

Imperial Courts Newsletter

2505 Cabrillo College Drive, Aptos, Ca. 95003 476-1062 or 688-1050 August 2012

Club Hours: Weekdays 8:30 a.m.—9:00 p.m. Weekends 8:00 a.m.—8:00 p.m.

U.S.T.A. New Teams Forming

Imperial has registered three new over 50 teams. They include a 50 Mixed 7.0 that is captained by Cliff Feldman and two 50 Mixed 8.0 teams captained by Larry Kaplan and Tori Milburn.

We only have 3 home matches in August. Saturday, the 4th at 11:00 is the 7.0 mixed, Saturday the 11th is our 8.0 mixed and another 7.0 mixed on Saturday the 25th. Come out to support the team.

Handball annual B.B.Q. set for Friday, August 24th.



Mark your calendar for Friday afternoon, August 24th. It's time once again for all the handball players and their guests to come out in the sunshine for their annual BBQ. As usual, play first followed by the best in food. These are big eaters and always welcome new comers.



Member Tips

Use of our sauna: A few members have stated that it takes too much time to warm up when the sauna is first turned on. To solve this problem, please call the office 20 minutes before you arrive at the club and the office staff will have the sauna preheated.

Shower use: We appreciate your help. Please continue to limit your shower time to 3 minutes. The Soquel creek water company is advising us to limit our water use. This conservation of water will enable us to wash courts and keep the pool at the best water level. Thanks

Notice Our Front Desks Flowers?



I hope you have noticed our fresh cut flowers as you sign in to the club at the front desk. They are because of Margie. She has a beautiful flower garden growing on the far side of the weight/exercise room. Check out her garden behind court #8. This is why the front desk always looks so nice.

Swim Lessons With Becky

Becky Adams is still in the pool. She has been teaching at the club for 30 plus years. She has room for some stroke coaching for efficiency or competition. Give her a call at 475-4134 and sign up for a refresher to make your time in the pool a lot more fun. You wouldn't be invited to the Olympics but will improve.



NEWS FROM THE PRO



**We're on vacation!
All classes are suspended from July 24th to August 6th.**

Here's a current list of our tennis classes.

Monday

9:00-10:00 a.m. Cardio Tennis

3:45-5:00 junior clinic (intermediate/advanced)

5:00-6:00 Adult drop in clinic (doubles emphasis)

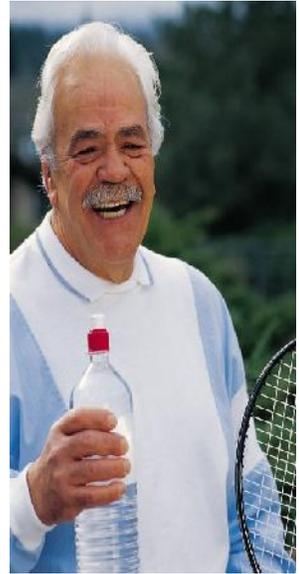
Wednesday

5:00-6:00 Women's 3.5 doubles clinic.

Thursday

6:00-7:00 p.m. Adult drop in (all levels) singles & doubles drills

**As class times are subject to change, please call David at 465-9588
if it is your first time coming.**



TIP OF THE MONTH

Quiet your mind to play better tennis. Deep breathing is one of the best known techniques to reduce stress and stop negative thinking. Most players take shallow breaths from the Chest when nervous or over thinking. Try the following breathing technique to calm your mind: 1. Put one hand on your abdomen and one hand on your chest. 2. Imagine that your stomach is a balloon you need to inflate. 3. Breath in slowly to a count of five and exhale to a count of seven. 4. Make sure your bottom hand is rising. 5. Practice 5 minutes a day everyday for two weeks.

The Importance Of Walking:

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7,000 per month.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we can't find him.

I like to take long walks, especially when they are taken by people that annoy me.

The only reason that I would take up walking is so that I could hear my heavy breathing again.

I joined a health club last year, spend about \$400 bucks. Haven't lost a pound. Apparently you have to go there.

I do have flabby thighs, but fortunately my stomach covers them up.

The advantage of exercising every day is so that when you die, they'll say. Well, she looks good, doesn't she.

If you are going to try cross country skiing, start with a small country.

I know I got a lot of exercise the last few years... Just getting over the hill.

We all get heavier as we get older, because, there's a lot more information in our heads. That's my story and I'm sticking to it.

AND

Every time I start thinking too much about how I look, I just find a Happy Hour Bar and by the time I leave I look just fine.