



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. Materials fee: \$40. **Instructor: Wulff**

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
73230	Tu	10:00am- 1:00pm	9/5-10/10	6	\$105R/\$126N

Fashion and Sewing Crafts

18Y+

Beginning sewing machine instruction, colorful accessories, craft projects, and fun patterns for you to choose from. Sewing machines and materials provided. Materials fee: \$30. **Instructor: Merry**

Monta Vista Recreation Center Kitchen

Codes	Days	Times	Dates	Mtgs	Fees
73295	Su	3:00pm- 5:00pm	10/22-10/29	2	\$50R/\$60N

Ikebana Expressions

18Y+

Come to learn Ikebana, Japanese art of flower arrangement, using seasonal flower material to create your ikebana expressions in the class. Materials fee \$10 per meeting due in full to instructor at first class meeting. Please bring ikebana scissors/pruners, a pin frog flower holder, and a shallow vase. No class 11/21, 11/23. **Instructor: Lee**

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
72178	Th	7:00pm- 9:00pm	9/14-10/19	6	\$78R/\$94N

Quinlan Community Center Music Room

Codes	Days	Times	Dates	Mtgs	Fees
72179	Tu	10:00am-12:00pm	9/12-10/17	6	\$78R/\$94N
73053	Tu	10:00am-12:00pm	10/24-12/5	6	\$78R/\$94N
73054	Th	7:00pm- 9:00pm	10/26-12/7	6	\$78R/\$94N

Potter's Wheel

18Y+

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. **Instructor: Burney**

Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
73266	Tu	10:30am-12:30pm	8/29-10/17	8	\$337R/\$404N
73270	W	7:00pm- 9:00pm	8/30-10/18	8	\$337R/\$404N
73268	Tu	10:30am-12:30pm	10/24-12/12	7	\$295R/\$353N
73271	W	7:00pm- 9:00pm	10/25-12/13	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. **Instructor: Burney**

Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
73272	M	10:30am-12:30pm	8/28-10/16	7	\$295R/\$353N
73267	M	7:00pm- 9:00pm	8/28-10/16	7	\$337R/\$404N
73273	M	10:30am-12:30pm	10/23-12/4	7	\$295R/\$353N
73269	M	7:00pm- 9:00pm	10/23-12/11	7	\$295R/\$353N

Mixed Media

18Y+

Join Trudi for a relaxing 2-hour escape into the art studio. Each week we will introduce a new art medium including jewelry, silk-painting, mosaics, and more! No previous experience necessary. **Instructor: Burney**

Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
73332	W	10:30am-12:30pm	8/30-10/18	8	\$337R/\$405N
73333	W	10:30am-12:30pm	10/25-12/13	7	\$295R/\$354N

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: Weber**

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
73227	F	9:00am-12:00pm	9/8-10/27	8	\$105R/\$126N

**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.

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.

DANCE**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 Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71700	W	8:10pm- 8:55pm	9/13-10/18	6	\$72R/\$86N
73294	W	8:10pm- 8:55pm	11/1-12/6	6	\$72R/\$86N

EDUCATION**Professional Public Speaking****18Y+**

Workshops are designed to help adults gain confidence, develop compelling content, deliver speeches with clarity and conviction, and turn professional communication into a productive and positive experience. Whether you work in a corporate, education, or non-profit setting, personal coaching will help you gain the practical knowledge and skills to succeed in career and life. **Instructor: Communication Academy**

Communication Academy

Codes	Days	Times	Dates	Mtgs	Fees
73206	Sa	4:30pm- 6:00pm	9/9-12/9	12	\$535R/\$642N

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
73052	Tu	6:30pm- 9:30pm	10/10-10/17	2	\$49R/\$59N
73051	Th	6:30pm- 9:30pm	10/26-11/2	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 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. No class 11/10, 11/24. **Instructor: Haff**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71650	F	9:30am-10:30am	9/1-12/15	14	\$63R/\$76N

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
73252	Th	9:30am-10:15am	9/21	1	FREE
73253	Th	9:30am-10:15am	10/26	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 10/5, 11/23. Instructor: McCormick

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71651	Th	10:40am-11:40am	8/31-12/7	13	\$65R/\$78N

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 11/27. Instructor: Thurman

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71657	M	12:00pm- 1:30pm	9/11-12/11	13	\$104R/\$125N

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
71664	Tu	5:30pm- 6:30pm	8/30-12/13	16	\$120R/\$144N

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 11/22.

Instructor: Thoppay

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71668	W	7:00pm- 8:00pm	9/6-12/13	14	\$63R/\$76N

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 strength. No class 11/23. Instructor: Wright (Tu) TBD (Th)

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71669	Tu	9:40am-10:40am	8/29-12/12	16	\$72R/\$86N
71670	Th	9:30am-10:30am	8/31-12/14	15	\$68R/\$82N

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 11/23.

Instructor: Wright

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71671	Th	7:10pm- 8:10pm	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! Instructor: Chen

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71673	M	8:15pm- 9:15pm	10/9-12/11	10	\$45R/\$54N
71674	Tu	8:15pm- 9:15pm	10/10-12/12	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 9/4.

Instructor: Bistry

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71672	M	9:30am-10:30am	8/28-12/11	15	\$68R/\$82N



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.



Hula Hoop Dance Fitness: Series 1  **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 9/20, 11/10, 11/24.
Instructor: Starr

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71680	F	12:00pm- 1:00pm	9/1-12/15	14	\$70R/\$84N

Quinlan Community Center Social Room


Codes	Days	Times	Dates	Mtgs	Fees
68029	W	6:00pm- 7:00pm	8/30-12/13	15	\$75R/\$90N

Hula Hoop Dance Movement & Flow: Series 2  **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 9/20.
Instructor: Starr

Quinlan Community Center Social Room


Codes	Days	Times	Dates	Mtgs	Fees
68032	W	7:00pm- 8:30pm	8/30-12/13	15	\$105R/\$126N

Line Dancercise  **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 11/10, 11/23, 11/24. **Instructor: Hu (Th) Tsai (F)**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73255	Th	7:30pm- 8:30pm	8/31-12/14	15	\$68R/\$82N
71686	F	1:15pm- 2:15pm	9/8-12/15	13	\$59R/\$71N

Low Impact Aerobics  **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 9/4.
Instructor: Rassieur

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71687	M W	7:00pm- 8:00pm	8/28-12/6	29	\$131R/\$157N

Mixed Level Pilates  **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 9/4, 11/23.
Instructor: Haff (M/W) Wright (Th)

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
68023	W	9:30am-10:30am	8/30-12/13	16	\$120R/\$144N
71690	Th	6:00pm- 7:00pm	8/31-12/14	15	\$113R/\$136N

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
68022	M	9:30am-10:30am	8/28-12/11	15	\$113R/\$136N

Nia Dance/Yogalates  **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 move through a sequence of pilates and yoga poses to strengthen the core, improve flexibility, balance, and posture. No class 11/23.
Instructor: Bouso

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71691	Th	11:45am-12:35pm	9/7-10/5	5	\$38R/\$46N
73293	Th	11:45am-12:35pm	10/26-11/30	5	\$38R/\$46N

Sculpt and Stretch  **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 9/4, 11/22.
Instructor: McCormick

Quinlan Community Center Activity Room


Codes	Days	Times	Dates	Mtgs	Fees
71695	M W	10:40am-11:40am	8/28-12/13	30	\$135R/\$162N
71696	M	10:40am-11:40am	8/28-12/11	15	\$68R/\$82N
71697	W	10:40am-11:40am	8/30-12/13	15	\$68R/\$82N

Strengthen and Stretch  **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
71702	Tu	10:40am-11:40am	8/29-12/12	16	\$72R/\$86N

Strong by Zumba  **18Y+**

A high-intensity interval training (HIIT) total body workout with NO dancing, where fitness moves are synced to music to motivate you. Use your own body weight to condition muscles, burn calories, and get stronger. **Instructor: DuVal**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73263	W	12:00pm- 1:00pm	8/30-12/13	16	\$72R/\$86N

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 9/30, 10/14, 11/11, 11/25, 12/2. **Instructor: Truong**

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
71703	Sa	9:00am-10:15am	9/9-12/16	10	\$45R/\$54N

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 9/30, 10/14, 11/11, 11/25, 12/2. **Instructor: Truong**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71704	Sa	10:30am-11:45am	9/9-12/16	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. **Instructor: Hu**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71705	Tu	7:10pm- 8:10pm	8/29-12/12	16	\$72R/\$86N

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 11/11. **Instructor: Kongboon**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71711	W	12:00pm- 1:15pm	8/30-11/29	14	\$109R/\$131N

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71710	Sa	8:45am-10:15am	9/2-11/18	11	\$88R/\$106N

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. No class 11/23. **Instructor: Chen**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71713	Th	12:00pm- 1:00pm	8/31-12/14	15	\$68R/\$82N

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 9/4, 9/21, 11/23. **Instructor: Frazier**

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71714	M	7:00pm- 8:15pm	8/28-12/11	15	\$116R/\$140N
71715	Th	9:15am-10:30am	8/31-12/14	14	\$109R/\$131N

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 9/4, 11/10, 11/24. **Instructor: DuVal (Tu) Hu (M/W/F)**

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73242	M	12:00pm- 1:00pm	8/28-12/11	15	\$68R/\$82N

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71716	Tu	12:00pm- 1:00pm	8/29-12/12	16	\$72R/\$86N
71718	F	12:00pm- 1:00pm	9/1-12/15	14	\$63R/\$76N

Zumba Plus!

Codes	Days	Times	Dates	Mtgs	Fees
71717	W	9:30am-10:45am	8/30-12/13	16	\$80R/\$96N

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
73157	Th	7:00pm- 7:45pm	8/31-11/16	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
73150	W	8:00pm- 8:45pm	8/30-11/15	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
73164	Th	7:00pm- 7:45pm	8/31-11/16	12	\$360R/\$432N

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

This class emphasizes instilling 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 11/25.

Instructor: Deep Cliff Staff

Deep Cliff Golf Course

Codes	Days	Times	Dates	Mtgs	Fees
73122	Sa	10:30am-12:00pm	9/9-9/30	4	\$150R/\$180N
73123	Sa	10:30am-12:00pm	10/7-10/28	4	\$150R/\$180N
73124	Sa	10:30am-12:00pm	11/4-12/2	4	\$150R/\$180N

Adult Racquetball League**All Ages**

Join fellow racquetball players and get your cardio in before the weekend starts. All levels welcome, bring your own racquet and goggles. **Instructor:** Staff

Cupertino Sports Center Racquetball Court

Codes	Days	Times	Dates	Mtgs	Fees
73297	F	6:00pm- 8:00pm	10/6-12/22	12	\$100R/\$120N

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
70126	Th	7:00pm- 7:30pm	9/14-11/2	8	\$132R/\$158N

Pickleball League**All Ages**

Join fellow pickle ball players on six brand new outdoor courts. All levels welcome. Bring your paddle! **Instructor:** Staff

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
73299	M	1:00pm- 3:00pm	10/2-12/18	12	\$100R/\$120N

See pages 66-71 for general information, fee waiver assistance, disability accommodations, refund policy, registration info, and addresses.

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 Sports Center Pro Shop. **Instructor:** Lifetime Activities

Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
72530	Su	4:00pm- 5:30pm	9/10-10/29	8	\$168R/\$186N
72531	Su	4:00pm- 5:30pm	11/5-12/10	6	\$126R/\$140N

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
72378	Tu	9:30am-10:30am	9/5-10/24	8	\$144R/\$159N
72379	Tu	10:30am-11:30am	9/5-10/24	8	\$144R/\$159N
72380	Th	1:30pm- 2:30pm	9/7-10/26	8	\$144R/\$159N
72381	Th	2:30pm- 3:30pm	9/7-10/26	8	\$144R/\$159N
72382	Tu	9:30am-10:30am	10/31-12/12	6	\$108R/\$119N
72383	Tu	10:30am-11:30am	10/31-12/12	6	\$108R/\$119N
72384	Th	1:30pm- 2:30pm	11/2-12/14	6	\$108R/\$119N
72385	Th	2:30pm- 3:30pm	11/2-12/14	6	\$108R/\$119N

Women's Golf**18Y+**

All women, ALL levels, all about golf. From novice to experienced looking for fixes, we can address everyone's needs. Golf etiquette and rules are covered, as well as golf swing mechanics. No class 9/30, 11/25. **Instructor:** Deep Cliff Staff

Deep Cliff Golf Course

Codes	Days	Times	Dates	Mtgs	Fees
73111	Sa	10:00am-11:30am	9/9-10/7	4	\$150R/\$180N
73112	Sa	10:00am-11:30am	10/14-11/4	4	\$150R/\$180N
73113	Sa	10:00am-11:30am	11/11-12/9	4	\$150R/\$180N

CITIZEN ACADEMY**18Y+**

The Santa Clara County Sheriff's Office, West Valley Division, is offering a Community Academy to the residents of the City of Saratoga, Cupertino, Los Altos Hills, and unincorporated areas within the West Valley jurisdiction.

The curriculum is similar to those of the Sheriff's Office Enforcement Academy, with a mixture of hands-on training, lecture, and scenario based training.

Classes: Juvenile Crimes, Crime Scene Investigation, Escalation of Force Continuum, Narcotics Trends, along with a tour of the Coroner's Office, The Sheriff's Office Specialized teams, and the Sheriff's Office courthouse.

Classes are taught by Deputies/Sergeants and employees of the Sheriff's Office.

Apply: Pick up an application at the Quinlan Community Center or the West Valley Substation located at 1601 S. DeAnza Blvd., in Cupertino.

Questions? Contact the Santa Clara County Sheriff's Office Substation 408-868-6600.