



ADULTS

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. No class 4/7, 4/21. **Instructor: Wulff**

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
69866	F	12:30pm- 3:30pm	4/14-6/2	6	\$90R/\$108N

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
69883	Tu	10:00am-12:00pm	5/2-6/6	6	\$78R/\$94N
69884	Th	7:00pm- 9:00pm	5/4-6/8	6	\$78R/\$94N

Oil Painting: Portrait of a Rose

18Y+

With step-by-step instruction, we will paint a beautiful, rich red-orange rose on a black 11'x14' canvas. Learn to shade, blend, and highlight. The instructor will provide the canvas. Materials fee: \$10. **Instructor: Barney**

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
69864	Th	10:00am-12:30pm	5/4-5/11	2	\$80R/\$96N

Potter's Wheel

18Y+

Hands-on two-hour class pottery classes. No class 4/10-4/14.

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
69898	M	10:30am-12:30pm	3/27-5/15	8	\$337R/\$405N
69902	M	7:00pm- 9:00pm	3/27-5/15	8	\$337R/\$405N

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
69901	Tu	10:30am-12:30pm	3/28-5/23	8	\$337R/\$405N
69899	Tu	7:00pm- 9:00pm	3/28-5/16	8	\$337R/\$405N

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
69865	F	9:00am-12:00pm	3/31-6/9	8	\$105R/\$126N

See pages 84-87 for general information, fee waiver assistance, disability accommodations, refund policy, registration info and addresses.

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.

DANCE

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
68158	Tu	7:45pm- 8:45pm	3/28-4/25	5	\$45R/\$54N
68159	Tu	7:45pm- 8:45pm	5/9-6/6	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.

Codes	Days	Times	Dates	Mtgs	Fees
68156	Tu	6:45pm- 7:45pm	3/28-4/25	5	\$45R/\$54N
68157	Tu	6:45pm- 7:45pm	5/9-6/6	5	\$45R/\$54N



CREATIVE BAKING & SEWING PARTIES

Join Heidi Merry at Monta Vista Recreation Center in the Kitchen for a creative party!

For booking information, call the Recreation Office at 408-777-3120 or email Heidi at heidimerry@comcast.net.

A \$150 deposit & payment must be made in person at the Quinlan Community Center, Monday-Friday between 8am & 5pm, to hold a date.



Online Registration • www.reg4rec.org

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: Orrock

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68195	Tu	1:15pm- 2:00pm	4/11-5/16	6	\$72R/\$86N
68196	W	8:10pm- 8:55pm	4/12-5/17	6	\$72R/\$86N
70441	W	8:55pm- 9:40pm	4/12-5/17	6	\$72R/\$86N

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
68197	Th	10:45am-11:30am	4/13-5/18	6	\$72R/\$86N



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 Office 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 Office 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
68144	F	9:30am-10:30am	3/31-6/9	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

Memorial Park Gazebo

FREE DEMO CLASS!

Codes	Days	Times	Dates	Mtgs	Fees
68146	Th	9:30am-10:15am	4/13	1	FREE
68147	Th	9:30am-10:15am	5/11	1	FREE

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 4/13, 5/18. **Instructor: McCormick**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68148	Th	10:40am-11:40am	3/30-6/8	9	\$41R/\$49N

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 5/29. **Instructor: Thurman**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
68154	M	12:00pm- 1:30pm	4/3-6/5	9	\$72R/\$86N

Body by Barre

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. No class 5/29. **Instructor: Thompson**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
68160	M	5:30pm- 6:30pm	3/27-6/5	10	\$75R/\$90N
69896	M W	5:30pm- 6:30pm	3/27-4/29	10	\$75R/\$90N
68161	W	5:30pm- 6:30pm	3/29-6/7	11	\$83R/\$100N
69897	M W	5:30pm- 6:30pm	5/1-6/7	11	\$83R/\$100N



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.
Instructor: Thoppay

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
68163	W	7:00pm- 8:00pm	4/12-6/7	9	\$41R/\$49N

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

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68164	Tu	9:40am-10:40am	3/28-6/6	11	\$50R/\$60N
68165	Th	9:30am-10:30am	3/30-6/8	11	\$50R/\$60N

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. **Instructor: Wright**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68166	Th	7:10pm- 8:10pm	3/30-6/8	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
68167	W	9:30am-10:30am	3/29-6/7	11	\$50R/\$60N

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 5/29. **Instructor: Bistry**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68168	M	9:30am-10:30am	4/3-6/5	9	\$41R/\$49N

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 4/12, 4/19, 4/21.
Instructor: Starr

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68176	F	12:00pm- 1:00pm	3/31-5/19	7	\$35R/\$42N

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
68175	W	6:00pm- 7:00pm	3/29-5/17	6	\$30R/\$36N

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. No class 4/12, 4/19.
Instructor: Starr

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
68177	W	7:00pm- 8:30pm	3/29-5/17	6	\$42R/\$50N

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 or just have fun. This class is best suited for people familiar with the basic salsa and cha cha steps or those with some experience in other dances. Instructor: Bistry

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
68180	Tu	5:30pm- 6:30pm	4/4-6/6	10	\$45R/\$54N

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
70031	Th	7:30pm- 8:30pm	3/30-6/8	11	\$50R/\$60N
68182	F	1:15pm- 2:15pm	3/31-6/9	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 5/29.
Instructor: Rassieur

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68183	M W	7:00pm- 8:00pm	3/27-6/7	21	\$95R/\$114N

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 4/12, 5/29.
Instructor: Haff (M/W) Wright (TH)

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68186	Th	6:00pm- 7:00pm	3/30-6/8	11	\$83R/\$100N

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
68016	M	9:30am-10:30am	3/27-6/5	10	\$75R/\$90N
68017	W	9:30am-10:30am	3/29-6/7	10	\$75R/\$90N

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 5/29. Instructor: McCormick

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68191	M W	10:40am-11:40am	3/27-6/7	21	\$95R/\$114N
68192	M	10:40am-11:40am	3/27-6/5	10	\$45R/\$54N
68193	W	10:40am-11:40am	3/29-6/7	11	\$50R/\$60N

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
68198	Tu	10:40am-11:40am	3/28-6/6	11	\$50R/\$60N

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. No class 4/8, 4/22, 4/29, 5/27. **Instructor: Truong**

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
68199	Sa	9:00am-10:15am	4/1-6/10	7	\$32R/\$38N

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. No class 4/8, 4/22, 4/29, 5/27. **Instructor: Truong**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68200	Sa	10:30am-11:45am	4/1-6/10	7	\$32R/\$38N

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. No class 4/29. **Instructor: Hu**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68201	Tu	7:10pm- 8:10pm	3/28-6/6	11	\$50R/\$60N
68202	Sa	1:30pm- 2:30pm	4/1-6/10	10	\$45R/\$54N

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. No class 4/22, 4/29. **Instructor: Kongboon**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69889	W	5:45pm- 6:45pm	3/29-6/7	11	\$55R/\$66N
68206	Sa	8:45am-10:15am	4/1-6/10	9	\$72R/\$86N

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
69888	W	12:00pm- 1:15pm	3/29-6/7	11	\$83R/\$100N

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
68207	Th	12:00pm- 1:00pm	3/30-6/8	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 4/10, 5/29. **Instructor: Frazier**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
68208	M	7:00pm- 8:15pm	3/27-5/22	8	\$62R/\$74N
68209	Th	9:15am-10:30am	3/30-5/18	8	\$62R/\$74N

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

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
68210	Tu	12:00pm- 1:00pm	3/28-6/6	11	\$50R/\$60N
68212	F	12:00pm- 1:00pm	3/31-6/9	11	\$50R/\$60N

Zumba Plus!

Codes	Days	Times	Dates	Mtgs	Fees
68211	W	9:30am-10:45am	3/29-6/7	11	\$55R/\$66N

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

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
70187	Th	7:00pm- 8:00pm	3/30-6/8	11	\$330R/\$396N

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
70184	W	8:00pm- 9:00pm	3/29-6/7	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
70192	Th	7:00pm- 8:00pm	3/30-6/8	11	\$330R/\$396N

SPORTS

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 Golf Course

Codes	Days	Times	Dates	Mtgs	Fees
70076	Sa	1:00pm- 2:30pm	3/25-4/15	4	\$150R/\$180N
70137	M Th	6:00pm- 7:30pm	4/17-4/27	4	\$150R/\$180N
70138	M Th	6:30pm- 8:00pm	5/8-5/18	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 Golf Course

Codes	Days	Times	Dates	Mtgs	Fees
70077	Sa	10:00am-11:30am	4/8-4/29	4	\$150R/\$180N
70078	Sa	10:00am-11:30am	5/6-5/27	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
68421	Th	7:00pm- 7:30pm	5/25-7/13	8	\$132R/\$158N
70079	Sa	12:15pm-12:45pm	4/29-6/17	8	\$132R/\$158N

Online Registration • www.reg4rec.org

TABLE TENNIS

Table Tennis Beginner 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 Activities

Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
69007	Su	4:00pm- 5:30pm	3/26-4/30	6	\$126R/\$139N
69549	Su	4:00pm- 5:30pm	5/7-6/11	6	\$126R/\$139N



PICKLEBALL

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 Activities

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
69818	Tu	9:30am-10:30am	3/21-4/25	6	\$49R/\$54N
69819	Tu	10:30am-11:30am	3/21-4/25	6	\$49R/\$54N
69820	Th	1:30pm- 2:30pm	3/23-4/27	6	\$49R/\$54N
69821	Th	2:30pm- 3:30pm	3/23-4/27	6	\$49R/\$54N
69822	Tu	9:30am-10:30am	5/2-6/6	6	\$49R/\$54N
69823	Tu	10:30am-11:30am	5/2-6/6	6	\$49R/\$54N
69824	Th	1:30pm- 2:30pm	5/4-6/8	6	\$49R/\$54N
69825	Th	2:30pm- 3:30pm	5/4-6/8	6	\$49R/\$54N



CERAMICS & ART PARTIES

Join Trudi at Wilson Park Building Ceramics Center for a festive art party! For booking information call the Recreation Office at 408-777-3120 or email Trudi at tab01@sbcglobal.net.

We have party levels for customizability and varying number of party guests. A deposit and full payment must be made in person at the Quinlan Community Center, Monday-Friday 8am-5pm to hold the date.



TENNIS

Tennis, Adult, 1. Beginning

16Y+

For students with little or no previous tennis instruction. Students will be introduced to the forehand, backhand, serve, and basic vocabulary. Ratio is 6:1. **Instructor: Lifetime Activities**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
69023	M	9:00am-10:30am	3/20-4/24	6	\$174R/\$192N
69024	W	9:00am-10:30am	3/22-4/26	6	\$174R/\$192N
69025	W	6:00pm- 7:00pm	3/22-4/26	6	\$117R/\$129N
69026	Sa	8:00am- 9:00am	3/25-4/29	6	\$117R/\$129N
69027	Sa	2:00pm- 3:30pm	3/25-4/29	6	\$174R/\$192N
69028	Su	8:00am- 9:00am	3/26-4/30	6	\$117R/\$129N
69207	M	9:00am-10:30am	5/1-6/5	6	\$174R/\$192N
69208	W	9:00am-10:30am	5/3-6/7	6	\$174R/\$192N
69209	W	6:00pm- 7:00pm	5/3-6/7	6	\$117R/\$129N
69210	Sa	8:00am- 9:00am	5/6-6/10	6	\$117R/\$129N
69211	Sa	2:00pm- 3:30pm	5/6-6/10	6	\$174R/\$192N
69212	Su	8:00am- 9:00am	5/7-6/11	6	\$117R/\$129N

Tennis, Adult, 2. 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. Ratio is 6:1. **Instructor: Lifetime Activities**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
69011	M	10:30am-12:00pm	3/20-4/24	6	\$174R/\$192N
69012	W	10:30am-12:00pm	3/22-4/26	6	\$174R/\$192N
69013	W	7:00pm- 8:30pm	3/22-4/26	6	\$174R/\$192N
69014	Sa	8:00am- 9:00am	3/25-4/29	6	\$117R/\$129N
69015	Sa	2:00pm- 3:30pm	3/25-4/29	6	\$174R/\$192N
69350	M	10:30am-12:00pm	5/1-6/5	6	\$174R/\$192N
69351	W	10:30am-12:00pm	5/3-6/7	6	\$174R/\$192N
69352	W	7:00pm- 8:30pm	5/3-6/7	6	\$174R/\$192N
69353	Sa	8:00am- 9:00am	5/6-6/10	6	\$117R/\$129N
69354	Sa	2:00pm- 3:30pm	5/6-6/10	6	\$174R/\$192N

Tennis 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. Ratio is 6:1. **Instructor: Lifetime Activities**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
69047	M	7:00pm- 8:30pm	3/20-4/24	6	\$174R/\$192N
69048	W	7:00pm- 8:30pm	3/22-4/26	6	\$174R/\$192N
69049	Su	2:00pm- 3:30pm	3/26-4/30	6	\$105R/\$116N
69047	M	7:00pm- 8:30pm	3/20-4/24	6	\$174R/\$192N
69048	W	7:00pm- 8:30pm	3/22-4/26	6	\$174R/\$192N
69049	Su	2:00pm- 3:30pm	3/26-4/30	6	\$105R/\$116N

Tennis 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. Ratio is 6:1. **Instructor: Lifetime Activities**

Cupertino Sports Center Tennis Courts

Adult Academy 3.0/3.5 Level

Codes	Days	Times	Dates	Mtgs	Fees
69041	Tu	9:00am-10:30am	3/21-4/25	6	\$174R/\$192N
69224	Th	7:00pm- 8:30pm	3/23-4/27	6	\$174R/\$192N
69228	Tu	9:00am-10:30am	5/2-6/6	6	\$174R/\$192N
69232	Th	7:00pm- 8:30pm	5/4-6/8	6	\$174R/\$192N

Cardio Tennis

Codes	Days	Times	Dates	Mtgs	Fees
69040	M	6:00pm- 7:00pm	3/20-4/24	6	\$117R/\$129N
69223	Th	6:00pm- 7:00pm	3/23-4/27	6	\$117R/\$129N
69227	M	6:00pm- 7:00pm	5/1-6/5	6	\$117R/\$129N
69231	Th	6:00pm- 7:00pm	5/4-6/8	6	\$117R/\$129N

Drill

Codes	Days	Times	Dates	Mtgs	Fees
69225	Sa	8:00am- 9:00am	3/25-4/29	6	\$117R/\$129N
69233	Sa	8:00am- 9:00am	5/6-6/10	6	\$117R/\$129N

Improve Your Serve

Codes	Days	Times	Dates	Mtgs	Fees
69039	M	6:00pm- 7:00pm	3/20-4/24	6	\$117R/\$129N
69226	M	6:00pm- 7:00pm	5/1-6/5	6	\$117R/\$129N

Men's Advanced Drill 3.5+

Codes	Days	Times	Dates	Mtgs	Fees
69222	Tu	7:00pm- 8:00pm	3/21-4/25	6	\$117R/\$129N
69230	Tu	7:00pm- 8:00pm	5/2-6/6	6	\$117R/\$129N

Women's Advanced Drill 3.5+

Codes	Days	Times	Dates	Mtgs	Fees
69042	Tu	6:00pm- 7:00pm	3/21-4/25	6	\$117R/\$129N
69229	Tu	6:00pm- 7:00pm	5/2-6/6	6	\$117R/\$129N