



ADULTS

ART

Accordion Photo Album

NEW 18Y+

Assemble your family's holiday photos in a beautifully created accordion photo album. You'll build the perfect keepsake to hold all of the special memories. Please bring a glue stick and scissors to the first class. Materials fee: \$5 payable to the instructor on first day. **Instructor: Barney**

Quinlan Community Center Craft Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|-------------|
| 68275 | Th | 10:00am-12:00pm | 1/12-1/19 | 2 | \$62R/\$75N |

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 |
|-------|------|-----------------|-----------|------|--------------|
| 68463 | F | 12:30pm- 3:30pm | 1/20-2/24 | 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: 2/21. **Instructor: Burney**

Wilson Park Ceramics Center

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|---------------|
| 68786 | Tu | 10:30am-12:30pm | 1/10-3/14 | 9 | \$378R/\$453N |

Greeting Cards: Iris Fold Variations

16Y+

You will be amazed and delighted with the beautiful greeting cards you will create with this unique technique. With step-by-step instructions, you will make greeting cards for Valentine's Day, Mother's Day, a graduation, or a birthday. Materials fee: \$5 is due to the teacher on the first day of class. **Instructor: Barney**

Quinlan Community Center Craft Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|---------|------|-------------|
| 68274 | Th | 10:00am-12:00pm | 2/2-2/9 | 2 | \$62R/\$75N |

Ikebana Expressions

18Y+

Come to learn Ikebana, Japanese art of arranging flowers, composed of line, color, and mass. You will first 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 or kenzan (3' or larger). Materials fee: \$10 per class due in full to instructor at first class meeting. **Instructor: Lee**

Quinlan Community Center Craft Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|-------------|
| 68237 | Tu | 10:00am-12:00pm | 1/10-2/7 | 5 | \$65R/\$78N |
| 68239 | Tu | 10:00am-12:00pm | 2/14-3/14 | 5 | \$65R/\$78N |
| 68238 | Th | 7:00pm- 9:00pm | 1/12-2/9 | 5 | \$65R/\$78N |
| 68240 | Th | 7:00pm- 9:00pm | 2/16-3/16 | 5 | \$65R/\$78N |

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 |
|-------|------|----------------|----------|------|---------------|
| 68464 | F | 9:00am-12:00pm | 1/13-3/3 | 8 | \$105R/\$126N |

Potter's Wheel**18Y+**

Welcome beginner and intermediate potters, join us in our park setting for two hours of focused throwing, we limit our class to six students so you get the attention you need. Each session will cover techniques as well as decorating options. **Instructor: Burney**

Wilson Park Ceramics Center**Beginner**

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|---------------|
| 68782 | M | 7:00pm- 9:00pm | 1/9-3/13 | 8 | \$336R/\$403N |
| 68780 | W | 10:30am-12:30pm | 1/11-3/15 | 9 | \$378R/\$453N |

Intermediate

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|---------------|
| 68781 | M | 10:30am-12:30pm | 1/9-3/13 | 8 | \$336R/\$408N |
| 68783 | W | 7:00pm- 9:00pm | 1/11-3/15 | 9 | \$378R/\$453N |

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 |
|-------|------|----------------|-----------|------|--------------|
| 67943 | Th | 4:15pm- 5:15pm | 1/12-3/16 | 10 | \$90R/\$108N |

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.

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

DANCE**Belly Dancing Basics****18Y+**

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. Check www.unadance.com for more information. **Instructor: Una**

Quinlan Community Center Dance Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 67959 | Tu | 7:45pm- 8:45pm | 1/10-2/7 | 5 | \$45R/\$54N |
| 67960 | Tu | 7:45pm- 8:45pm | 2/21-3/21 | 5 | \$45R/\$54N |

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. **Instructor: Una**

Quinlan Community Center Dance Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 67957 | Tu | 6:45pm- 7:45pm | 1/10-2/7 | 5 | \$45R/\$54N |
| 67958 | Tu | 6:45pm- 7:45pm | 2/21-3/21 | 5 | \$45R/\$54N |

Social Latin & Ballroom Dance**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 |
|-------|------|----------------|-----------|------|-------------|
| 67996 | Tu | 1:15pm- 2:00pm | 1/24-2/28 | 6 | \$72R/\$86N |

Quinlan Community Center Dance Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|----------|------|-------------|
| 67998 | Th | 10:45am-11:30am | 1/26-3/2 | 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: Ostenberg, CFS**

Quinlan Community Center Craft Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|----------|------|-------------|
| 68216 | Tu | 6:30pm- 9:30pm | 2/28-3/7 | 2 | \$49R/\$59N |

Quinlan Community Center Social Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|----------|------|-------------|
| 68215 | Th | 6:30pm- 9:30pm | 3/9-3/16 | 2 | \$49R/\$59N |

FITNESS

Drop-in Passes



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



16Y+

This class will focus on improving your overall fitness and health through low impact aerobics, step, strengthening and toning exercises, and flexibility exercises. **Instructor: Haff**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 67942 | F | 9:30am-10:30am | 1/13-3/24 | 11 | \$50R/\$60N |

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**

FREE DEMO CLASS!

Memorial Park Gazebo

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-------|------|-----------|
| 67944 | Tu | 9:30am-10:15am | 1/31 | 1 | \$0R/\$0N |
| 67945 | Th | 9:30am-10:15am | 3/16 | 1 | \$0R/\$0N |

Balance, Core, and More



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! **Instructor: McCormick**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|-------------|
| 67946 | Th | 10:40am-11:40am | 1/12-3/23 | 11 | \$50R/\$60N |

Baptiste Yoga



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 1/16, 2/20. **Instructor: Thurman**

Quinlan Community Center Dance Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|----------|------|-------------|
| 67954 | M | 12:00pm- 1:30pm | 1/9-3/20 | 9 | \$72R/\$86N |

Body by Barre



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. No class 1/16, 2/20. **Instructor: Thompson**

Quinlan Community Center Dance Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|--------------|
| 67952 | M | 5:30pm- 6:30pm | 1/9-3/20 | 9 | \$68R/\$82N |
| 67953 | W | 2:30pm- 3:30pm | 1/11-3/22 | 11 | \$83R/\$100N |

Bollywood Aerobics



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 2/15, 2/22. **Instructor: Thoppay**

Quinlan Community Center Dance Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 67962 | W | 7:00pm- 8:00pm | 1/11-3/22 | 9 | \$41R/\$49N |

Cardio Sculpt



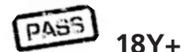
18Y+

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. **Instructor: Wright (T) Russum (TH)**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 67963 | Tu | 9:40am-10:40am | 1/10-3/21 | 11 | \$50R/\$60N |
| 67964 | Th | 9:30am-10:30am | 1/12-3/23 | 11 | \$50R/\$60N |

Cardio/Sculpt Combo



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. **Instructor: Wright**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 67965 | Th | 7:10pm- 8:10pm | 1/12-3/23 | 11 | \$50R/\$60N |

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. **Instructor: Levas**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 67966 | W | 9:30am-10:30am | 1/11-3/22 | 11 | \$50R/\$60N |

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! **Instructor: Starr**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|-------------|
| 67974 | F | 12:00pm- 1:00pm | 1/13-3/24 | 11 | \$55R/\$66N |

Quinlan Community Center Social Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 67973 | W | 6:00pm- 7:00pm | 1/11-3/22 | 11 | \$55R/\$66N |

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 |
|-------|------|----------------|-----------|------|-------------|
| 67975 | W | 7:00pm- 8:30pm | 1/11-3/22 | 11 | \$77R/\$92N |

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! **Instructor: Chen**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|----------|------|-------------|
| 67968 | M | 8:15pm- 9:15pm | 2/27-4/3 | 6 | \$27R/\$32N |
| 67969 | Tu | 8:15pm- 9:15pm | 2/28-4/4 | 6 | \$27R/\$32N |

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.

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 1/16, 2/6, 2/20. **Instructor: Bistry**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|----------|------|-------------|
| 67967 | M | 9:30am-10:30am | 1/9-3/13 | 7 | \$32R/\$38N |

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 2/7, 2/9. **Instructor: Bistry**

Quinlan Community Center Dance Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 67980 | Tu | 5:30pm- 6:30pm | 1/17-3/14 | 8 | \$36R/\$43N |
| 67981 | Th | 5:30pm- 6:30pm | 1/19-3/16 | 8 | \$36R/\$43N |

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. **Instructor: Hu**

Quinlan Community Center Dance Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 67982 | F | 1:15pm- 2:15pm | 1/13-3/24 | 11 | \$50R/\$60N |
| 68933 | Th | 7:30pm-8:30pm | 1/12-3/23 | 11 | \$50R/\$60N |

Low Impact Aerobics

PASS

18Y+

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 1/16, 2/20. **Instructor: Rassieur**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|----------|------|--------------|
| 67983 | M W | 7:00pm- 8:00pm | 1/9-3/22 | 20 | \$90R/\$108N |

Mixed Level Pilates

PASS 18Y+

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. No class 1/16, 2/20. **Instructor Haff (M/W) Wright (TH)**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|--------------|
| 67986 | Th | 6:00pm- 7:00pm | 1/12-3/23 | 11 | \$83R/\$100N |

Quinlan Community Center Social Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|--------------|
| 67984 | M | 9:30am-10:30am | 1/9-3/20 | 9 | \$68R/\$82N |
| 67985 | W | 9:30am-10:30am | 1/11-3/22 | 11 | \$83R/\$100N |

Nia Dance/Yogalates

PASS 18Y+

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. No class 2/2. **Instructor: Bousso**

Quinlan Community Center Dance Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|-------------|
| 67988 | Th | 11:45am-12:35pm | 1/12-2/23 | 6 | \$48R/\$58N |

Sculpt and Stretch

PASS 18Y+

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 1/16, 2/20. **Instructor: McCormick**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|--------------|
| 67992 | M W | 10:40am-11:40am | 1/9-3/22 | 20 | \$90R/\$108N |
| 67994 | W | 10:40am-11:40am | 1/11-3/22 | 11 | \$50R/\$60N |
| 67993 | M | 10:40am-11:40am | 1/9-3/20 | 9 | \$41R/\$49N |

Strengthen and Stretch

PASS 18Y+

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**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|-------------|
| 67999 | Tu | 10:40am-11:40am | 1/10-3/21 | 11 | \$50R/\$60N |



See pages 64-65 for addresses of locations and a map.

Online Registration • www.reg4rec.org

Therapeutic Breathing Methods (Qigong)

PASS 18Y+

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. **Instructor: Truong**

Quinlan Community Center Social Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 68001 | Sa | 9:00am-10:15am | 1/14-3/25 | 11 | \$50R/\$60N |

Therapeutic Stretching & Breathing

PASS 18Y+

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. **Instructor: Truong**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|-------------|
| 68002 | Sa | 10:30am-11:45am | 1/14-3/25 | 11 | \$50R/\$60N |

Total Body

PASS 18Y+

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**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 68003 | Tu | 7:10pm- 8:10pm | 1/10-3/21 | 11 | \$50R/\$60N |
| 68135 | Sa | 1:30pm- 2:30pm | 1/14-3/25 | 11 | \$50R/\$60N |

Vinyasa Yoga

PASS 18Y+

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**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|-------------|
| 68007 | Sa | 8:45am-10:15am | 1/21-3/25 | 10 | \$80R/\$96N |

Quinlan Community Center Dance Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|-------------|
| 68790 | W | 12:00pm- 1:15pm | 1/18-3/22 | 10 | \$78R/\$94N |

VivAsia Fitness Dance

PASS 18Y+

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. **Instructor: Chen**

Quinlan Community Center Activity Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|-------------|
| 68008 | Th | 12:00pm- 1:00pm | 1/12-3/23 | 11 | \$50R/\$60N |

Yoga - Level 1&2**PASS** 18Y+

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 1/16, 2/20. **Instructor: Frazier**

Quinlan Community Center Dance Room

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|-----------|------|--------------|
| 68009 | M | 7:00pm- 8:15pm | 1/9-3/20 | 9 | \$70R/\$84N |
| 68010 | Th | 9:15am-10:30am | 1/12-3/23 | 11 | \$85R/\$102N |

Zumba**PASS** 18Y+

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 2/21. **Instructor: DuVal (T) Hu (W/F)**

Quinlan Community Center Dance Room

| Zumba | | | | | |
|-------------|------|-----------------|-----------|------|-------------|
| Codes | Days | Times | Dates | Mtgs | Fees |
| 68012 | Tu | 12:00pm- 1:00pm | 1/10-3/21 | 10 | \$45R/\$54N |
| 68014 | F | 12:00pm- 1:00pm | 1/13-3/24 | 11 | \$50R/\$60N |
| Zumba Plus! | | | | | |
| 68013 | W | 9:30am-10:45am | 1/11-3/22 | 11 | \$55R/\$66N |

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. **Instructor: Joyful Melodies Staff**

Joyful Melodies Music School

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|----------------|----------|------|---------------|
| 68402 | Th | 7:00pm- 8:00pm | 1/5-3/23 | 12 | \$360R/\$432N |

Group Guitar for Adults

18Y+

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 |
|-------|------|----------------|----------|------|---------------|
| 68396 | W | 8:00pm- 9:00pm | 1/4-3/22 | 12 | \$360R/\$432N |

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 |
|-------|------|----------------|----------|------|---------------|
| 68409 | Th | 7:00pm- 8:00pm | 1/5-3/23 | 12 | \$360R/\$432N |

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

16Y+

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 |
|-------|-------|----------------|---------|------|-------------|
| 68491 | Tu Th | 7:15pm- 8:15pm | 1/3-3/9 | 20 | \$166/\$183 |

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 or restart your golf career. **Instructor: Deep Cliff Staff**

Deep Cliff Golf Course

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|---------------|
| 68374 | Sa | 12:30pm- 2:00pm | 2/18-3/11 | 4 | \$150R/\$180N |

Golf for Women

18Y+

Welcome, 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. **Instructor: Deep Cliff Staff**

Deep Cliff Golf Course

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|-----------|------|---------------|
| 68362 | Sa | 10:00am-11:30am | 1/21-2/11 | 4 | \$150R/\$180N |
| 68363 | Sa | 10:00am-11:30am | 3/4-3/25 | 4 | \$150R/\$180N |

Ice Skating: Adult

16Y+

Students are introduced to basic skating skills including two foot glides, dips, swizzles, back wiggles, stops, and spins. Such skills provide knowledge to enjoy pleasure skating and to build upon. **Instructor: Ice Center of Cupertino**

Vallco Shopping Mall Ice Center

| Codes | Days | Times | Dates | Mtgs | Fees |
|-------|------|-----------------|----------|------|---------------|
| 68418 | Th | 7:00pm- 7:30pm | 2/2-3/23 | 8 | \$132R/\$158N |
| 68419 | Sa | 12:15pm-12:45pm | 1/7-2/25 | 8 | \$132R/\$158N |
| 68420 | Sa | 12:15pm-12:45pm | 3/4-4/22 | 8 | \$132R/\$158N |

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

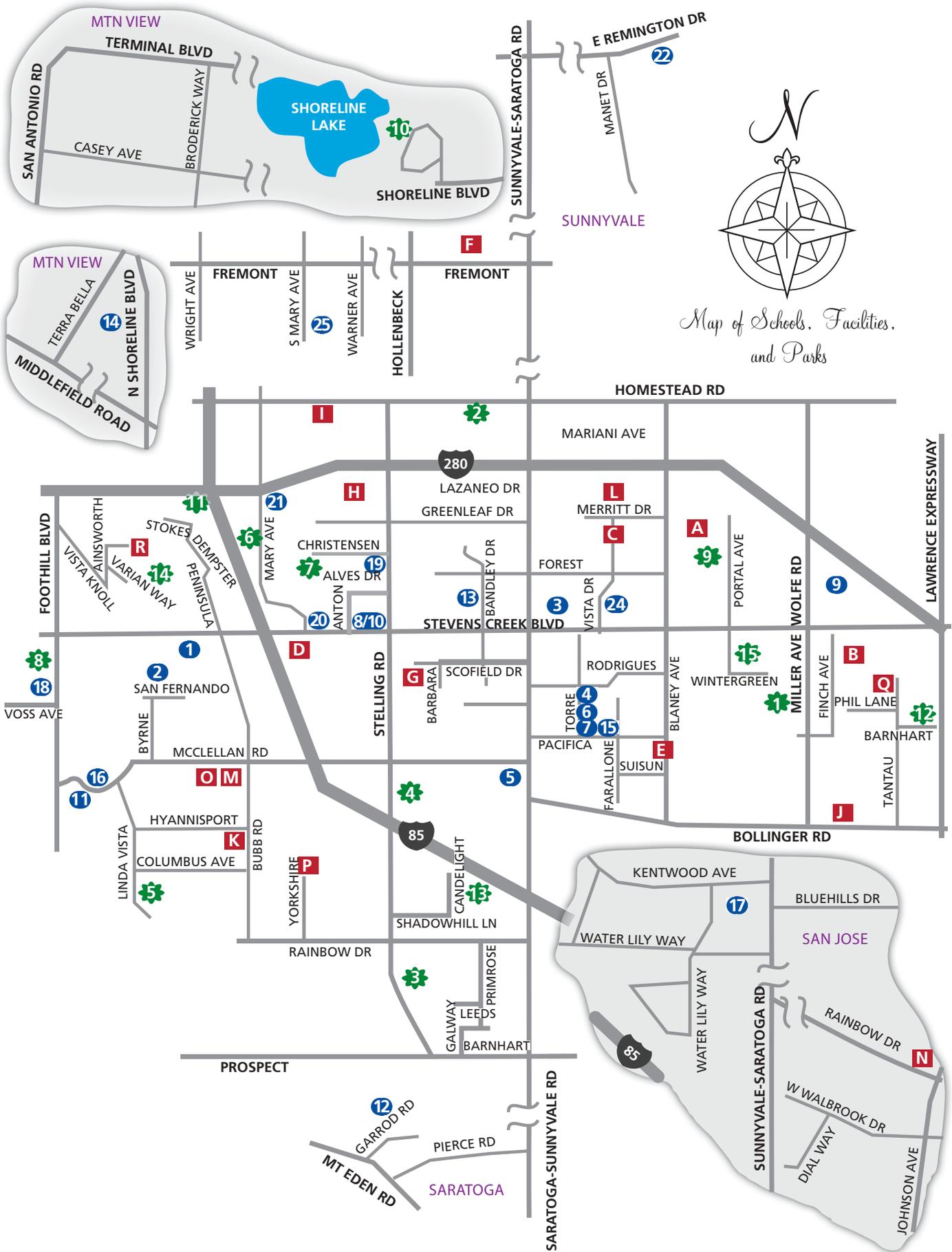
- 1** Blackberry Farm Golf Course
22100 Stevens Creek Boulevard
- 2** Blackberry Farm Picnic Grounds
21979 San Fernando Avenue
- 3** Cali Mill Plaza
Stevens Creek Boulevard at
DeAnza Boulevard
- 4** City Hall
10300 Torre Avenue
- 5** Communication Academy
7337 Bollinger Road
- 6** Community Hall & Council 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 Bandlely Drive, Suite 300
- 14** KMVT15 Community Television
1400 Terra Bella Avenue, Suite M
Mountain View
- 15** Library Field
Pacifica Drive at Torre Avenue
- 16** McClellan Ranch Preserve & EEC
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

- 1** Creekside Park
10455 Miller Avenue
- 2** Franco Park
10981 Franco Court
- 3** Hoover Park
Leeds Avenue near Primrose
- 4** Jollyman Park
1000 S. Stelling Road
- 5** Linda Vista Park
11111 Linda Vista Drive
- 6** Mary Avenue Dog Park
10309 Mary Avenue
- 7** Memorial Park
Stevens Creek Boulevard
at Mary Avenue
- 8** Monta Vista Park
22601 Voss Ave at S. Foothill Blvd
- 9** Portal Park
10225 N. Portal Avenue
- 10** Shoreline Lake
3160 N. Shoreline Boulevard
Mountain View
- 11** Somerset Park
10798 Stokes Avenue
- 12** Sterling Barnhart Park
10486 Sterling Boulevard
- 13** Three Oaks Park
Candlelight Way
- 14** Varian Park
22220 Ainsworth Drive
- 15** Wilson Park
19784 Wintergreen Drive



Important Information

- Registration for Cupertino Residents begins **November 1, 2016**
- Registration for Non-Residents Cupertino Residents begins **November 8, 2016**
- 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.
- Recreation Schedules will be available for pick-up at the Quinlan Community Center, Sports Center, Senior Center, and City Hall.
- Math Olympiads, College Prep, LIT, and Preschool are subject to random processing.

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

Activity withdrawals

Refunds will **not** be issued **7 calendar days or less** before the start of the activity.

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

Withdrawals must be requested in writing at least **8 calendar days** prior to the start of the activity for a full refund.

1 day Classes/Events

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

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

There are no refunds for: Fitness Passes, Playgrounds, Preschool, and Private Music Lessons. Separate policies apply to Preschool.

Please inquire before registering.

4 Ways to Register!

Resident registration begins November 1, 2016

Nonresident registration and walk-in registration begins November 8, 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 or fax has an equal chance of being selected.



REGISTRATION FORM

City of Cupertino Recreation and Community Services Department

CUPERTINO

Section 1 - Parent/ Legal Guardian Information (Please Print)

Privacy Form

| | |
|-----------|------------|
| Last Name | First Name |
|-----------|------------|

I confirm my contact information has not changed since my last registration. (Skip to Section 2)

| | | | |
|------------------------|--------------|-----------------|----------|
| Email Address | | Alternate Phone | |
| Home Address | | City | Zip Code |
| Emergency Contact Name | Relationship | Phone | |

Section 2 - Liability Waiver

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 NEGLIGENCE 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. You agree to allow use of your 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 (Parent/ Legal Guardian if under 18) DATE

Section 3 - Course Information/ Payment

Please check this box if you have any special needs requiring accommodations for the participant.

| Participant Name (First & Last) | Birthdate if under 18 | M/F | Grade | Activity Title | Code 1st Choice | Code 2nd Choice | Fee |
|---------------------------------|-----------------------|-----|-------|----------------|-----------------|-----------------|-----|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Total Enrolled \$ | | | | | | | |

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

Credit Card Number: _____

Expiration Date: _____ CVCF: _____ Authorized Amount: _____

Cardholder Name: _____

Authorized Signature: _____



PAYMENT OPTIONS:

- Checks—Payable to "City of Cupertino"
- Credit Card—Visa, MasterCard, Discover, AMEX
- Cash—Exact amount required (DO NOT MAIL)

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