COURT ASSIGNMENTS REQUIRED BY CHECKING IN WITH OFFICE STAFF

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

All players must check in with office staff, and when all players in your group are present, you will receive your court assignment. THANK YOU to all members for your patience and cooperation with this process.

We all can agree that it is great to see the enthusiasm for tennis play again!!

TENNIS TIP

When playing doubles, hitting the ball down the middle is a good strategy especially if both opponents are at the net. There are several advantages you get from attacking the middle of the court in doubles. One, you are forcing the other team to communicate, and potentially causing confusion. Usually, the opponent with the forehand in the middle will take these shots. If one opponent is left-handed and the other is right-handed, then this can be even more effective. Two, you are taking away the angles of their next shot. From the middle of the court, the opponent has smaller angles to use. This is a good time for you and your partner to fill the middle since they'll have trouble passing you wide.



Mary Doyle

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PARK AVENUE FITNESS

TWO EVENTS!! BOTH ON SATURDAY MARCH 16

OPEN HOUSE 1:00-3:00 pm

Come use our equipment; try out Tai Chi with our Tai Chi Master Linda Felicio; enjoy free chair massage with O'Shins Healing Spa (they are located right off Park Ave.); or just come visit and snack! Our trainers will be on hand to help you with our equipment and answer any questions. Great time to get started with working out inside during the winter months! Gather your friends and visit us.

PLUS – Transformation Coach 12:00-1:30 pm

“Get Out of Your Own Way Workshop” with CARA HOPKINS
You will learn practices to break through what gets in the way of you having the results you want in any area of life!
ONLY 10 SPOTS AVAILABLE. Pre-registration Required!
Call Mary: 831-251-1810 to reserve a spot or ask a question.

This is what really goes on during handball play



Truthfully, handball is a fast-paced sport that challenges you physically & mentally, and you can play it rain or shine. So go watch & meet our skilled & cheery handball members. And try your hand at it!