"We have increased our selection ten-fold and we have added online order processing and order tracking for your convenience. Enjoy!

NAME
Primo Vino

LOCATION
5713 Olde Wadsworth Boulevard
Arvada, CO 80002

WEBSITE
http://www.primovino.net/

Primo Vino is a quality, service oriented shop designed to offer you assistance with your wine and beverage selections.

The owner Brad Vanderpool, has 20 years experience in the food and wine business. Brad is available to assist you with your full dining experience, pairing each dish to the perfect wine, or help to find a sensational wine to enjoy watching the sun set over the horizon.

Stop in to see our world wide selection of wines and our extensive selection of Scotch, grappas and microbrews. We also offer delivery in the metro Denver area.
"We anticipate an early February opening"

Happy New Year! The excitement continues as we get closer to opening the new center. There have been several delays along the project timeline with the Excel Energy delay being the most impactful. As soon as gas and electricity are functional, the court playing surface will be installed. Staff, furniture, work stations, tennis supplies and the like can be brought into the ATC once the facility has passed inspection and the certificate of occupancy is received from the City of Arvada.

At this juncture, we anticipate an early February opening, so continue to use apexprd.org, Apex Tennis Center’s Facebook page, or michelec@apexprd.org for updates.

We are unable to nail down an exact opening date and apologize profusely for the delay. Permanent court time missed due to the delayed opening will be credited toward your August payment. For example, if you miss 4 weeks of PCT in the first session, you will only pay for 11 weeks of the 2nd 15-week session.

If you have concerns, questions, or comments please reach out to Michele or Brent, at brenta@apexprd.org. We value your commitment and dedication to tennis in the Arvada area and are doing our absolute best to get the Apex Tennis Center open as soon as possible.

The Christmas holiday tennis social was a ton of fun for the young and young at heart! There were young 2.5 players, high school kids, families, couples out on date night, and several seasoned players wanting to keep their skills sharp. We had a local Varsity Tennis Player running drills on Court 7 with many players warming up before their first round and others continuing to play between rounds.

As the snow and the temperature fall, the online registration list fills up quickly with the cutoff being a week before the scheduled event. This is so Meadow Creek’s management can give us their best rates.

Many players have been taking advantage of our comment box during online registration asking to play with friends or family, as well as early and late starts.

Our social team is pleased to accommodate most requests and eager to hear how we can make things more fun and just work better. We were pleased to see more of our elite players lately. The last two socials, we have had many men and women 4.0 players filling up 2-3 courts. We like to put them on the courts close to the big windows so that those taking a time out can enjoy watching good matches.

The January 20th Social will start taking On-Line Registration on January 1, 2018. That’s right, 2018, can you believe it?

Hope to see all there and we look forward to hearing your feedback and special request. Look for the box.

Kevin

call/text 303-803-8120  24/7

Holiday social fun

November 26, 2017
Fast. 速い
Healthy. 健康的
Delicious. 美味しい
Japanese. 日本食

A faster, fresher, more filling take on traditional maki sushi.

MOTOMAKI BIG ROLL
The Motomaki big roll is a burrito-sized maki sushi roll. You can choose one of our recipes, or get creative and build your own.

NORMAL SUSHI ROLL
A standard-sized sushi roll (for comparison).

MOTOMAKI BOWL
Happy New Year everyone! New year, new facility, and a new Head Tennis Professional. Please welcome Jamal Heydari, who will start on January 2nd, and work with Brent and I to develop programming at the Apex Tennis Center. Jamal (Jam) has been in Colorado for the past 10 years and has submerged himself in the tennis industry throughout the Denver Metro area. We have heard only positive feedback from students, players, and colleagues and are excited to have him on our team.

Gary Melillo and Jordan Lutz remain on staff, so we will have a nice compliment of teaching styles for your tennis needs. Gary is officially semi-retired so look to see him on the court more and behind the desk!

I toured the facility and the drywall appears to be completed and ready to spray. Bathroom tile is almost completed, and flooring for the common areas and offices should be next. As soon as gas and electric are functional, the court playing surface will be installed. Staff can begin moving in once the certificate of occupancy is received from the City of Arvada. We anticipate a February opening, so check for updates at apexprd.org or visit the Apex Tennis Center’s Facebook page. Permanent court time holders will receive credit toward the second installment, due in August.

Look forward to seeing everyone back on court.

“Please welcome Head Pro Jamal Heydari, who will start on January 2nd.”

Strengthening your core is one of the best ways to dramatically improve your tennis game. A strong core will help stabilize your body during sudden start and stop movements and will also add power to your swing. Your core transfers the forces from the ground up to your arm and ultimately to your racquet. If your core is weak, you lose a lot of power, and you risk injuries. One of the best exercises to strengthen your core is the plank position.

To perform a plank, you will assume the same position as a push-up or you can lower yourself so your forearms (from your elbows to your wrists) are flat on the floor. Your job is to hold the plank position, with your back as flat and level as possible, for as long as you can. Work your way up to holding the plank for 60 seconds, take a break and repeat two more times for optimum effect. Form is most important!! Keep your body as straight as possible, no dropping or raising your hips. That’s cheating :-)

“Make the most of the offseason to improve your game”