

# *Imperial Courts Newsletter*

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

*www.imperialcourts.com*

**SEPTEMBER 2023**

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

## **SCHEDULE OF ACTIVITIES - SEPTEMBER**

**02 Sat – USTA 7.0 Mixed; warm-up 12:30 PM; start 1:00 PM; courts 8-10**

**06 Wed – Exercise Room – CLOSED for new equipment set-up beginning 10:45 AM to ?? 4 PM**

**09 Sat - USTA 7.0 Mixed; warm-up 12:30 PM; start 1:00 PM; courts 8-10**

**10 Sun - USTA 6.0 Mixed; warm-up 12:30 PM; start 1:00 PM; courts 8-10**

**16 Sat - USTA 6.0 Mixed; warm-up 12:30 PM; start 1:00 PM; courts 8-10**

**18 Mon – Monterey Bay League Women’s A; 9:00 AM; five courts for match play**

**23 Sat - USTA 7.0 Mixed; warm-up 12:30 PM; start 1:00 PM; courts 8-10**

**25 Mon - Monterey Bay League Women’s A; 9:00 AM; five courts for match play**

**30 Sat - USTA 7.0 Mixed; warm-up 12:30 PM; start 1:00 PM; courts 8-10**

**Continuation of Locker Repairs/Clean-out of Unassigned, Unrented Lockers/Rental Updates**

## **TENNIS IN FULL SWING**

*With the Women’s Leagues starting again in September, and a new season of USTA Mixed Doubles teams, our courts will be brimming with good tennis play filled with spirited competitiveness and sportsmanship during the mornings of Monday, Wednesday and Thursday, and weekend afternoons. Watch for these scheduled matches to better plan your club visits for your great tennis play and for cheering on your fellow members.*

## **EXPERIENCE THE SPOOK-TACULAR CLUB TENNIS PHENOMENON**

*Join us at Imperial on Monday October 30th for a Halloween Tennis Round Robin, Costume Contest and Pot-Luck Social. The event begins at 1:00pm and should wrap up by 4:00pm. Round Robins will be organized based on skill levels to encourage equitable play. The pot-luck should begin around 2:45pm and the event should be over by 4:00pm. Halloween costumes are appreciated but not mandatory. A sign-up sheet will be posted in the lobby along with additional information regarding the event. Look for the sign-up sheet in the middle of September. If you have any questions, please feel free to contact David Lee at 831-295-2819.*

***LEARN FROM THE BEST: Pros David Van Ness and Melissa Gurney 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*

**TENNIS TIP FOR THE MONTH**

*With today's racquet technology, most points are played at the baseline, but when there is a short shot, that provides good opportunity to come to the net. Usually, it's better for the approach shot to be hit down the line, as that allows you a shorter distance to get to the proper position at the net and leaves less time for your opponent to react to the ball.*

|                                            |                  |
|--------------------------------------------|------------------|
| What tennis tournament never closes?       | U.S. Open        |
| Where do tennis players go for a date?     | The Tennis Ball. |
| Where do pickleball players go for a date? | The Pickle Ball. |
| Where do handball players go for a date?   | The Hand Ball.   |

**SEPTEMBER 23, 2023**  
**12PM – 2PM**

**[parkavenuefitness.com](http://parkavenuefitness.com)**

**831-251-1810**

**Park Avenue Fitness's Second Annual Health Fair!**

Our Health Fair is coming up in a few short weeks and we are excited to have lots of local health professionals participating. Come between 12pm and 2pm on Saturday, September 23rd to get demos from a massage therapist, acupuncturist, chiropractor, reflexologist, physical therapist and much more, including nutrition and skincare. All proceeds from our raffle will go directly to the Second Harvest Food Bank. This last winter was an active one for the Food Bank and we've seen how much they give back to our community. Check out our website's event page for even more info. [www.parkavenuefitness.com/events/second-annual-health-fair](http://www.parkavenuefitness.com/events/second-annual-health-fair)

