



Cupertino Sports Center

The City of Cupertino Sports Center sits on 6.2 acres of land located across the street from De Anza College. The Sports Center is open to residents and non residents. We offer a variety of activities and you can pay by the day, the month or the year!

Cupertino Sports Center offers:

- Fitness Room
- Fitness Classes
- Personal Training
- Child Watch
- Basketball
- Pickleball
- Badminton
- Table Tennis
- Tennis Courts
- Racquetball Courts
- LifeFitness Strength Training Equipment
- Free weights
- Lifecycles
- Treadmills
- Precor AMT's
- LifeFitness Elliptical
- Adult Sports
- Locker Rooms
- Teen Center

 The Sports Center is Handicap Accessible, please let us know if you require any assistance.

MEMBERSHIP FEES		
Type	1 Month	1 Year
Single	\$65R/\$75NR	\$430R/\$465NR
Couple	\$85R/\$100NR	\$815R/\$890NR
Family	\$105R/\$125NR	\$910R/\$990NR
Senior	\$50R/\$60N	\$385R/\$415NR
Student	\$30	N/A
Junior	\$30	\$305R/\$340NR

Call for monthly specials.
Please note, prices are subject to change.

DROP-IN FEES		10 PACKS
Day Pass	\$10R/\$13NR	\$90R/\$117NR
Aerobics, Dance, Sculpting	\$6 per class/Members FREE	\$54
Yoga, TRX, Pilates	\$8 per class/Members FREE	\$72
Basketball, Badminton, Pickleball, Table Tennis	\$6 per visit/Members FREE	\$54

Tennis, Table Tennis, & Badminton Camps & Classes

Registration will be accepted at the Sports Center, Quinlan Community Center, online at www.cupertino.org/register, fax at 408.777.1305, or mail. For more information, call 408.777.3160.

Private Tennis Instruction

Private, semi-private, and small group lessons may be arranged upon request at various times. Please contact Lifetime Tennis at 408.777.3169.

Cupertino Tennis Club

The Cupertino Tennis Club is co-sponsored by the City and is open to residents and nonresidents. CTC offers tournaments, interclub, social events, and sponsors teams, which compete in the USTA Nor-Cal Leagues.

Yearly Fee: Resident Family \$25, Nonresident Family \$30, Resident Single \$20, Nonresident Single \$25.

For more information please visit www.cupertino.tennisclub.org

Cupertino Sports Center

Phone: 408.777.3160
2111 Stevens Creek Boulevard
www.cupertino.org/sportscenter

Hours of Operation

Monday-Friday 6am-10pm
Saturday 8am-10pm
Sunday, 8am-8pm

Closed: July 4, Thanksgiving, Christmas Eve, Christmas Day, New Years Eve, New Years Day.

Check out the schedule of fitness classes at www.cupertino.org/sportscenter.



LIFETIME TENNIS, INC. GENERAL INFORMATION

Make-up Policy

In the event a class is cancelled, make-up classes will be rescheduled (as time and weather permits) at the discretion of Lifetime Tennis, Inc. Make-up classes tend to be on Saturdays and/or Sundays. Make-up classes are not offered due to student absences. Students/parents are responsible for calling or checking online at www.lifetimetennis.com for make-up days and times.

Rain Policy

In the event of rain, contact the Lifetime Tennis rain hotline at 408.252.4529. Please do not call any earlier than one hour before class is scheduled as conditions may change from hour to hour.

Bring Your Own Equipment

All students in all classes are asked to bring their own equipment to class. Equipment for tennis, table tennis, and badminton can be purchased in the Lifetime Tennis Pro Shop at the Cupertino Sports Center, 408.777.3169.

Ball Machine Rental

Lifetime Tennis offers a ball machine for rent at the Sports Center on our specialized ball machine court. You can rent this great practice and workout tool for 45 minutes or with long-term passes. For further information on products, services, and prices, please call 408.777.3169.

Tennis Pro Shop

The Cupertino Sports Center has an on-site pro shop, services include racquet stringing and regripping. There is a demo program to test out racquets and knowledgeable staff to assist you with any of your pro shop needs.

Locations of Classes

Youth classes take place at the Cupertino Sports Center. Adult classes may take place at the Cupertino Sports Center or Memorial Park tennis courts.

Refund Policy

See page 69.

Check-in/out for Children 14 Years Old or Younger

It is the policy of the Cupertino Recreation and Community Services Department that all children 0-14 years of age must be checked in and out of classes and activities by a parent or guardian. Please see the instructor to check your child in and out. If you have questions regarding this policy, please call the Recreation and Community Services office at 408.777.3120.

More Lesson Options

If your preferred class is filled, please contact Lifetime Tennis at 408.777.3169 to discuss other lesson options.





Sports Center

Fall Camps

Badminton & Table Tennis Combo Camps 6-15Y

Twice the fun as students participate in both the badminton and table tennis camps at a discounted rate! Ratio is 6:1.

Instructor: Lifetime Tennis

Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
67400	M-F	1:10pm- 5:20pm	10/3-10/7	5	\$326R/\$359N
67401	M-F	1:10pm- 5:20pm	10/10-10/14	5	\$326R/\$359N
67402	M-W	1:10pm- 5:20pm	11/21-11/23	3	\$196R/\$216N
67403	M-F	1:10pm- 5:20pm	12/19-12/23	5	\$326R/\$359N
67404	M-F	1:10pm- 5:20pm	12/26-12/30	5	\$326R/\$359N

Badminton Camps 6-15Y

An exciting week of fun and skill building. Students are grouped by age and ability levels. They will improve fundamentals and be involved in singles and doubles match play. Players are asked to bring a racquet. Ratio is 6:1. Bring a snack for break.

Instructor: Lifetime Tennis

Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
67375	M-F	1:10pm- 3:10pm	10/3-10/7	5	\$193R/\$212N
67376	M-F	1:10pm- 3:10pm	10/10-10/14	5	\$193R/\$212N
67377	M-W	1:10pm- 3:10pm	11/21-11/23	3	\$116R/\$128N
67378	M-F	1:10pm- 3:10pm	12/19-12/23	5	\$193R/\$212N
67379	M-F	1:10pm- 3:10pm	12/26-12/30	5	\$193R/\$212N

Chess Camp 6-12Y

Beginning through Intermediate. Chess puzzles and creative exercise will enhance critical thinking. Group instruction and individual coaching will improve skills. Each first time participant will receive their own personal roll up chess board with chess pieces. Ratio is 8:1. Instructor: Lifetime Tennis

Cupertino Sports Center Conference Room

Codes	Days	Times	Dates	Mtgs	Fees
67339	M-W	9:30am-11:00am	11/21-11/23	3	\$81R/\$89N
67342	M-F	9:30am-11:00am	12/19-12/23	5	\$135R/\$149N
67345	M-F	9:30am-11:00am	12/26-12/30	5	\$135R/\$149N
67340	M-W	11:30am- 1:00pm	11/21-11/23	3	\$81R/\$89N
67343	M-F	11:30am- 1:00pm	12/19-12/23	5	\$135R/\$149N
67346	M-F	11:30am- 1:00pm	12/26-12/30	5	\$135R/\$149N
67341	M-W	1:00pm- 2:30pm	11/21-11/23	3	\$81R/\$89N
67344	M-F	1:00pm- 2:30pm	12/19-12/23	5	\$135R/\$149N
67347	M-F	1:00pm- 2:30pm	12/26-12/30	5	\$135R/\$149N

Outdoor Basketball Camp 6-15Y

Students will learn the passing, dribbling and shooting techniques in a week long camp. Team play will be introduced and students will learn the roles of the guard, forward and center positions. Bring snack and water bottle. Ratio is 8:1.

Instructor: Lifetime Tennis

Cupertino Sports Center Sports Court

Codes	Days	Times	Dates	Mtgs	Fees
67251	M-F	9:00am-11:00am	10/3-10/7	5	\$180R/\$198N
67253	M-F	9:00am-11:00am	10/10-10/14	5	\$180R/\$198N
67255	M-W	9:00am-11:00am	11/21-11/23	3	\$108R/\$119N
67257	M-F	9:00am-11:00am	12/19-12/23	5	\$180R/\$198N
67259	M-F	9:00am-11:00am	12/26-12/30	5	\$180R/\$198N
67252	M-F	1:00pm- 3:00pm	10/3-10/7	5	\$180R/\$198N
67254	M-F	1:00pm- 3:00pm	10/10-10/14	5	\$180R/\$198N
67256	M-W	1:00pm- 3:00pm	11/21-11/23	3	\$108R/\$119N
67258	M-F	1:00pm- 3:00pm	12/19-12/23	5	\$180R/\$198N
67260	M-F	1:00pm- 3:00pm	12/26-12/30	5	\$180R/\$198N

Outdoor Basketball/Volleyball Combo Camp 7-15Y

Twice the fun as students participate in both the basketball and volleyball camps at a discounted rate. Bring snack and water bottle. Ratio is 8:1. Instructor: Lifetime Tennis

Cupertino Sports Center Sports Court

Codes	Days	Times	Dates	Mtgs	Fees
67290	M-F	9:00am- 1:00pm	10/3-10/7	5	\$299R/\$329N
67291	M-F	9:00am- 1:00pm	10/10-10/14	5	\$299R/\$329N
67292	M-W	9:00am- 1:00pm	11/21-11/23	3	\$180R/\$198N
67293	M-F	9:00am- 1:00pm	12/19-12/23	5	\$299R/\$329N
67294	M-F	9:00am- 1:00pm	12/26-12/30	5	\$299R/\$329N

Racquet Sports Camps 6-15Y

These camps combine the 8:1-ratio morning Jr. Improvement and Match Play tennis camp with the 6:1-ratio afternoon Badminton and Table Tennis Combo Camp, for a full day of exercise and social interaction. Bring snacks and lunch.

Instructor: Lifetime Tennis

Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
67417	M-F	9:00am- 5:20pm	10/3-10/7	5	\$443R/\$477N
67418	M-F	9:00am- 5:20pm	10/10-10/14	5	\$443R/\$477N
67419	M-W	9:00am- 5:20pm	11/21-11/23	3	\$266R/\$287N
67420	M-F	9:00am- 5:20pm	12/19-12/23	5	\$443R/\$477N
67421	M-F	9:00am- 5:20pm	12/26-12/30	5	\$443R/\$477N

Inservice Day Camp

Codes	Days	Times	Dates	Mtgs	Fees
67422	M	9:00am- 5:20pm	9/5	1	\$89R/\$96N
67424	M	9:00am- 5:20pm	10/17	1	\$89R/\$96N
67423	F	9:00am- 5:20pm	9/16	1	\$89R/\$96N
67425	F	9:00am- 5:20pm	10/21	1	\$89R/\$96N
67430	F	9:00am- 5:20pm	12/16	1	\$89R/\$96N

Table Tennis Camps

6-15Y

An exciting week of fun and skill building. Students are grouped by age and ability levels. They will improve fundamentals and be involved in singles and doubles match play. Players are asked to bring a paddle. Ratio is 6:1. **Instructor: Lifetime Tennis**

Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
67380	M-F	3:20pm- 5:20pm	10/3-10/7	5	\$193R/\$212N
67381	M-F	3:20pm- 5:20pm	10/10-10/14	5	\$193R/\$212N
67382	M-W	3:20pm- 5:20pm	11/21-11/23	3	\$116R/\$128N
67383	M-F	3:20pm- 5:20pm	12/19-12/23	5	\$193R/\$212N
67384	M-F	3:20pm- 5:20pm	12/26-12/30	5	\$193R/\$212N

Little Tennis & Little Rallyers Camp

4-6Y

Little Tennis students will learn to hit the forehand, backhand, and serve, parts of the racquet and court, and improve coordination and motor skills. Little Rallyers will work on their full-court abilities through a series of drills and games. Bring a snack. Ratio is 4:1. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67385	M-F	9:00am-10:30am	10/3-10/7	5	\$174R/\$191N
67386	M-F	9:00am-10:30am	10/10-10/14	5	\$174R/\$191N
67387	M-W	9:00am-10:30am	11/21-11/23	3	\$105R/\$115N
67388	M-F	9:00am-10:30am	12/19-12/23	5	\$174R/\$191N
67389	M-F	9:00am-10:30am	12/26-12/30	5	\$174R/\$191N

Improvement & Match Play Camp

6-15Y

Beginning through Intermediate students will learn tennis skills through our unique court rotation and activity system. Junior Team students will play in singles and doubles round-robin tournaments. Instructors will help players with scoring, rules, and match strategy. Players should bring a snack; ice water is provided. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67390	M-F	9:00am-12:00pm	10/3-10/7	5	\$226R/\$249N
67392	M-F	9:00am-12:00pm	10/10-10/14	5	\$226R/\$249N
67394	M-W	9:00am-12:00pm	11/21-11/23	3	\$136R/\$150N
67396	M-F	9:00am-12:00pm	12/19-12/23	5	\$226R/\$249N
67398	M-F	9:00am-12:00pm	12/26-12/30	5	\$226R/\$249N
67391	M-F	12:30pm- 3:30pm	10/3-10/7	5	\$226R/\$249N
67393	M-F	12:30pm- 3:30pm	10/10-10/14	5	\$226R/\$249N
67395	M-W	12:30pm- 3:30pm	11/21-11/23	3	\$136R/\$150N
67397	M-F	12:30pm- 3:30pm	12/19-12/23	5	\$226R/\$249N
67399	M-F	12:30pm- 3:30pm	12/26-12/30	5	\$226R/\$249N



See page 68 for general information, fee waiver assistance, and disability accommodations.

See page 69 for refund policy.



LITTLE TENNIS

All Little Tennis Program classes have a ratio of 4:1

Little Tennis & Athletic Development

4-6Y

This specialized program is designed for children 4 to 6 years old. Students will learn hand/eye coordination drills along with basic tennis shots. Parents will be impressed by the range of learning aids and development plans used throughout this program. Equipment can be purchased in the Cupertino Sports Center Pro Shop. For more information, please contact Lifetime Tennis at 408-777-3169 or stop by the Lifetime Tennis office located at the Cupertino Sports Center. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67186	Tu	3:00pm- 4:00pm	9/6-10/25	8	\$189R/\$207N
67187	W	6:00pm- 7:00pm	9/7-10/26	8	\$189R/\$207N
67188	F	5:00pm- 6:00pm	9/9-10/28	8	\$189R/\$207N
67189	Sa	9:00am-10:00am	9/10-10/29	8	\$189R/\$207N
67190	Sa	10:00am-11:00am	9/10-10/29	8	\$189R/\$207N
67191	Su	9:00am-10:00am	9/11-10/30	8	\$189R/\$207N
67192	Su	10:00am-11:00am	9/11-10/30	8	\$189R/\$207N
67196	Tu	3:00pm- 4:00pm	11/1-12/13	7	\$165R/\$182N
67197	W	6:00pm- 7:00pm	11/2-12/14	7	\$165R/\$182N
67198	F	5:00pm- 6:00pm	11/4-12/16	7	\$165R/\$182N
67199	Sa	9:00am-10:00am	11/5-12/17	7	\$165R/\$182N
67200	Sa	10:00am-11:00am	11/5-12/17	7	\$165R/\$182N
67201	Su	9:00am-10:00am	11/6-12/18	7	\$165R/\$182N
67202	Su	10:00am-11:00am	11/6-12/18	7	\$165R/\$182N

Little Rallyers

5-7Y

This program is designed for students who are able to move left to right with proper grips and have sufficient skills to start the long-court rally process. They will learn basic grips, strokes, and tracking skills in preparation to strike the ball. This program is available to students who have graduated from Little Tennis and have instructor approval. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67166	M	6:00pm- 7:00pm	9/12-10/31	8	\$189R/\$207N
67167	F	6:00pm- 7:00pm	9/9-10/28	8	\$189R/\$207N
67168	Sa	10:00am-11:00am	9/10-10/29	8	\$189R/\$207N
67169	Sa	11:00am-12:00pm	9/10-10/29	8	\$189R/\$207N
67170	Su	10:00am-11:00am	9/11-10/30	8	\$189R/\$207N
67171	Su	11:00am-12:00pm	9/11-10/30	8	\$189R/\$207N
67176	M	6:00pm- 7:00pm	11/7-12/19	7	\$165R/\$181N
67177	F	6:00pm- 7:00pm	11/4-12/16	7	\$165R/\$181N
67178	Sa	10:00am-11:00am	11/5-12/17	7	\$165R/\$181N
67179	Sa	11:00am-12:00pm	11/5-12/17	7	\$165R/\$181N
67180	Su	10:00am-11:00am	11/6-12/18	7	\$165R/\$181N
67181	Su	11:00am-12:00pm	11/6-12/18	7	\$165R/\$181N

Introduction to Tournament

6-8Y

This program is designed for students who have demonstrated the ability to rally long court and are able to make the occasional serve in the correct box. They will continue to refine their strokes in this class to prepare for the next level, Tournament Training. This program is available to students who have graduated from Little Rallyers and/or have instructor approval. Must enroll for two days minimum. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67146	M	6:00pm- 7:00pm	9/12-10/31	8	\$189R/\$207N
67147	Tu	6:00pm- 7:00pm	9/6-10/25	8	\$189R/\$207N
67148	W	6:00pm- 7:00pm	9/7-10/26	8	\$189R/\$207N
67149	Th	6:00pm- 7:00pm	9/8-10/27	8	\$189R/\$207N
67150	F	6:00pm- 7:00pm	9/9-10/28	8	\$189R/\$207N
67151	Sa	11:00am-12:00pm	9/10-10/29	8	\$189R/\$207N
67152	Su	11:00am-12:00pm	9/11-10/30	8	\$189R/\$207N
67156	M	6:00pm- 7:00pm	11/7-12/19	7	\$165R/\$181N
67157	Tu	6:00pm- 7:00pm	11/1-12/13	7	\$165R/\$181N
67158	W	6:00pm- 7:00pm	11/2-12/14	7	\$165R/\$181N
67159	Th	6:00pm- 7:00pm	11/3-12/15	6	\$165R/\$181N
67160	F	6:00pm- 7:00pm	11/4-12/16	7	\$165R/\$181N
67161	Sa	11:00am-12:00pm	11/5-12/17	7	\$165R/\$181N
67162	Su	11:00am-12:00pm	11/6-12/18	7	\$165R/\$181N

JUNIOR TENNIS

Competition Programs

These year 'round programs are designed to prepare students for tennis tournaments. Students learn from certified instructors and former touring pros with over 20 years of coaching experience. Contact John Vest for more info at 408-777-3385.

Shoggy Park's Match Play Program

7-15Y

This program is for current private lesson students of Shoggy Park. Students will learn to play in a match play format conducted by Shoggy Park and his assistants. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67045	Sa	8:00pm- 9:30pm	9/10-12/17	15	\$158R/\$175N

JR Match Play

8-17Y

For graduates of the Red Level program or can fulfill the program requirements. Goal: develop foundation to become a well-rounded tennis player, successfully play singles and doubles matches, and to play in local tennis leagues, school teams, or tournaments. Ratio is 8:1. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67110	F	5:00pm- 7:00pm	9/9-10/28	8	\$232R/\$255N
67116	F	5:00pm- 7:00pm	11/4-12/16	7	\$203R/\$223N

Bronze, Silver, Gold

Codes	Days	Times	Dates	Mtgs	Fees
67112	Sa	3:30pm- 5:30pm	9/10-10/29	8	\$232R/\$255N
67113	Su	3:30pm- 5:30pm	9/11-10/30	8	\$232R/\$255N
67118	Sa	3:30pm- 5:30pm	11/5-12/17	7	\$203R/\$223N
67119	Su	3:30pm- 5:30pm	11/6-12/18	7	\$203R/\$223N

Silver and Gold

Codes	Days	Times	Dates	Mtgs	Fees
67111	F	7:00pm- 9:00pm	9/9-10/28	8	\$232R/\$255N
67117	F	7:00pm- 9:00pm	11/4-12/16	7	\$203R/\$223N

Green, Blue, Red

7-15Y

This 3-tiered introduction program develops early tennis skills such as ground strokes, serving, volleys, overheads, and basic vocabulary. Students are grouped by age and ability levels the first day of class. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67125	Sa	10:30am-12:00pm	9/10-10/29	8	\$168R/\$187N
67129	Su	10:30am-12:00pm	9/11-10/30	8	\$168R/\$187N
67137	Sa	10:30am-12:00pm	11/5-12/17	7	\$147R/\$163N
67141	Su	10:30am-12:00pm	11/6-12/18	7	\$147R/\$163N

7-12Y 4:1 Ratio

Codes	Days	Times	Dates	Mtgs	Fees
67124	Sa	9:00am-10:30am	9/10-10/29	8	\$279R/\$309N
67128	Su	9:00am-10:30am	9/11-10/30	8	\$279R/\$309N
67136	Sa	9:00am-10:30am	11/5-12/17	7	\$244R/\$270N
67140	Su	9:00am-10:30am	11/6-12/18	7	\$244R/\$270N

7-15Y 4:1 Ratio

Codes	Days	Times	Dates	Mtgs	Fees
67122	F	3:30pm- 5:00pm	9/9-10/28	8	\$279R/\$309N
67126	Sa	2:00pm- 3:30pm	9/10-10/29	8	\$279R/\$309N
67130	Su	2:00pm- 3:30pm	9/11-10/30	8	\$279R/\$309N
67134	F	3:30pm- 5:00pm	11/4-12/16	7	\$244R/\$270N
67138	Sa	2:00pm- 3:30pm	11/5-12/17	7	\$244R/\$270N
67142	Su	2:00pm- 3:30pm	11/6-12/18	7	\$244R/\$270N

7-15Y 8:1 Ratio

Codes	Days	Times	Dates	Mtgs	Fees
67123	F	3:30pm- 5:00pm	9/9-10/28	8	\$168R/\$187N
67127	Sa	5:30pm- 7:00pm	9/10-10/29	8	\$168R/\$187N
67131	Su	5:30pm- 7:00pm	9/11-10/30	8	\$168R/\$187N
67135	F	3:30pm- 5:00pm	11/4-12/16	7	\$147R/\$163N
67139	Sa	5:30pm- 7:00pm	11/5-12/17	7	\$147R/\$163N
67143	Su	5:30pm- 7:00pm	11/6-12/18	7	\$147R/\$163N

ADULT TENNIS

Adult Friday Drop-in Tennis

This is an ongoing program designed to give players of varying ability levels the opportunity to meet and play with other players in a fun, noncompetitive atmosphere. Participants meet on court at 7pm and play until 9:40pm. This program is open to the first 24 paid participants each Friday. The cost is \$8/person for the general public and \$3 for current CSC pass holders.

Beginning

16Y+

For students with little or no previous tennis instruction. Students will be introduced to the forehand, backhand, serve, and basic vocabulary. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67431	M	9:00am-10:30am	9/12-10/31	8	\$232R/\$255N
67432	W	9:00am-10:30am	9/7-10/26	8	\$232R/\$255N
67433	W	6:00pm- 7:00pm	9/7-10/26	8	\$155R/\$170N
67434	Sa	8:00am- 9:00am	9/10-10/29	8	\$155R/\$170N
67435	Su	8:00am- 9:00am	9/11-10/30	8	\$155R/\$170N
67070	M	9:00am-10:30am	11/7-12/19	7	\$203R/\$223N
67071	W	9:00am-10:30am	11/2-12/14	7	\$203R/\$223N
67072	W	6:00pm- 7:00pm	11/2-12/14	7	\$136R/\$149N
67073	Sa	8:00am- 9:00am	11/5-12/17	7	\$136R/\$149N
67074	Su	8:00am- 9:00am	11/6-12/18	7	\$136R/\$149N

Advanced Beginning**16Y+**

For students completing 6 or more hours of beginning tennis. In this level, we will be adding movement to groundstroke rallying and improving serving technique. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67050	M	10:30am-12:00pm	9/12-10/31	8	\$232R/\$255N
67051	W	10:30am-12:00pm	9/7-10/26	8	\$232R/\$255N
67052	W	7:00pm- 8:30pm	9/7-10/26	8	\$232R/\$255N
67053	Sa	8:00am- 9:00am	9/10-10/29	8	\$155R/\$170N
67056	M	10:30am-12:00pm	11/7-12/19	7	\$203R/\$223N
67057	W	10:30am-12:00pm	11/2-12/14	7	\$203R/\$223N
67058	W	7:00pm- 8:30pm	11/2-12/14	7	\$203R/\$223N
67059	Sa	8:00am- 9:00am	11/5-12/17	7	\$136R/\$149N

Intermediate/Advanced**16Y+**

For students who have completed 12-24 hours of advanced beginning tennis. Introduction to volleys and overheads while improving overall confidence and consistency of the forehand, backhand and serve. Movement becomes a key component at this level. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67094	M	7:00pm- 8:30pm	9/12-10/31	8	\$232R/\$255N
67095	W	7:00pm- 8:30pm	9/7-10/26	8	\$232R/\$255N
67102	M	7:00pm- 8:30pm	11/7-12/19	7	\$203R/\$223N
67103	W	7:00pm- 8:30pm	11/2-12/14	7	\$203R/\$223N

Drill & Specialty Programs**16Y+**

Prerequisite: Intermediate course or instructor approval. Workouts cover ground strokes, volleys, overheads, and serving drills. A great class for those wanting to move and hit lots of tennis balls. 6:1 Ratio **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts**Adult Academy 3.0 - 3.5 USTA Level**

Codes	Days	Times	Dates	Mtgs	Fees
67084	Tu	9:00am-10:30am	9/6-10/25	8	\$232R/\$255N
67085	Th	7:00pm- 8:30pm	9/8-10/27	8	\$232R/\$255N
67092	Tu	9:00am-10:30am	11/1-12/13	7	\$203R/\$223N
67093	Th	7:00pm- 8:30pm	11/3-12/15	6	\$174R/\$192N

Drill

Codes	Days	Times	Dates	Mtgs	Fees
67080	Th	6:00pm- 7:00pm	9/8-10/27	8	\$155R/\$170N
67081	Sa	8:00am- 9:00am	9/10-10/29	8	\$155R/\$170N
67082	Su	8:00am- 9:00am	9/11-10/30	8	\$155R/\$170N
67088	Th	6:00pm- 7:00pm	11/3-12/15	6	\$117R/\$128N
67089	Sa	8:00am- 9:00am	11/5-12/17	7	\$136R/\$149N
67090	Su	8:00am- 9:00am	11/6-12/18	7	\$136R/\$149N

Improve Your Serve & Return

Codes	Days	Times	Dates	Mtgs	Fees
67083	M	6:00pm- 7:00pm	9/12-10/31	8	\$155R/\$170N
67091	M	6:00pm- 7:00pm	11/7-12/19	7	\$136R/\$149N

Men's Advanced Drill 3.5+

Codes	Days	Times	Dates	Mtgs	Fees
67079	Tu	7:00pm- 8:00pm	9/6-10/25	8	\$155R/\$170N
67087	Tu	7:00pm- 8:00pm	11/1-12/13	7	\$136R/\$149N

Women's Advanced Drill 3.5+

Codes	Days	Times	Dates	Mtgs	Fees
67078	Tu	6:00pm- 7:00pm	9/6-10/25	8	\$155R/\$170N
67086	Tu	6:00pm- 7:00pm	11/1-12/13	7	\$136R/\$149N

BADMINTON**Beginning through Intermediate****7-15Y**

Beginning students will learn stroke fundamentals, while advanced beginning and intermediate students will develop footwork, game strategies, shot selection, and specialty skills. **Instructor: Lifetime Tennis**

Cupertino Sports Center Multi-Purpose Room

7-11Y		4:1 Ratio				
Codes	Days	Times	Dates	Mtgs	Fees	
66992	Sa	1:30pm- 3:00pm	9/10-10/29	8	\$279R/\$309N	
66995	Sa	1:30pm- 3:00pm	11/5-12/17	7	\$244R/\$270N	

12-15Y

Codes	Days	Times	Dates	Mtgs	Fees
66993	Sa	3:00pm- 4:30pm	9/10-10/29	8	\$279R/\$309N
66996	Sa	3:00pm- 4:30pm	11/5-12/17	7	\$244R/\$270N

7-15Y

7-15Y		8:1 Ratio				
Codes	Days	Times	Dates	Mtgs	Fees	
66994	Sa	4:30pm- 6:00pm	9/10-10/29	8	\$168R/\$187N	
66997	Sa	4:30pm- 6:00pm	11/5-12/17	7	\$147R/\$163N	

Advanced**7-15Y**

Students will develop skills designed to succeed in competition situations. Specialized footwork, match strategies, rules, and conditioning will be implemented for enhanced playing results. Ratio is 8:1. **Instructor: Lifetime Tennis**

Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
66988	Sa	6:00pm- 7:30pm	9/10-10/29	8	\$168R/\$187N
66989	Sa	7:30pm- 9:00pm	9/10-10/29	8	\$168R/\$187N
66990	Sa	6:00pm- 7:30pm	11/5-12/17	7	\$147R/\$162N
66991	Sa	7:30pm- 9:00pm	11/5-12/17	7	\$147R/\$162N

**PICKLEBALL****Outdoor Youth Pickleball****7-15Y**

For players with little or no pickle ball experience fundamentals, rules, and play opportunity will occur at this level. Ratio is 8:1. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
67208	Sa	5:00pm- 6:00pm	9/10-10/29	8	\$121R/\$133N
67209	Sa	5:00pm- 6:00pm	11/5-12/10	6	\$106R/\$117N

Outdoor Adult Pickleball**16Y+**

For players with little or no previous pickle ball experience. Fundamentals, rules, and play opportunity will occur at this level. **Instructor: Lifetime Tennis**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
66984	Tu	2:30pm- 3:30pm	9/6-10/25	8	\$67R/\$80N
66986	Tu	2:30pm- 3:30pm	11/1-12/13	7	\$58R/\$71N
66985	Th	2:30pm- 3:30pm	9/8-10/27	8	\$67R/\$80N
66987	Th	2:30pm- 3:30pm	11/3-12/15	6	\$43R/\$54N

CHESS

Chess 6-15Y
 Beginning through Intermediate Chess puzzles and creative exercise will enhance critical thinking. Group instruction and individual coaching will improve skills. Each first time participant will receive their own personal roll up chess board with chess pieces. Ratio is 8:1. **Instructor: Lifetime Tennis**

Cupertino Sports Center Conference Room

6-12Y						
Codes	Days	Times	Dates	Mtgs	Fees	
67002	Tu	6:00pm- 7:00pm	9/6-10/25	8	\$144R/\$159N	
67013	Tu	6:00pm- 7:00pm	11/1-12/13	7	\$126R/\$139N	
67004	Th	6:00pm- 7:00pm	9/8-10/27	8	\$144R/\$159N	
67015	Th	6:00pm- 7:00pm	11/3-12/15	7	\$126R/\$139N	

6-15Y						
Codes	Days	Times	Dates	Mtgs	Fees	
67006	F	5:00pm- 6:00pm	9/9-10/28	8	\$144R/\$159N	
67017	F	5:00pm- 6:00pm	11/4-12/16	7	\$126R/\$139N	
67007	F	6:00pm- 7:00pm	9/9-10/28	8	\$144R/\$159N	
67018	F	6:00pm- 7:00pm	11/4-12/16	7	\$126R/\$139N	
67008	F	7:00pm- 8:00pm	9/9-10/28	8	\$144R/\$159N	
67019	F	7:00pm- 8:00pm	11/4-12/16	7	\$126R/\$139N	
67009	Sa	10:45am-11:45am	9/10-10/29	8	\$144R/\$159N	
67020	Sa	10:45am-11:45am	11/5-12/17	7	\$126R/\$139N	
67010	Sa	12:00pm- 1:00pm	9/10-10/29	8	\$144R/\$159N	
67021	Sa	12:00pm- 1:00pm	11/5-12/17	7	\$126R/\$139N	
67011	Su	10:45am-11:45am	9/11-10/30	8	\$144R/\$159N	
67022	Su	10:45am-11:45am	11/6-12/18	7	\$126R/\$139N	
67012	Su	12:00pm- 1:00pm	9/11-10/30	8	\$144R/\$159N	
67023	Su	12:00pm- 1:00pm	11/6-12/18	7	\$126R/\$139N	

10-15Y						
Codes	Days	Times	Dates	Mtgs	Fees	
67003	Tu	7:00pm- 8:00pm	9/6-10/25	8	\$144R/\$159N	
67014	Tu	7:00pm- 8:00pm	11/1-12/13	7	\$126R/\$139N	
67005	Th	7:00pm- 8:00pm	9/8-10/27	8	\$144R/\$159N	
67016	Th	7:00pm- 8:00pm	11/3-12/15	7	\$126R/\$139N	

RACQUETBALL

Racquetball Class 6-17Y
 A complete and comprehensive developmental program for eager to learn juniors with an eye towards progressive skills development. Racquetball is FUN, FAST, FURIOUS FITNESS!
Instructor: Lifetime Tennis

Cupertino Sports Center Racquetball Court

6-12Y						
Codes	Days	Times	Dates	Mtgs	Fees	
67040	M W	3:30pm- 5:00pm	8/29-10/19	16	\$288R/\$317N	
67042	M W	3:30pm- 5:00pm	10/24-12/14	16	\$288R/\$317N	

Cupertino Sports Center Multi-Purpose Room

13-17Y						
Codes	Days	Times	Dates	Mtgs	Fees	
67041	Tu Th	3:30pm- 5:00pm	8/30-10/20	16	\$288R/\$317N	
67043	Tu Th	3:30pm- 5:00pm	10/25-12/15	16	\$288R/\$317N	

Racquetball Skills Clinics 18Y+
 Adult Skills Clinics **Instructor: Lifetime Tennis**

Cupertino Sports Center Racquetball Court

Codes	Days	Times	Dates	Mtgs	Fees	
67044	Sa	1:00pm- 3:00pm	9/3-10/22	8	\$120R/\$132N	
67436	Sa	1:00pm- 3:00pm	10/29-12/17	8	\$120R/\$132N	

SPORTS

Basketball CSC 7-15Y
 Students will learn the passing, dribbling and shooting techniques. Team play will be introduced and students will learn the roles of the guard, forward and center positions. Offensive and defensive responsibilities will be introduced, along with game rules, vocabulary and recreational game play as skills improve. Ratio is 8:1. **Instructor: Lifetime Tennis**

Cupertino Sports Center Multi-Purpose Room

7-12Y Indoor Basketball						
Codes	Days	Times	Dates	Mtgs	Fees	
67408	F	4:15pm- 5:45pm	9/9-10/28	8	\$216R/\$239N	
67413	F	4:15pm- 5:45pm	11/4-12/16	7	\$189R/\$209N	

7-15Y						
Codes	Days	Times	Dates	Mtgs	Fees	
67407	Tu	4:15pm- 5:45pm	9/6-10/25	8	\$216R/\$239N	
67412	Tu	4:15pm- 5:45pm	11/1-12/13	7	\$189R/\$209N	

10-15Y						
Codes	Days	Times	Dates	Mtgs	Fees	
67409	F	7:00pm- 8:30pm	9/9-10/28	8	\$216R/\$239N	
67414	F	7:00pm- 8:30pm	11/4-12/16	7	\$189R/\$209N	

7-15Y Outdoor Basketball						
Codes	Days	Times	Dates	Mtgs	Fees	
67410	Sa	12:00pm- 1:30pm	9/10-10/29	8	\$216R/\$239N	
67415	Sa	12:00pm- 1:30pm	11/5-12/17	7	\$189R/\$209N	
67411	Su	12:00pm- 1:30pm	9/11-10/30	8	\$216R/\$239N	
67416	Su	12:00pm- 1:30pm	11/6-12/18	7	\$189R/\$209N	

Basketball Youth League 9-15Y
 Looking to play more basketball? This program is designed to practice your skills on the court playing against other youth, 8 week league plus 1 week Playoffs & Finals. All games all the time!
Instructor: Lifetime Tennis

Cupertino Sports Center Sports Court

9-12Y						
Codes	Days	Times	Dates	Mtgs	Fees	
67522	M W	6:00pm- 7:00pm	8/22-10/19	17	\$142R/\$156N	
67533	M W	6:00pm- 7:00pm	10/24-12/21	18	\$150R/\$165N	

12-15Y						
Codes	Days	Times	Dates	Mtgs	Fees	
67523	M W	7:15pm- 8:15pm	8/22-10/19	17	\$142R/\$156N	
67534	M W	7:15pm- 8:15pm	10/24-12/21	18	\$150R/\$165N	

Adult Basketball League 16-99Y
 Adult League: 8 week League plus 1 week for Playoffs & Finals. Recreational play but Competitive & Fun! (Each game is two 15 minute halves, running clock, 1 timeout per half).
Instructor: Lifetime Tennis

Cupertino Sports Center Sports Court

Codes	Days	Times	Dates	Mtgs	Fees	
67527	Tu Th	6:00pm- 7:00pm	8/23-10/20	18	\$150/\$165	
67530	Tu Th	6:00pm- 7:00pm	10/25-12/20	17	\$142/\$156	
67528	Tu Th	7:15pm- 8:15pm	8/23-10/18	18	\$150/\$165	
67531	Tu Th	7:15pm- 8:15pm	10/25-12/20	17	\$142/\$156	
67529	Tu Th	8:30pm- 9:30pm	8/23-10/20	18	\$150/\$165	
67532	Tu Th	8:30pm- 9:30pm	10/25-12/22	17	\$150/\$165	

Kidz Club K-5G
 Parents are you looking to add more cardio to your kids day? Drop off the kids at the Cupertino Sports Center so they can get some homework help, play games, make crafts, play sports and more! Please call 408-777-3160 for more information.
Instructor: Staff

Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees	
67437	M-F	3:00pm- 5:30pm	8/15-12/16	90	\$375	

Outdoor Volleyball Camp**7-15Y**

Students will learn the towheaded pass, set, over head spike, the concept of a net block, and either the other hand or over hand serve as appropriate. Ratio is 8:1. **Instructor: Lifetime Tennis**

Cupertino Sports Center Sports Court

Codes	Days	Times	Dates	Mtgs	Fees
67277	M-F	11:00am- 1:00pm	10/3-10/7	5	\$180R/\$198N
67279	M-F	11:00am- 1:00pm	10/10-10/14	5	\$180R/\$198N
67281	M-W	11:00am- 1:00pm	11/21-11/23	3	\$108R/\$119N
67283	M-F	11:00am- 1:00pm	12/19-12/23	5	\$180R/\$198N
67285	M-F	11:00am- 1:00pm	12/26-12/30	5	\$180R/\$198N
67278	M-F	1:00pm- 3:00pm	10/3-10/7	5	\$180R/\$198N
67280	M-F	1:00pm- 3:00pm	10/10-10/14	5	\$180R/\$198N
67282	M-W	1:00pm- 3:00pm	11/21-11/23	3	\$108R/\$119N
67284	M-F	1:00pm- 3:00pm	12/19-12/23	5	\$180R/\$198N
67286	M-F	1:00pm- 3:00pm	12/26-12/30	5	\$180R/\$198N

Outdoor Combo Camps**6-15Y****Basketball or Volleyball/Chess**

Twice the fun as students participate in both the basketball and chess camps at a discounted rate. Bring snack and water bottle. Ratio is 8:1. **Instructor: Lifetime Tennis**

Cupertino Sports Center Sports Court**Basketball and Chess**

Codes	Days	Times	Dates	Mtgs	Fees
67360	M-W	9:00am- 1:00pm	11/21-11/23	3	\$180R/\$198N
67361	M-F	9:00am- 1:00pm	12/19-12/23	5	\$299R/\$329N
67362	M-F	9:00am- 1:00pm	12/26-12/30	5	\$299R/\$329N

Chess and Basketball

Codes	Days	Times	Dates	Mtgs	Fees
67369	M-W	11:30am- 3:00pm	11/21-11/23	3	\$180R/\$198N
67370	M-F	11:30am- 3:00pm	12/19-12/23	5	\$299R/\$329N
67371	M-F	11:30am- 3:00pm	12/26-12/30	5	\$299R/\$329N

Chess and Volleyball

Codes	Days	Times	Dates	Mtgs	Fees
67363	M-W	9:30am- 1:00pm	11/21-11/23	3	\$180R/\$198N
67364	M-F	9:30am- 1:00pm	12/19-12/23	5	\$299R/\$329N
67365	M-F	9:30am- 1:00pm	12/26-12/30	5	\$299R/\$329N
67372	M-W	11:30am- 3:00pm	11/21-11/23	3	\$180R/\$198N
67373	M-F	11:30am- 3:00pm	12/19-12/23	5	\$299R/\$329N
67374	M-F	11:30am- 3:00pm	12/26-12/30	5	\$299R/\$329N

Volleyball and Chess

Codes	Days	Times	Dates	Mtgs	Fees
67366	M-W	11:00am- 2:30pm	11/21-11/23	3	\$180R/\$198N
67367	M-F	11:00am- 2:30pm	12/19-12/23	5	\$299R/\$329N
67368	M-F	11:00am- 2:30pm	12/26-12/30	5	\$299R/\$329N

Combo Classes**7-15Y**

Students will be able to participate in multiple programs at a discounted rate. Ratio is 8:1. **Instructor: Lifetime Tennis**

Cupertino Sports Center Multi-Purpose Room**Basketball and Chess**

Codes	Days	Times	Dates	Mtgs	Fees
67348	Tu	4:15pm- 7:00pm	9/6-10/25	8	\$332R/\$368N
67354	Tu	4:15pm- 7:00pm	11/1-12/13	7	\$290R/\$322N

Chess and Basketball

Codes	Days	Times	Dates	Mtgs	Fees
67350	F	6:00pm- 8:30pm	9/9-10/28	8	\$332R/\$368N
67356	F	6:00pm- 8:30pm	11/4-12/16	7	\$290R/\$322N

Chess and Outdoor Basketball

Codes	Days	Times	Dates	Mtgs	Fees
67351	Sa	10:45am- 1:30pm	9/10-10/29	8	\$332R/\$368N
67357	Sa	10:45am- 1:30pm	11/5-12/17	7	\$290R/\$322N
67353	Su	10:45am- 1:30pm	9/11-10/30	8	\$332R/\$368N
67359	Su	10:45am- 1:30pm	11/6-12/18	7	\$290R/\$322N

Chess and Outdoor Volleyball

Codes	Days	Times	Dates	Mtgs	Fees
67352	Su	10:45am- 1:30pm	9/11-10/30	8	\$332R/\$368N
67358	Su	10:45am- 1:30pm	11/6-12/18	7	\$290R/\$322N

Volleyball and Chess

Codes	Days	Times	Dates	Mtgs	Fees
67349	Th	4:15pm- 7:00pm	9/8-10/27	8	\$332R/\$368N
67355	Th	4:15pm- 7:00pm	11/3-12/15	6	\$249R/\$276N

Volleyball CSC**7-12Y**

Students will learn the two-handed pass, set, overhead spike, the concept of a net block, and either the underhand or overhand serve as appropriate. Game play will be introduced and students will learn how to set, rotate, and how scoring works. Teamwork and sportsmanship will be emphasized at all skill levels. Ratio is 8:1. **Instructor: Lifetime Tennis**

Cupertino Sports Center Sports Court**Indoor Volleyball 7-15Y**

Codes	Days	Times	Dates	Mtgs	Fees
67426	Th	4:15pm- 5:45pm	9/8-10/27	8	\$216R/\$239N
67428	Th	4:15pm- 5:45pm	11/3-12/15	6	\$162R/\$180N

Outdoor Volleyball 7-15Y

Codes	Days	Times	Dates	Mtgs	Fees
67427	Su	12:00pm- 1:30pm	9/11-10/30	8	\$216R/\$239N
67429	Su	12:00pm- 1:30pm	11/6-12/18	7	\$189R/\$209N

TABLE TENNIS**Beginning through Intermediate****7-15Y**

Beginning students will learn stroke fundamentals, while advanced beginning and intermediate students will be developing the necessary footwork, game strategies, shot selection, and specialty skills. Students are asked to bring a paddle. Equipment can be purchased in the Cupertino Sports Center Pro Shop. **Instructor: Lifetime Tennis**

Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
67048	Su	2:30pm- 4:00pm	9/11-10/30	8	\$168R/\$187N
67049	Su	2:30pm- 4:00pm	11/6-12/18	7	\$147R/\$163N

Adult Beginning through Intermediate**16Y+**

For players with little or no previous table tennis instruction. Fundamentals, rules, and play opportunity will occur at this level. Players are asked to bring a paddle. Equipment can be purchased in the Cupertino Sports Center Pro Shop. **Instructor: Lifetime Tennis**

Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
67046	Su	4:00pm- 5:30pm	9/11-10/30	8	\$168R/\$187N
67047	Su	4:00pm- 5:30pm	11/6-12/18	7	\$147R/\$163N