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Five Seasons Sports Club member: At 85, still going strong

When Irv Alper began playing basketball in 1936, Franklin D. Roosevelt was U.S. President, the NBA was still a decade away from being formed, and there was a jump ball after every made basket.

Today, at 85, Alper is still going strong on the basketball court, whether it's working out at Five Seasons Sports Club in Northbrook or at the International Sports Festival in Palm Desert, Calif. There, Alper, of Northbrook, was the oldest participant in the "Hot Shots" competition in February.

The event featured 22 participants who are 55 or older, with competition in five-year age increments. The average score for winners in the younger age groups was 42; Alper netted 31, more than double the total of the 80-84-year group winner and one point shy of the 60-64 group winner.

Alper nailed five three-pointers as well as other shots in a two-minute span. Competitors earn one to four points for each basket, depending on the spot on the court. The 6-foot-2 Alper, who is a grandfather, grew up in Chicago and played basketball in high school, college and while serving in the Air Force during World War II.

His athleticism extends to other pursuits: while in his mid-50s, Alper placed third in a national racquetball tournament held in Las Vegas.

A retired territory manager with Levi's who has been a member of Five Seasons, 1300 Techny Road, for four years, Alper said he enjoys his frequent visits to the club: "It's terrific. It keeps me in shape. I just feel wonderful when I get through working out."

Formerly known as The Palm Desert Senior Games, the International Sports Festival debuted in 2000.

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For more information about the Five Seasons Sports Club in Northbrook, call 847-897-5030 or visit www.fiveseasonsnorthbrook.com.

About Five Seasons

Five Seasons Sports Club is a comfortable, family-oriented club that supports its members' interests in sports, fitness, wellness and friendship. Designed for every member of the family, it is a place to compete, train, exercise, connect, learn, relax and enjoy the fruits of living well. Five Seasons Sports Clubs feature exceptional indoor and outdoor tennis, high-quality indoor and outdoor pools, contemporary dining, luxury spas, teen video workout rooms, high-end fitness and training, cozy nurseries and much more.

Founded in 1988, there are seven Five Seasons Sports Clubs in the Midwest (Crestview Hills, KY; Symmes Township, Westlake and Dayton, OH; Indianapolis, IN; and Northbrook and Burr Ridge, IL). For more information on Five Seasons Sports Clubs, visit www.fiveseasonsc.com or call Matt Baron at 708/860-1380.