



ART

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. No class 8/1, 8/3.
Instructor: Lee

Senior Center Card Room

Codes	Days	Times	Dates	Mtgs	Fees
71645	Tu	10:00am-12:00pm	7/18-8/29	6	\$78R/\$94N

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
71646	Th	7:00pm- 9:00pm	7/20-8/31	6	\$78R/\$94N

Beginning Potters

18Y+

Join us for this hands-on two-hour class covering the mechanics of wheel throwing. We have just seven wheels so you'll get the attention you need to learn this relaxing medium. All pieces will be glazed and fired by the last class. **Instructor:** Trudi

Communication Academy

Codes	Days	Times	Dates	Mtgs	Fees
72188	M	7:00pm- 9:00pm	6/12-7/24	7	\$295R/\$354N

COMMUNITY



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.

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
70924	Th	6:30pm- 9:30pm	7/6-7/13	2	\$49R/\$59N
70925	Tu	6:30pm- 9:30pm	7/11-7/18	2	\$49R/\$59N

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 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

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. **Instructor: Haff**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69906	F	9:30am-10:30am	6/16-8/25	11	\$50R/\$60N

FREE DEMO 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

Codes	Days	Times	Dates	Mtgs	Fees
69908	Tu	9:30am-10:15am	6/20	1	FREE
69909	Tu	9:30am-10:15am	7/11	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 7/27. **Instructor: McCormick**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69910	Th	10:40am-11:40am	6/15-8/17	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. **Instructor: Thurman**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
69916	M	12:00pm- 1:30pm	6/19-8/14	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. **Instructor: Thompson**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
69922	M	5:30pm- 6:30pm	6/12-8/21	11	\$83R/\$100N
69924	M W	5:30pm- 6:30pm	6/12-7/12	10	\$75R/\$90N
69923	W	5:30pm- 6:30pm	6/14-8/23	11	\$83R/\$100N
69925	M W	5:30pm- 6:30pm	7/17-8/23	12	\$90R/\$108N

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 7/5. **Instructor: Thoppay**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
69927	W	7:00pm- 8:00pm	6/14-8/9	5	\$23R/\$28N

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 7/4. **Instructor: Wright (T) Russum (TH)**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69928	Tu	9:40am-10:40am	6/13-8/22	10	\$45R/\$54N
69929	Th	9:30am-10:30am	6/15-8/24	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
69930	Th	7:10pm- 8:10pm	6/15-8/24	11	\$50R/\$60N

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. No class 7/4. **Instructor: Chen**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69933	M	8:15pm- 9:15pm	6/19-8/28	11	\$50R/\$60N
69934	Tu	8:15pm- 9:15pm	6/20-8/29	10	\$45R/\$54N

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 7/3. **Instructor: Bistry**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69932	M	9:30am-10:30am	6/12-8/14	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! **Instructor: Starr**

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
68027	W	6:00pm- 7:00pm	6/21-8/23	10	\$50R/\$60N

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69942	F	12:00pm- 1:00pm	6/23-8/25	10	\$50R/\$60N

Hula Hoop Dance Mvmnt/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
68031	W	7:00pm- 8:30pm	6/21-8/23	10	\$70R/\$84N

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. No class 7/4. **Instructor: Bistry**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
69947	Tu	5:30pm- 6:30pm	6/13-8/15	9	\$41R/\$49N

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 (Th) Tsai (F)**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71901	Th	7:30pm- 8:30pm	6/15-8/24	11	\$50R/\$60N
69949	F	1:15pm- 2:15pm	6/16-8/25	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. **Instructor: Rassieur**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69950	M W	7:00pm- 8:00pm	6/12-8/23	22	\$99R/\$119N

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 7/3. **Instructor: Haff (M/W) Wright (TH).**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
68019	M	9:30am-10:30am	6/12-8/21	10	\$75R/\$90N

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68020	W	9:30am-10:30am	6/14-8/23	11	\$83R/\$100N
69953	Th	6:00pm- 7:00pm	6/15-8/24	11	\$83R/\$100N

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 7/3. **Instructor: McCormick**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69959	M	10:40am-11:40am	6/12-8/21	10	\$45R/\$54N
69960	W	10:40am-11:40am	6/14-8/23	11	\$50R/\$60N
69958	M W	10:40am-11:40am	6/12-8/23	21	\$95R/\$114N



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! No class 7/4. **Instructor: Wright**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69965	Tu	10:40am-11:40am	6/13-8/22	10	\$45R/\$54N

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 7/4. **Instructor: Hu**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69968	Tu	7:10pm- 8:10pm	6/13-8/22	10	\$45R/\$54N
69969	Sa	1:30pm- 2:30pm	6/17-8/26	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. No class 6/24. **Instructor: Kongboon**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
69974	W	12:00pm- 1:15pm	6/14-8/23	11	\$83R/\$100N

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
69975	W	5:45pm- 6:45pm	6/14-8/23	11	\$55R/\$66N
69973	Sa	8:45am-10:15am	6/17-8/26	10	\$80R/\$96N

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
69976	Th	12:00pm- 1:00pm	6/15-8/24	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. **Instructor: Frazier**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
69977	M	7:00pm- 8:15pm	7/3-8/21	8	\$62R/\$74N
69978	Th	9:15am-10:30am	7/6-8/24	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. No class 7/4. **Instructor: DuVal (T) Hu (W/F)**

Quinlan Community Center Activity Room

Zumba					
Codes	Days	Times	Dates	Mtgs	Fees
71813	M	12:00pm- 1:00pm	6/12-8/21	11	\$50R/\$60N

Quinlan Community Center Dance Room

Zumba					
Codes	Days	Times	Dates	Mtgs	Fees
69979	Tu	12:00pm- 1:00pm	6/13-8/22	10	\$45R/\$54N
69981	F	12:00pm- 1:00pm	6/16-8/25	11	\$50R/\$60N

Zumba Plus!

Codes	Days	Times	Dates	Mtgs	Fees
69980	W	9:30am-10:45am	6/14-8/23	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
71987	Th	7:00pm- 8:00pm	6/15-8/24	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
71984	W	8:00pm- 9:00pm	6/14-8/23	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
71992	Th	7:00pm- 8:00pm	6/15-8/24	11	\$330R/\$396N

SPORTS**Adult Golf****18Y+**

This class emphasizes installing reliable 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. No class 7/8.

Instructor: Deep Cliff Staff

Deep Cliff Golf Course Golf Course

Codes	Days	Times	Dates	Mtgs	Fees
71827	Sa	10:30am-12:00pm	6/3-6/24	4	\$150R/\$180N
71830	Sa	10:30am-12:00pm	7/1-7/29	4	\$150R/\$180N
71831	Sa	10:30am-12:00pm	8/5-8/26	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
70140	Sa	10:00am-11:30am	6/3-6/24	4	\$150R/\$180N
70143	M W	6:00pm- 7:30pm	6/5-6/14	4	\$150R/\$180N
70141	Sa	10:00am-11:30am	7/8-7/29	4	\$150R/\$180N
70144	Tu Th	6:00pm- 7:30pm	7/11-7/20	4	\$150R/\$180N
70142	Sa	10:00am-11:30am	8/5-8/26	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
70124	Sa	12:15pm-12:45pm	6/24-8/12	8	\$132R/\$158N
70123	Th	7:00pm- 7:30pm	7/20-9/7	8	\$132R/\$158N
70125	Sa	12:15pm-12:45pm	8/19-10/7	8	\$132R/\$158N

**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.

**TABLE TENNIS****Beg through Int****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
71238	Su	4:00pm- 5:30pm	6/18-7/23	6	\$126R/\$139N
71239	Su	4:00pm- 5:30pm	7/30-9/3	6	\$126R/\$139N

TENNIS**Beginning****16Y+**

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

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
71565	M	8:00am- 9:00am	6/12-7/17	6	\$117R/\$129N
71566	M	6:00pm- 7:30pm	6/12-7/17	6	\$174R/\$192N
71568	W	8:00am- 9:00am	6/14-7/19	6	\$117R/\$129N
71569	W	6:00pm- 7:30pm	6/14-7/19	6	\$174R/\$192N
71571	Sa	8:00am- 9:00am	6/17-7/22	6	\$117R/\$129N
71572	Su	8:00am- 9:00am	6/18-7/23	6	\$117R/\$129N
71573	M	8:00am- 9:00am	7/24-8/28	6	\$117R/\$129N
71574	M	6:00pm- 7:30pm	7/24-8/28	6	\$174R/\$192N
71576	W	8:00am- 9:00am	7/26-8/30	6	\$117R/\$129N
71577	W	6:00pm- 7:30pm	7/26-8/30	6	\$174R/\$192N
71579	Sa	8:00am- 9:00am	7/29-9/2	6	\$117R/\$129N
71580	Su	8:00am- 9:00am	7/30-9/3	6	\$117R/\$129N



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
71581	M	8:00am- 9:00am	6/12-7/17	6	\$117R/\$129N
71583	M	7:30pm- 9:00pm	6/12-7/17	6	\$174R/\$192N
71584	W	8:00am- 9:00am	6/14-7/19	6	\$117R/\$129N
71586	W	7:30pm- 9:00pm	6/14-7/19	6	\$174R/\$192N
71587	Sa	8:00am- 9:00am	6/17-7/22	6	\$117R/\$129N
71588	Su	8:00am- 9:00am	6/18-7/23	6	\$117R/\$129N
71589	M	8:00am- 9:00am	7/24-8/28	6	\$117R/\$129N
71591	M	7:30pm- 9:00pm	7/24-8/28	6	\$174R/\$192N
71592	W	8:00am- 9:00am	7/26-8/30	6	\$117R/\$129N
71594	W	7:30pm- 9:00pm	7/26-8/30	6	\$174R/\$192N
71595	Sa	8:00am- 9:00am	7/29-9/2	6	\$117R/\$129N
71596	Su	8:00am- 9:00am	7/30-9/3	6	\$117R/\$129N

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
71597	M	7:30pm- 9:00pm	6/12-7/17	6	\$174R/\$192N
71598	Tu	8:00am- 9:00am	6/13-7/18	6	\$117R/\$129N
71599	W	7:30pm- 9:00pm	6/14-7/19	6	\$174R/\$192N
71600	Sa	8:00am- 9:00am	6/17-7/22	6	\$117R/\$129N
71609	M	7:30pm- 9:00pm	7/24-8/28	6	\$174R/\$192N
71610	Tu	8:00am- 9:00am	7/25-8/29	6	\$117R/\$129N
71611	W	7:30pm- 9:00pm	7/26-8/30	6	\$174R/\$192N
71612	Sa	8:00am- 9:00am	7/29-9/2	6	\$117R/\$129N

Drill & Specialty Programs

16Y+

Prerequisite: Intermediate level and above. Academy classes focus on helping players improve the skills necessary to compete at their current level and beyond. Cardio Tennis is an amazing fun workout that will get your heart pumping! Drill classes allow players to practice a variety of shots and point play scenarios through fast-paced drills and games. You will hit a lot of balls and get the practice you need! Specialty Net-Game class gives players the moves and confidence to become an effective net player.

Instructor: Lifetime Activities

Cupertino Sports Center Tennis Courts

Adult Academy 3.0+ NTRP

Codes	Days	Times	Dates	Mtgs	Fees
71277	Th	7:00pm- 8:30pm	6/15-7/20	6	\$174R/\$192N
71617	Th	7:00pm- 8:30pm	7/27-8/31	6	\$174R/\$192N

Advanced Drill 3.5+ NTRP

Codes	Days	Times	Dates	Mtgs	Fees
71275	Tu	7:00pm- 8:00pm	6/13-7/18	6	\$117R/\$129N
71615	Tu	7:00pm- 8:00pm	7/25-8/29	6	\$117R/\$129N

Cardio Tennis

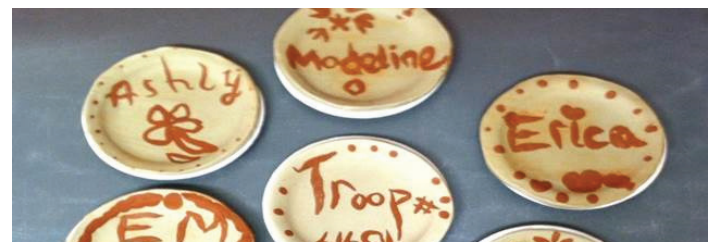
Codes	Days	Times	Dates	Mtgs	Fees
71273	M	6:00pm- 7:00pm	6/12-7/17	6	\$117R/\$129N
71276	Th	6:00pm- 7:00pm	6/15-7/20	6	\$117R/\$129N
71613	M	6:00pm- 7:00pm	7/24-8/28	6	\$117R/\$129N
71616	Th	6:00pm- 7:00pm	7/27-8/31	6	\$117R/\$129N

Drill

Codes	Days	Times	Dates	Mtgs	Fees
71274	Tu	6:00pm- 7:00pm	6/13-7/18	6	\$117R/\$129N
71278	Sa	8:00am- 9:00am	6/17-7/22	6	\$117R/\$129N
71614	Tu	6:00pm- 7:00pm	7/25-8/29	6	\$117R/\$129N
71618	Sa	8:00am- 9:00am	7/29-9/2	6	\$117R/\$129N

Improve Your Net-Game

Codes	Days	Times	Dates	Mtgs	Fees
71279	Su	8:00am- 9:00am	6/18-7/23	6	\$117R/\$129N
71619	Su	8:00am- 9:00am	7/30-9/3	6	\$117R/\$129N



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.