



ADULTS

TGIF Open Studio

Every other Friday* 7pm-10pm Wilson Park Ceramics Studio \$7/hour + materials cost, payable to instructor upon checking out

10Y+

*Contact Trudi at tab01@sbcglobal.net for more information regarding Friday dates.

Join us every other Friday for TGIF Open Studio at Wilson Park Ceramics Studio. Bring your creative ideas and use our supplies to make clay, silk, jewelry, mosaics, and more. Instructor on hand to assist. Experienced wheel students have access to our potters wheels. Materials fee for clay includes glaze and firing.

ART

Clothed Figure Studio

18Y+

Expand your artistic experience by painting a live model. Class will do one, two, five, and 20-minute gesture drawings. Please note that there will be an instructor present to facilitate the process, but there will be no direct instruction in this course. Please bring your own easel. **Instructor: Wulff**

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
67599	F	12:30pm- 3:30pm	9/23-10/28	6	\$90R/\$108N

From Jewelry to Clay

18Y+

Drop the kids off at school, grab a cup of coffee, and join us in the studio for a relaxing time working with ART. Each week, we will introduce a new art medium including jewelry, silk painting, hand-building with clay, mosaics, and more. No Class: 11/11, 11/25 **Instructor: Burney**

Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
67704	F	10:30am-12:30pm	9/16-10/28	7	\$295R/\$353N
67705	F	10:30am-12:30pm	11/4-12/16	5	\$214R/\$257N



Ikebana Expressions

18Y+

Learn the basic Sogetsu school ikebana principles and techniques then apply them to create your own design. Please bring a pair of ikebana scissors or pruners, a shallow container and a pin frog flower holder (3' or larger). Materials fee: \$10 per class due in full to instructor at first class meeting. No class 9/6, 9/8, 11/1, 11/3, 11/8, 11/10, 11/22, 11/24 **Instructor: Lee**

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
67673	Tu	10:00am-12:00pm	8/30-10/11	6	\$78R/\$94N
67675	Tu	10:00am-12:00pm	10/18-12/13	6	\$78R/\$94N
67674	Th	7:00pm- 9:00pm	9/1-10/13	6	\$78R/\$94N
67676	Th	7:00pm- 9:00pm	10/20-12/15	6	\$78R/\$94N

Oil Painting: Portrait of a Peony

18Y+

With step-by-step instruction, we will paint a beautiful a rich red and orange blossom with subtle green leaves on a 9' x 12' canvas. Learn to shade, blend, and highlight. The instructor will provide the canvas, paint and brushes. Materials Fee: \$10 is due to the instructor on the first day of class. **Instructor: Barney**

Quinlan Community Center Conference Room

Codes	Days	Times	Dates	Mtgs	Fees
67724	Th	10:00am-12:00pm	9/8-9/15	2	\$35R/\$42N



Potter's Wheel

18Y+

Beginner: Join us for this hands-on two-hour class covering the intricate mechanics of wheel throwing. All pieces will be glazed and fired by the last class. Intermediate: For those who have throwing experience, we will further develop wheel skills and introduce surface decorating techniques. **Instructor: Burney**

Wilson Park Ceramics Center

Beginner

Beginner: Join us for this hands-on two-hour class covering the intricate mechanics of wheel throwing. All pieces will be glazed and fired by the last class.

Codes	Days	Times	Dates	Mtgs	Fees
67680	M	10:30am-12:30pm	9/12-10/24	7	\$295R/\$353N
67682	M	10:30am-12:30pm	10/31-12/12	7	\$295R/\$353N
67688	M	7:00pm- 9:00pm	9/12-10/24	7	\$295R/\$353N
67689	M	7:00pm- 9:00pm	10/31-12/12	7	\$295R/\$353N

Intermediate

Intermediate: For those who have throwing experience, we will further hone your wheel skills and introduce surface decorating techniques and altering clay shapes.

Codes	Days	Times	Dates	Mtgs	Fees
67681	Tu	7:00pm- 9:00pm	9/13-10/25	7	\$295R/\$353N
67687	Tu	7:00pm- 9:00pm	11/1-12/13	7	\$295R/\$353N

Precious Metal Clay Workshop

NEW

16Y+

Come join Trudi in our lovely park studio and learn to make unique pure silver Jewelry using precious metal clay. We will cover the full process from forming and texturing to firing and finishing the pieces. A natural for clay artists but easy for beginners. Material fee: \$55 **Instructor: Burney**

Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
67875	Sa	10:00am- 3:00pm	11/5	1	\$120R/\$180N

Watercolor

18Y+

Continuation with watercolor technique of glazing, wet into wet, and layering. There will be a focus on composition and color. Still life, landscapes, and figurative work will be explored. Returning students will be encouraged to work in a series. **Instructor: Wulff**

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
67600	F	9:00am-12:00pm	9/16-11/4	8	\$105R/\$126N

COMMUNITY

LEADERSHIP
95014

Are you looking for an exciting program designed to develop and educate Cupertino's current and emerging adult leaders? Sponsored by the City of Cupertino and the Wilfred Jarvis Institute, Leadership 95014 gives participants a behind the scenes look at everything Cupertino has to offer through dynamic speakers, interactive exercises, and site visits throughout the Silicon Valley. Segments of the program provide leadership training tools valuable in both the public and private sectors. Completion of the program rewards participants with a greater understanding of how local government functions, the value of the social sector, and the importance of our educational institutions. This 9-month, 10-session program is offered annually, September-May, and applications and inquiries may be directed to Molly James, Recreation Coordinator, at 408-777-3540.

Check out www.cupertino.org/leadership95014 for details.

Online Registration • www.reg4rec.org

DANCE

All that Jazz

16Y+

Let's bring back the traditional jazz dance with great steps and moves! Come join this high energy and heart pumping class with Leslie Sokol, who has over twenty five years of teaching experience in dance and fitness. Basic jazz steps and routines will be taught. Bring a friend for a seriously fun workout! **Instructor: Sokol**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
67537	Th	4:15pm- 5:15pm	9/8-11/10	10	\$90R/\$108N

Belly Dancing

18Y+

Master instructor Una will teach you her award-winning style of belly dance. Check www.unadance.com for more information. **Instructor: Una**

Quinlan Community Center Dance Room

Belly Dance Basics

This class is perfect for dancers with some knowledge of belly dance moves. Drills will help you polish your movements and you will learn to put together a short routine.

Codes	Days	Times	Dates	Mtgs	Fees
65152	Tu	7:45pm- 8:45pm	8/30-10/11	7	\$63R/\$76N
65153	Tu	7:45pm- 8:45pm	10/25-12/6	7	\$63R/\$76N

Introduction to Una's Belly Dance Style

This fun and exciting class includes movement structuring, for fluid veil, flawless balancing, easy zilling, and many of Una's signature moves. All levels welcome.

Codes	Days	Times	Dates	Mtgs	Fees
65150	Tu	6:45pm- 7:45pm	8/30-10/11	7	\$63R/\$76N
65151	Tu	6:45pm- 7:45pm	10/25-12/6	7	\$63R/\$76N

Social Latin & Ballroom Dance

NEW

18Y+

Learn how to dance socially and feel comfortable about it. We will take you through many common and different styles of partner dancing, so that when you go out dancing, you will be prepared. From cha-cha to the waltz you'll have a blast. **Instructor: Orrok**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
67463	M	1:15pm- 2:00pm	9/12-10/17	6	\$72R/\$86N
67464	Tu	1:15pm- 2:00pm	9/13-10/18	6	\$72R/\$86N
67465	W	1:15pm- 2:00pm	9/14-10/19	6	\$72R/\$86N

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
67466	Th	10:45am-11:30am	9/15-10/20	6	\$72R/\$86N

EDUCATION

Retirement Planning Today

18Y+

In this course you'll learn how to create a plan to retire early, manage investment risk, use tax laws to your advantage, make informed decisions about your company's retirement plan, estate plan, and more! **Instructor: Ostberg, CFS**

Quinlan Community Center Cupertino Room

Codes	Days	Times	Dates	Mtgs	Fees
67211	Tu	6:30pm- 9:30pm	10/4-10/11	2	\$49R/\$59N
67210	Th	6:30pm- 9:30pm	9/29-10/6	2	\$49R/\$59N

Korean Language and Culture**14Y+**

Explore your Korean language skills along with contemporary Korean popular culture, such as TV dramas and K-pops. Also, Korean history and food will be introduced. Materials Fee: \$20. No Class 10/13, 11/10, 11/24, 12/22 **Instructor: Oh**

Quinlan Community Center Craft Room

Beginning Korean I

Explore your Korean language skills as we cover fundamentals of the language including Hangeul (characters), simple vocabulary and conversations. Korean culture will also be covered in a fun atmosphere. No class 10/11, 11/8, 11/22, 12/20

Codes	Days	Times	Dates	Mtgs	Fees
67662	Tu	7:00pm- 9:00pm	8/30-12/13	13	\$30R/\$36N

Quinlan Community Center Social Room

Beginning II & Conversational

This class emphasizes learning expressions for actual daily life situations in Korea. The focus is on basic conversation, so it will be helpful for anyone taking a trip or making a short visit. Each class contains a theme such as K-pop, K-drama, Korean food, etc. No Class 10/13, 11/10, 11/24, 12/22

Codes	Days	Times	Dates	Mtgs	Fees
67664	Th	7:00pm- 9:00pm	9/1-12/8	12	\$30R/\$36N

Baby Boot Camp**18Y+**

Baby Boot Camp is a fun stroller fitness class for moms and caretakers which includes cardiovascular drills, strength training, and exercises designed to restore your core. Postpartum women (6 -8 weeks) must have their doctor's verbal consent to exercise. Prenatal women must have a doctor's note to participate. **Instructor: Bartholomew**

Memorial Park Gazebo

FREE DEMO CLASS!

Codes	Days	Times	Dates	Mtgs	Fees
65138	Th	9:30am-10:15am	9/8	1	\$0R/\$0N
65139	Th	9:30am-10:15am	11/17	1	\$0R/\$0N

Balance, Core, and More**PASS****18Y+**

Strong abdominal muscles can help support your back and improve your posture and balance. Come and spend an hour every week strengthening and toning your core! No class 10/6, 10/27, 11/24. **Instructor: McCormick**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65140	Th	10:40am-11:40am	9/1-12/15	13	\$59R/\$71N

Ballet Stretch & Sculpt**PASS****16Y+**

This class uses the ballet barre & ballet technique to perform movements to beautiful music. It is a total body workout that lifts, tones, and sculpts. Graceful movements will help you create long, lean muscles. **Instructor: Thompson**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
65146	M	5:30pm- 6:30pm	9/12-12/12	14	\$105R/\$126N
65147	W	2:30pm- 3:30pm	9/14-12/14	14	\$105R/\$126N

Baptiste Yoga**PASS****18Y+**

Baptiste yoga, in the tradition of Walt and Magana Baptiste, offers a unique expression of vinyasa (flow) style yoga that emphasizes balance, flexibility, fluidity, and strength. Pranayama (breathing practices) and mudras (hand postures) are an integral part of each class. No class 11/28. **Instructor: Thurman**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
65148	M	12:00pm- 1:30pm	9/12-12/12	13	\$104R/\$125N

Bollywood Aerobics**PASS****18Y+**

Bollywood Aerobics is a fast, fun, calorie burning dance aerobics class. The music is always a great mix of the latest and hottest Bollywood and Bhangra tunes. Every class is broken down into two sections that provide a whole body workout. No class 11/23. **Instructor: Thoppay**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
65155	W	7:00pm- 8:00pm	8/31-12/14	15	\$68R/\$82N

Cardio Sculpt**PASS****18Y+**

This class offers a great aerobic workout, followed by body sculpting and stretching. This total body workout will increase your cardiovascular endurance as well as your upper, lower, and core body strength. No class 11/24. **Instructor: Wright (T) Russum (TH)**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65159	Tu	9:40am-10:40am	8/30-12/13	16	\$72R/\$86N
65160	Th	9:30am-10:30am	9/1-12/15	15	\$68R/\$82N

FITNESS**Drop-in Passes****PASS****Yoga and Pilates**

Drop-ins are welcome in all yoga/pilates classes if space is available. Passes may be purchased in the front office at a cost of \$10 each. Passes are non-refundable. Please note: Classes may be cancelled if the minimum registration is not met. If paying with cash, exact change is required. For more information, please call the Recreation and Community Services Department at 408-777-3120.

Aerobics and Hula Hoop Series 2 Drop-in Passes

Drop-ins are welcome in all aerobics classes if space is available. Aerobics passes may be purchased in the front office at a cost of \$6 each. Passes for Hula Hoop Series 2 are \$9 each. Passes are non-refundable. Please note: Classes may be cancelled if the minimum registration is not met. If paying with cash, exact change is required. For more information, please call the Recreation and Community Services Department at 408-777-3120.

Aerobics for Everyone**PASS****16Y+**

This class will focus on improving your overall fitness and health through low impact aerobics, step, strengthening and toning exercises, and flexibility exercises. No class 11/11, 11/25. **Instructor: Haff**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65137	F	9:30am-10:30am	9/2-12/16	14	\$63R/\$76N

Cardio/Sculpt Combo

PASS 18Y+

Come enjoy this user friendly hour of gentle cardio, strengthening, & stretching. After warming up, cardio will include step, dance, and kickboxing. Improve your muscle tone & core strength using weights and mat exercises. Finish your evening with a refreshing stretching segment. No class 11/24.

Instructor: Wright

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65161	Th	7:10pm- 8:10pm	9/1-12/15	15	\$68R/\$82N

Circuit Training

PASS 16Y+

This total body workout will tone, strengthen, and increase your cardio fitness. This type of workout burns more calories than a traditional strength workout by alternating exercises between body parts and minimizing rest periods. The result is a more efficient workout in a shorter time frame. No class 11/23.

Instructor: Levas

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65162	W	9:30am-10:30am	8/31-12/14	15	\$68R/\$82N

Dance for Fun!

PASS 18Y+

This class is a mix of dance and fitness moves with an emphasis in dance movements and basic techniques. Easy to follow dance choreography will be taught for Latin, Bollywood, Hip Hop, and Belly Dance. Join the fun--let's dance and sweat! No class 11/24.

Instructor: Chen

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65165	M	8:15pm- 9:15pm	10/17-12/12	9	\$41R/\$49N
67536	Th	8:15pm- 9:15pm	10/20-12/15	8	\$36R/\$43N

Dance 'n' Fit

PASS 16Y+

You like to have fun. You need to exercise. Why not do both at the same time? Get fit while having fun and learning new dance moves, from sizzling salsa to sensual belly dancing to funky jazz to playful Charleston and much, much more. No class 9/5, 10/10.

Instructor: Bistry

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65164	M	9:30am-10:30am	8/29-12/5	13	\$59R/\$71N

Family Total Body Fitness

PASS 5-10Y

Take a tech break and get active with your kids through creative activities, games, and exercises. Both parents & kids will have more strength, endurance, balance, and flexibility. Healthy for the body and fun for the mind. Ready Set Move! No class 11/26.

Instructor: Hu

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
67468	Sa	1:30pm- 2:30pm	9/3-12/17	15	\$135R/\$162N

Fee per child after the initial parent/child fee \$60R/\$72N

Hula Hoop Dance Fitness: Series 1

PASS 18Y+

In this beginner class you will learn the fundamentals and principals of hoop dance. Emphasis will be on core moves and techniques that you can do with a hula hoop, on and off the body. No experience necessary! No class 11/11, 11/25.

Instructor: Starr

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
65172	W	6:00pm- 7:00pm	9/7-12/14	15	\$75R/\$90N

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65173	F	12:00pm- 1:00pm	9/9-12/16	13	\$65R/\$78N

Hula Hoop Dance Movement & Flow: Series 2

PASS 18Y+

Class emphasis will be on movement and flow. Students will work on gaining fluidity and control over one's hoop and increasing grace and poise of body movements. You will move your hooping from disconnected tricks into lyrical movement while expanding your repertoire. Pre-Requisite: Series 1. Instructor: Starr

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
65174	W	7:00pm- 8:30pm	9/7-12/14	15	\$105R/\$126N

Just Dance

PASS 18Y+

A fun and energetic class where you can have fun working out using different styles of dance. Everything from Jive and Salsa to Hip Hop and line dancing. There's something for everyone to enjoy! No class 9/5. Instructor: Russum

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65175	M	12:00pm- 1:00pm	8/29-12/12	15	\$68R/\$82N

Latin Heart Beat

PASS 16Y+

Salsa, Cha cha, Bachata - get your dance fix and cardio workout at the same time. Learn moves that will make you dazzle on the dance floor. If you are already a dancer, this class will help you find your style. Class is suitable for all levels. No class 10/4, 10/6, 11/24. Instructor: Bistry

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
65177	Tu	5:30pm- 6:30pm	8/30-12/6	14	\$59R/\$71N
65178	Th	5:30pm- 6:30pm	9/1-12/8	13	\$54R/\$65N

Line Dancercise

PASS 18Y+

Line Dancercise is a fusion of salsa, cha cha, mambo, merengue, rumba, two steps, tango, hip hop & waltz. This simple and fun choreography will help improve your coordination and reduce stress. No class 11/11, 11/25. Instructor: Hu

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
65179	F	1:15pm- 2:15pm	9/2-12/16	14	\$63R/\$76N

Fee Waiver

For fee waiver assistance, contact West Valley Community Services at 408-255-8033.

Disability

If you have a disability that requires special accommodations, please let us know when you register.

Cancellations

A minimum number of participants must enroll in order for a class to be held. Classes with low enrollment may be cancelled, so please register early.

Refunds and Transfers

Before you register, please read the Refund Policy on page 69.

Low Impact Aerobics

Get a great workout with this low impact class. Class includes a warm-up, 25-30 minutes of low impact aerobics, followed by upper body strength exercises, abdominal work, core strengthening exercises, and stretching. No class 9/5.

Instructor: Rassiour

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65180	M W	7:00pm- 8:00pm	8/29-12/14	31	\$140R/\$168N

Mixed Level Pilates

This mat class focuses on core strength and stability. Beginners are welcome as the fundamentals of Pilates are taught the first few weeks. Beyond that, the class is taught with various levels of difficulty being taught for each exercise. Haff (M/W) Wright (TH). No class 9/5, 11/24. **Instructor:** Wright

PASS

18Y+

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
65184	M	9:30am-10:30am	8/29-12/12	15	\$113R/\$136N
65185	W	9:30am-10:30am	8/31-12/14	16	\$12R/\$144N

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65186	Th	6:00pm- 7:00pm	9/1-12/15	15	\$113R/\$136N

Nia Dance/Yogalates

Enjoy a fun total body workout that feels like a fitness party! We begin by dancing to upbeat music--incorporating movements from martial arts, yoga and dance. Then we will move through a sequence of pilates and yoga poses to strengthen the core and improve flexibility, balance, and posture. Suitable for all ages and levels. Everyone practices at their own level, and modifications will be taught to overcome limitations. **Instructor:** Bousso

PASS

18Y+

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
65188	Th	11:45am-12:35pm	9/15-10/20	5	\$40R/\$48N
65190	Th	11:45am-12:35pm	11/3-12/15	6	\$48R/\$58N

Sculpt and Stretch

Complement your cardio workout with this great strength training and flexibility class! Proper technique and form will be emphasized. All levels are welcome. No class 9/5, 11/23.

Instructor: McCormick

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65194	M W	10:40am-11:40am	8/29-12/14	30	\$135R/\$162N
65195	M	10:40am-11:40am	8/29-12/14	15	\$68R/\$82N
65196	W	10:40am-11:40am	8/31-12/14	15	\$68R/\$82N

Strengthen and Stretch

Strengthen your core, increase muscle tone and flexibility through gentle but powerful floor exercise. Using effective breathing, form, and a variety of techniques, you will improve your strength, balance, posture, and range of motion! **Instructor:** Wright

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65200	Tu	10:40am-11:40am	8/30-12/13	16	\$72R/\$86N



Therapeutic Breathing Methods (Qigong)

Rooted in Chinese Medicine. Taiji breathing or Qigong rejuvenates organs, lung capacity, blood circulation, immune functions, and energy levels. This bilingual class addresses the foundation skills for yoga and meditation. Suitable for all fitness levels. Visit www.fitness299.com. No class 10/15, 11/26, 12/3. **Instructor:** Truong

PASS

18Y+

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
66884	Sa	9:00am-10:15am	9/10-12/17	12	\$54R/\$65N

Therapeutic Stretching & Breathing

Bilingual session focus : Chinese Tai Chi /Taiji 24 sets. These exercises enhance balance, muscle toning, lung capacity, blood circulation, immunity, and energy levels. Suitable for all fitness levels. Visit www.fitness299.com. No class 10/15, 11/26, 12/3.

Instructor: Truong

PASS

18Y+

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
65202	Sa	10:30am-11:45am	9/10-12/17	12	\$54R/\$65N

Total Body

20 minutes high/low intensity aerobics for fat burning/toning. 20 minutes free weights targeting arms, abs, and legs. Finish with 20 minutes stretching to build flexibility and strength. Leave class feeling calm and centered. **Instructor:** Hu

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65163	Tu	7:10pm- 8:10pm	8/30-12/13	16	\$72R/\$86N

Vinyasa Yoga

Vinyasa is a flowing sequence of yoga poses--connecting breath with movements. This class will help relieve stress and increase flexibility and strength. **Instructor:** Kongboon

PASS

18Y+

Quinlan Community Center Activity Room

Vinyasa is a flowing sequence of yoga poses--connecting breath with movements. This class will help relieve stress and increase flexibility and strength. Intermediate level. No class 4/23.

Codes	Days	Times	Dates	Mtgs	Fees
65206	Sa	8:45am-10:15am	9/3-11/19	12	\$96R/\$115N

VivAsia Fitness Dance

Explore the many colorful cultures of Asia through fitness dance. Dance rhythms include Bollywood, fan dance, ribbon dance, k-pop, bandari, and more. Props (ribbons, drumsticks, dandias and others) are used to increase upper body strength. No class 11/24. **Instructor:** Chen

PASS

18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
65207	Th	12:00pm- 1:00pm	9/1-12/15	15	\$68R/\$82N

Yoga--Level 1&2

Hatha flow yoga incorporates flexibility in addition to strength and balance building. Class begins with a short meditation or a restorative pose, then moves into standing poses, builds to a challenging pose, and final relaxation. Leave class refreshed. No class 9/5, 10/3, 11/24. **Instructor:** Frazier

PASS

18Y+

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
65208	M	7:00pm- 8:15pm	8/29-12/12	14	\$109R/\$131N
65209	Th	9:15am-10:30am	9/1-12/15	15	\$116R/\$140N



18Y+

Zumba

Enjoy Latin and international music while doing easy dance steps and body-sculpting movements. Zumba routines feature aerobic intervals with a combination of fast and slow rhythms that tone and sculpt the body. No class 9/5, 11/11, 11/25.

Instructor: Hill (M) DuVal (T) Hu (W/F).

Senior Center Exercise Room

Zumba	Codes	Days	Times	Dates	Mtgs	Fees
	65210	M	6:40pm- 7:40pm	8/29-12/12	15	\$68R/\$82N

Quinlan Community Center Dance Room

Zumba	Codes	Days	Times	Dates	Mtgs	Fees
	65211	Tu	12:00pm- 1:00pm	8/30-12/13	16	\$72R/\$86N
	66441	F	12:00pm- 1:00pm	9/2-12/16	14	\$63R/\$76N

Zumba Plus!

Zumba Plus!	Codes	Days	Times	Dates	Mtgs	Fees
	65212	W	9:45am-11:00am	8/31-12/14	16	\$80R/\$96N

10 HIIT classes at FIT36® Fitness

16Y+

Get total body strength and endurance training in just 36 minutes with our high intensity interval circuits. The heart rate training not only changes and challenges, but it is all under the guidance of our certified trainers.

In addition to your 10 class package, receive ONE WEEK FREE. For more information visit

<http://fit36fitness.com/cupertino> or call 408.333.9188

Instructor: FIT36 Fitness Studio \$200R/NR

Studio Address: 19700 Vallco Pkwy #100, Cupertino Ca 95014

MUSIC

Adult Group Keyboard Class

18Y+

This class offers a structured yet relaxed environment for you to learn fundamental musical concepts, including musical notation, theory, and rhythm. Our patient and supportive instructors will teach you to play a variety of pieces and styles. No class 11/25.

Instructor: Joyful Melodies Staff

Joyful Melodies Music School

Codes	Days	Times	Dates	Mtgs	Fees
67841	Th	7:00pm- 8:00pm	9/15-12/1	12	\$360R/\$432N

Group Guitar for Adults

19Y+

In this class you'll learn: chords, progressions, scales and even entire songs from the artists and bands you enjoy! Students must bring their own electric or acoustic guitars.

Instructor: Joyful Melodies Staff

Joyful Melodies Music School

Codes	Days	Times	Dates	Mtgs	Fees
67839	W	8:00pm- 9:00pm	9/14-11/23	11	\$330R/\$396N

Group Violin for Adults

18Y+

This class offers a structured yet relaxed environment for you to learn fundamental music concepts including musical notation, theory, and rhythm. Please bring your own violin to class.

Instructor: Joyful Melodies Staff

Joyful Melodies Music School

Codes	Days	Times	Dates	Mtgs	Fees
67846	Th	7:00pm- 8:00pm	9/15-11/24	11	\$330R/\$396N

SPORTS

Adult Drop-in Sports

18Y+

Half-court basketball, pickleball, table tennis, volleyball, and badminton are offered at the Cupertino Sports Center for individuals to participate in, in a non-instructional, non-competitive environment. Free for pass holders, \$5 for non-pass holders. Check out equipment with an ID card or bring your own. Call 408-777-3160 for open gym hours.

Adult Basketball League

16+Y

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).

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	17	\$142/\$156
67531	Tu Th	7:15pm- 8:15pm	10/25-12/20	16	\$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

Adult Golf

18Y+

This class emphasizes building good fundamentals. Focus is on the four basic swings of golf. Beginner to intermediate, we invite you to come jump-start your golf. Instructor: Deep Cliff Staff

Deep Cliff Golf Course Golf Course

Codes	Days	Times	Dates	Mtgs	Fees
67502	Sa	12:30pm- 2:00pm	10/8-10/29	4	\$150R/\$180N
67501	Sa	1:00pm- 2:30pm	9/10-10/1	4	\$150R/\$180N

Golf for Women

18Y+

Ladies, come join a class of all women to learn the skills of putting, chipping, pitching, and full swing. This is a really fun class for new golfers as well as those who want to improve their skills. Meet new friends to play with on the course. No class 11/26. Instructor: Deep Cliff Staff

Deep Cliff Golf Course Golf Course

Codes	Days	Times	Dates	Mtgs	Fees
67504	Sa	10:00am-11:30am	9/17-10/8	4	\$150R/\$180N
67509	Sa	10:00am-11:30am	10/15-11/5	4	\$150R/\$180N
67510	Sa	10:00am-11:30am	11/12-12/10	4	\$150R/\$180N

Ice Skating: Adult

16Y+

This class is a win-win. Learn basic ice-skating skills while you burn a ton of calories. This class will provide the knowledge you need to enjoy the pleasure of ice-skating. No class 11/24.

Instructor: Ice Center of Cupertino

Cupertino Square Ice Center

Codes	Days	Times	Dates	Mtgs	Fees
65400	Th	7:00pm- 8:00pm	9/15-10/20	6	\$99R/\$119N
65401	Th	7:00pm- 8:00pm	10/27-12/8	6	\$99R/\$119N

Racquetball Skills Clinics

18Y+

Adult Skills Clinics

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

School, Facility, & Park Locations

SCHOOLS

- A** Collins Elementary
10300 N. Blaney Avenue
- B** Cupertino High School
10100 Finch Avenue
- C** Cupertino Union School District
10301 Vista Drive
- D** DeAnza Community College
21250 Stevens Creek Boulevard
- E** Eaton Elementary
20220 Suisun Drive
- F** Fremont Union High District Office
589 W. Fremont Avenue
- G** Faria Elementary
10155 Barbara Lane
- H** Garden Gate Elementary
10500 Ann Arbor Avenue
- I** Homestead High School
21370 Homestead Road
- J** Hyde Middle School
19325 Bollinger Road
- K** Kennedy Middle School
821 Bubba Road
- L** Lawson Middle School
10401 Vista Drive
- M** Lincoln Elementary
21710 McClellan Road
- N** Lynbrook High School
1280 Johnson Avenue
San Jose
- O** Monta Vista High School
21840 McClellan Road
- P** Regnart Elementary
1170 Yorkshire Drive
- Q** Sedgwick Elementary
19200 Phil Lane
- R** Stevens Creek Elementary
10300 Ainsworth Drive

FACILITIES

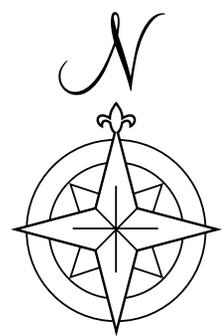
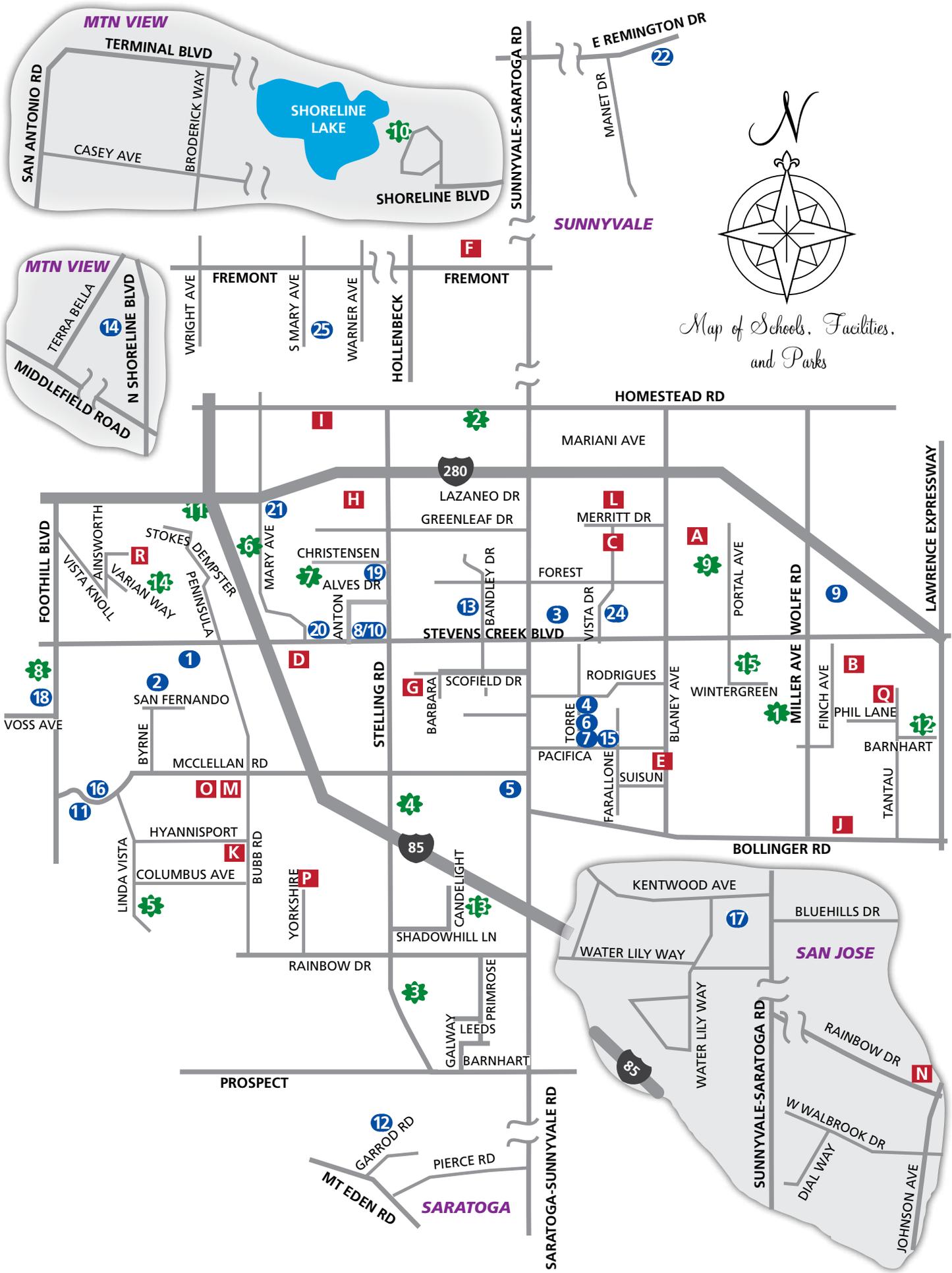
- 1** Blackberry Farm Golf Course
22100 Stevens Creek Boulevard
- 2** Blackberry Farm Picnic Grounds
21979 San Fernando Avenue
- 3** Cali Mill Plaza
Stevens Creek Boulevard at
DeAnza Boulevard
- 4** City Hall
10300 Torre Avenue
- 5** Communication Academy
7337 Bollinger Road
- 6** Community Hall & Council Chamber
10350 Torre Avenue
- 7** Cupertino Library
10800 Torre Avenue
- 8** Cupertino Sports Center
21111 Stevens Creek Boulevard
- 9** Cupertino Square Ice Center
10123 N. Wolfe Road
- 10** Cupertino Teen Center
21111 Stevens Creek Boulevard
- 11** Deep Cliff Golf Course
10700 Clubhouse Lane
- 12** Garrod Farms
22600 Mt. Eden Road
Saratoga
- 13** Joyful Melodies Music School
10455 Bandley Drive, Suite 300
- 14** KMVT15 Community Television
1400 Terra Bella Avenue, Suite M
Mountain View
- 15** Library Field
Pacifica Avenue at Torre Avenue
- 16** McClellan Ranch Preserve
22221 McClellan Road
- 17** Melody Academy of Music
1299 Water Lily Way, #10
San Jose
- 18** Monta Vista Recreation Center
22601 Voss at Foothill Boulevard
- 19** Quinlan Community Center
10185 N. Stelling Road
- 20** Senior Center
21251 Stevens Creek Boulevard

- 21** Service Center
10555 Mary Avenue
- 22** Sunnyvale Community Center
550 E. Remington Drive
Sunnyvale

Twisters Sports Center
1165 N. Fair Oaks Ave
Sunnyvale
- 24** West Valley Community Services
10104 Vista Drive
- 25** Young Chefs Academy
1336 S. Mary Avenue
Sunnyvale

PARKS

-  Creekside Park
10455 Miller Avenue
-  Franco Park
10981 Franco Court
-  Hoover Park
Leeds Avenue near Primrose
-  Jollyman Park
1000 S. Stelling Road
-  Linda Vista Park
Linda Vista Drive
-  Mary Avenue Dog Park
10309 Mary Avenue
-  Memorial Park
Stevens Creek Boulevard
at Mary Avenue
-  Monta Vista Park
22601 Voss at Foothill Boulevard
-  Portal Park
10225 N. Portal Avenue
-  Shoreline Park
3160 N. Shoreline Boulevard
Mountain View
-  Somerset Square Park
Stokes Avenue
-  Sterling Barnhart Park
10486 Sterling Boulevard
-  Three Oaks Park
Candlelight Way
-  Varian Park
Ainsworth Drive
-  Wilson Park
19784 Wintergreen Drive



Map of Schools, Facilities,
and Parks

Important Information

- Registration begins **July 26, 2016** for Cupertino Residents and **August 2, 2016** for Non-Residents.
- Resident registration forms received after *July 26, 2016*, will be processed by random processing, according to the day received.
- Nonresident registration and walk-in registration begins *August 2, 2016*, and will be processed as received.
- Correctly completed registrations will have priority. Registration with incorrect or incomplete information or fees will not be processed.
- If requested, proof of age or proof of Cupertino residency may be required.
- **Sorry, no verbal confirmations before August 2, 2016.**
- Recreation Schedules will be available for pick-up at the Quinlan Community Center, Sports Center, Senior Center, and City Hall.

General Information

Creating an account	Call the Recreation and Community Services office at 408-777-3120 to create an account.
Retrieving a forgotten password with a current email address	If you have an account but have forgotten your account PIN/password and the email address on your account is current, you can use the "Forgot My Password" feature on www.reg4rec.org .
Retrieving account information without a current email address	To protect the sensitive information in our customers' accounts, we will not disseminate information over the phone, or without identification in person.
Wait lists	If the class you requested is filled, you will automatically be placed on a waitlist, free of charge. If the class becomes available, we will call you. Payment is due within 24 hours.
Age requirement	Where an age is indicated, the participant must be that age by the first day of class. Proof of age may be required.
Class attendance	Class attendance is limited to the registered participants ONLY. Sorry, no children in parent's classes and no parents in children's classes.
Make-up classes	There are no make-ups for classes you don't attend. If Recreation and Community Services cancels a class meeting, a make-up class will be offered if session permits.
Class check-in/check-out	All children 0-14 years of age must be checked in and out of classes and activities by a parent or guardian. Please come into the classroom and see the instructor to check your child in and out.
Declined credit card	If your credit card is declined, Recreation and Community Services staff will contact you to request payment. If your payment is not received within 24 hours, your registration will be cancelled.
Returned check	There is a \$26 fee for each returned check.
Paying with Cash	Exact amount required for cash payment.
Fee Waiver Assistance	For financial assistance to access recreation programming please contact West Valley Community Services at 408-255-8033.
Disabilities	If you have any disability that requires special accommodations in order to participate, please let us know when you register.

Refund Policy

Course withdrawals

Refunds will **not** be issued **3 calendar days or less** before the start of the class/camp. No refunds will be issued once classes/camps have begun.

Withdrawals requested **7 calendar days or less** prior to the first class meeting will incur a 10% processing fee.

Withdrawals must be requested at least **8 calendar days** prior to the start of the class/camp for a full refund.

1 day Classes/Events

Refunds will **not** be issued **7 calendar days or less** before a 1 day event/class.

Aquatics Policy

Requests for course withdrawals from aquatics classes must be submitted at least 14 calendar days prior to the start of the first class meeting. **No refunds** will be issued for aquatics classes if the request is made less than 14 days prior to the first class meeting.

Transfers will not be allowed once class has begun.

Course Cancellations

Refunds will be issued if a course is cancelled by Recreation and Community Services

Courses not reaching their minimum enrollment will be cancelled.

Refunds by Check

Refunds by check take up to six weeks to process.

Refunds by Credit Card

If you paid by credit card, your refund will be applied to your credit card.

Refund Request

Requests must be submitted in writing:

Include:

Participant's name, address, phone number

Name and activity number of the class

Fax your request to 408-777-1305, email request to refunds@cupertino.org, or mail it to:

Registration Refund
10185 N Stelling Road
Cupertino, CA 95014

Separate Policies

Separate policies apply to Aquatics, Fitness Passes, Playgrounds, Preschool, and Private Music Lessons.

Please inquire before registering for these activities, lessons, and passes.

4 Ways to Register!

Resident registration begins July 26, 2016

Nonresident registration and walk-in registration begin August 2, 2016

NOTE: A "resident" is anyone living in the Cupertino city limits (i.e., zip code 95014).
A "nonresident" is a Cupertino P.O. box address or anyone living outside the Cupertino city limits.

1 Online Registration

- Visit www.reg4rec.org
- Have your client number and account PIN ready
- Pay with Visa, MasterCard, American Express, or DiscoverCard
- Receipts mailed within 10 working days

2 Fax (Held for Random Processing*)

- Complete a registration form
- Pay with Visa, MasterCard, American Express, or DiscoverCard
- Fax to 408-777-1305
- Receipts mailed within 10 working days

3 Walk-in

- Visit our office in the **Quinlan Community Center at 10185 N. Stelling Road, Cupertino**, during these times:

Monday-Thursday 8:00am-10:00pm

Friday 8:00am- 5:00pm

Saturday 8:30am- 4:30pm

4 Mail-in (Held for Random Processing*)

- Complete registration form
- include method of payment:
- By check payable to CITY OF CUPERTINO or by Visa, MasterCard, American Express, or DiscoverCard. There will be a \$26 service charge for all returned checks.
- Mail to:
Registration
10185 N. Stelling Road
Cupertino, CA 95014
- Receipts mailed within 10 working days

* **Random processing** means that every piece in that day's registration by mail, fax, or hand delivery has an equal chance of being selected.



REGISTRATION FORM

City of Cupertino Recreation and Community Services Department

CUPERTINO

Head of Household Information PLEASE PRINT

HOME PHONE

LAST NAME FIRST NAME

EMAIL ADDRESS CELL PHONE

HOME ADDRESS CITY ZIP CODE

EMER. CON. EMER. CON. PHONE

In consideration for the acceptance of my application for participation in or presence at the aforementioned activity, I HEREBY WAIVE, RELEASE AND DISCHARGE, the Cupertino Recreation and Community Services Department, the Cupertino Union School District, the Cupertino Public Facilities Corporation, the City of Cupertino and the County of Santa Clara, their agents and employees FROM AND AGAINST ANY AND ALL LIABILITY FOR ANY LOSS, PERSONAL INJURY, INCLUDING DEATH, OR PROPERTY DAMAGE THAT MAY HAVE ARISEN OUT OF, OR IN ANY WAY CONNECTED WITH, MY PARTICIPATION OR PRESENCE AT THE AFOREMENTIONED EVENT, EVEN THOUGH THAT LIABILITY MAY HAVE ARISEN OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF THE PERSONS OR ENTITIES MENTIONED ABOVE AND HEREIN RELEASED, BUT DO NOT RELEASE THE ABOVE MENTIONED PERSONS OR ENTITIES FROM THEIR FRAUDULENT OR INTENTIONAL ACTS OR FOR THEIR NEGLIGENT VIOLATIONS OF STATUTORY LAW.

Furthermore, I assume all responsibility and agree to indemnify the City of Cupertino and the Cupertino Union School District for any loss, damage or injury to my property, or myself, which may have been caused by negligence, or any act, of any person connected in any way with the aforementioned event. I understand that the City of Cupertino does not guarantee the construction, condition, or safety of the facilities or the equipment and that this Release Agreement is to be binding on heirs, my assigns and me. I/we agree to allow use of my/our photograph for program publicity. I HAVE READ THE ABOVE, UNDERSTAND ITS MEANING AND VOLUNTARILY SIGN IT. PARENT OR LEGAL GUARDIAN MUST SIGN FOR PARTICIPANTS UNDER 18 YEARS OLD.

PARTICIPANT SIGNATURE **DATE**
(Parent or Guardian if under 18)

Please check this box if you have any special needs requiring special accommodations for you to fully enjoy a class.

Participant Name (First & Last)	Birthdate if under 18	M/F	Grade	Activity Title	Code 1st Choice	Code 2nd Choice	Code 3rd Choice	Fee

YES! I want to receive email notices of news, special events, and discounts. **Total Enclosed \$**

CREDIT CARD PAYMENT (check one):
 Visa MasterCard Discover AMEX



Credit Card Number: _____
 Expiration Date: _____ CVC# : _____ Authorized Amount: _____
 Cardholder Name: _____
 Authorized Signature : _____

- PAYMENT OPTIONS:**
- Checks—made payable to “City of Cupertino”
 - Credit Card—Visa, MasterCard, Discover, AMEX
 - Cash—Payments made in person (do not mail cash)

Mail your completed registration form to:
 Registration
 10185 N. Stelling Road
 Cupertino, CA 95014
 Phone: 408.777.3120 Fax: 408.777.1305