

The City of Cupertino Sports Center is a 6-acre site located across the street from De Anza College. The Sports Center is open to Cupertino residents and non-residents. We offer a variety of activities and you can pay by the day, the month, or the year!

## **Cupertino Sports Center offers:**

- Fitness Room
- Fitness Classes
- Personal Training
- Child Watch
- Basketball
- Pickleball
- Badminton
- Table Tennis
- Tennis Courts
- Racquetball Courts

- LifeFitness Strength Training Equipment
- Free Weights
- Lifecycles
- Treadmills
- Precor AMT's
- LifeFitness Elliptical
- Adult Sports
- Locker Rooms
- Teen Center



The Sports Center is Handicap Accessible, please let us know if you require any assistance.

MEMBERSHIP FEES							
Туре	1 Month	1 Year					
Single	\$65R/\$75NR	\$430R/\$465NR					
Couple	\$85R/\$100NR	\$815R/\$890NR					
Family	\$105R/\$125NR	\$910R/\$990NR					
Senior	\$50R/\$60N	\$385R/\$415NR					
Student	\$30	N/A					
Junior	\$30	\$305R/\$340NR					

Call for monthly specials.

Please note: prices are subject to change.

DROP-IN FEES		10 PACKS			
Day Pass	\$10R/\$13NR	\$90R/\$117NR			
Aerobics, Dance,	\$6 per class/Members FREE	\$54			
Sculpting					
Yoga, TRX, Pilates	\$8 per class/Members FREE	\$72			
Basketball,	\$6 per visit/Members FREE	\$54			
Badminton,					
Pickleball, Table Tennis					

## Tennis, Table Tennis, & Badminton Camps & Classes

Registration will be accepted at the Sports Center, Quinlan Community Center, online at <a href="https://www.cupertino.org/register">www.cupertino.org/register</a>, fax at 408-777-1305, or mail.

For more information, call 408-777-3160.

## **Private Tennis Instruction**

Private, semi-private, and small group lessons may be arranged upon request at various times. Please contact Lifetime Activities at 408-777-3169.

## **Cupertino Tennis Club**

The Cupertino Tennis Club is co-sponsored by the City and is open to residents and nonresidents. CTC offers tournaments, interclub, social events, and sponsors teams, which compete in the USTA Nor-Cal Leagues.

Yearly Fee: Resident Family \$25, Nonresident Family \$30,

Resident Single \$20, Non-resident Single \$25. For more information please visit www.cupertinotennisclub.org

## **Cupertino Sports Center**

Phone: 408-777-3160 21111 Stevens Creek Boulevard www.cupertino.org/sportscenter

#### **Hours of Operation**

Monday-Friday 6am–10pm Saturday 8am–10pm Sunday 8am–8pm

Closed: July 4, Thanksgiving, Christmas Eve, Christmas Day, New Years Eve, New Years Day.

Check out the schedule of fitness classes at www.cupertino.org/sportscenter.



# LIFETIME ACTIVITIES GENERAL INFORMATION

## **Make-up Policy**

In the event a class is cancelled, make-up classes will be rescheduled (as time and weather permits) at the discretion of Lifetime Activities. Make-up classes tend to be on Saturdays and/or Sundays. Make-up classes are not offered due to student absences. Students/parents are responsible for calling or checking online at <a href="https://www.lifetimeactivities.com">www.lifetimeactivities.com</a> for make-up days and times.

## **Rain Policy**

In the event of rain, contact the Lifetime Activities rain hotline at 408-252-4529. Please do not call any earlier than one hour before class is scheduled as conditions may change from hour to hour.

## **Bring Your Own Equipment**

All students in all classes are asked to bring their own equipment to class. Equipment for tennis, table tennis, and badminton can be purchased in the Lifetime Activities Pro Shop at the Cupertino Sports Center, 408-777-3169.

#### **Ball Machine Rental**

Lifetime Activities offers a ball machine for rent at the Sports Center on our specialized ball machine court. You can rent this great practice and workout tool for 45 minutes or with long-term passes. For further information on products, services, and prices, please call 408-777-3169.

## **Tennis Pro Shop**

The Cupertino Sports Center has an on-site pro shop, services include racquet stringing and regripping. There is a demo program to test out racquets and knowledgeable staff to assist you with any of your pro shop needs.

### **Locations of Classes**

Youth classes take place at the Cupertino Sports Center. Adult classes may take place at the Cupertino Sports Center or Memorial Park tennis courts.

## **Refund Policy**

See page 69.

## Check-in/out for Children 14 Years Old or Younger

It is the policy of the Cupertino Recreation and Community Services Department that all children 0-14 years of age must be checked in and out of classes and activities by a parent or guardian. Please see the instructor to check your child in and out. If you have questions regarding this policy, please call the Recreation and Community Services office at 408-777-3120.

## **More Lesson Options**

If your preferred class is filled, please contact Lifetime Activities at 408-777-3169 to discuss other lesson options.





# **CAMPS**

## **All Day Activities Camp**

6-15Y

These camps combine basketball, volleyball, pickleball, and chess for a full day of exercise and social interaction. Bring snacks, lunch, sunscreen, and a water bottle.

**Instructor: Lifetime Activities** 

### **Cupertino Sports Center Sports Court**

Codes	Days	Times	Dates	Mtgs	Fees
72873	M-W	9:00am- 5:30pm	11/20-11/22	3	\$300R/\$330N
72874	M-F	9:00am- 5:30pm	12/18-12/22	5	\$499R/\$549N
72875	Tu-F	9:00am- 5:30pm	12/26-12/29	4	\$400R/\$440N

#### **Badminton Camp**

6-15Y

An exciting week of fun and skill building. Students are grouped by age and ability levels. They will improve fundamentals and be involved in singles and doubles match play. Players are asked to bring a racquet. Ratio is 6:1. Bring a snack for break. **Instructor: Lifetime Activities** 

### **Cupertino Sports Center Multi-Purpose Room**

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Codes	Days	Times	Dates	Mtgs	Fees
72843	M-F	1:10pm- 3:10pm	10/2-10/6	5	\$193R/\$212N
72844	M-F	1:10pm- 3:10pm	10/9-10/13	5	\$193R/\$212N
72845	M-W	1:10pm- 3:10pm	11/20-11/22	3	\$116R/\$128N
72846	M-F	1:10pm- 3:10pm	12/18-12/22	5	\$193R/\$212N
72847	Tu-F	1:10pm- 3:10pm	12/26-12/29	4	\$155R/\$170N
72848	Tu-F	1:10pm- 3:10pm	1/2-1/5	4	\$155R/\$170N

## **Badminton/Table Tennis Combo Camp**

6-15Y

Twice the fun as students participate in both the badminton and table tennis camps at a discounted rate! Ratio is 6:1. Instructor: Lifetime Activities

### **Cupertino Sports Center Multi-Purpose Room**

Codes	Days	Times	Dates	Mtgs	Fees
72813	M-F	1:10pm- 5:20pm	10/2-10/6	5	\$326R/\$359N
72814	M-F	1:10pm- 5:20pm	10/9-10/13	5	\$326R/\$359N
72815	M-W	1:10pm- 5:20pm	11/20-11/22	3	\$196R/\$216N
72816	M-F	1:10pm- 5:20pm	12/18-12/22	5	\$326R/\$359N
72817	Tu-F	1:10pm- 5:20pm	12/26-12/29	4	\$261R/\$288N
72818	Tu-F	1:10pm- 5:20pm	1/2-1/5	4	\$261R/\$288N

## **Chess Camp**

6-12Y

Beginning through Intermediate Chess puzzles and creative exercise will enhance critical thinking. Group instruction and individual coaching will improve skills. Each first-time participant will receive their own personal roll up chess board with chess pieces. Ratio is 8:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Conference Room**

Codes	Days	Times	Dates	Mtgs	Fees
72855	M-W	12:30pm- 2:00pm	11/20-11/22	3	\$81R/\$90N
72858	M-W	2:15pm- 3:45pm	11/20-11/22	3	\$81R/\$90N
72861	M-W	4:00pm- 5:30pm	11/20-11/22	3	\$81R/\$90N
72856	M-F	12:30pm- 2:00pm	12/18-12/22	5	\$135R/\$149N
72859	M-F	2:15pm- 3:45pm	12/18-12/22	5	\$135R/\$149N
72862	M-F	4:00pm- 5:30pm	12/18-12/22	5	\$135R/\$149N
72857	Tu-F	12:30pm- 2:00pm	12/26-12/29	4	\$108R/\$120N
72860	Tu-F	2:15pm- 3:45pm	12/26-12/29	4	\$108R/\$120N
72863	Tu-F	4:00pm- 5:30pm	12/26-12/29	4	\$108R/\$120N

#### **Lifetime Activities Extended Care**

6-15Y

Students enrolled in Lifetime Activities all day camps can be part of our extended care from 8 - 9 am and from 5:30 - 6 pm. Instructor: Lifetime Activities

**Cupertino Sports Center Sports Court** 

Codes	Days	Times	Dates	Mtgs	Fees
72885	M-W	8:00am- 9:00am	11/20-11/22	3	\$45R/\$50N
72886	M-F	8:00am- 9:00am	12/18-12/22	5	\$75R/\$83N
72887	Tu-F	8:00am- 9:00am	12/26-12/29	4	\$60R/\$67N

## Little Tennis/Little Rallyers Camp 4-6Y

Little Tennis students will learn to hit the forehand, backhand, and serve, parts of the racquet and court, and improve coordination and motor skills. Little Rallyers will work on their full-court abilities through a series of drills and games. Bring a snack. Ratio is 4:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Tennis Courts**

Codes	Days	Times	Dates	Mtgs	Fees
72819	M-F	9:00am-10:30am	10/2-10/6	5	\$174R/\$191N
72825	M-F	10:30am-12:00pm	10/2-10/6	5	\$174R/\$191N
72820	M-F	9:00am-10:30am	10/9-10/13	5	\$174R/\$191N
72826	M-F	10:30am-12:00pm	10/9-10/13	5	\$174R/\$191N
72821	M-W	9:00am-10:30am	11/20-11/22	3	\$105R/\$115N
72827	M-W	10:30am-12:00pm	11/20-11/22	3	\$105R/\$115N
72822	M-F	9:00am-10:30am	12/18-12/22	5	\$174R/\$191N
72828	M-F	10:30am-12:00pm	12/18-12/22	5	\$174R/\$191N
72823	Tu-F	9:00am-10:30am	12/26-12/29	4	\$140R/\$153N
72829	Tu-F	10:30am-12:00pm	12/26-12/29	4	\$140R/\$153N
72824	Tu-F	9:00am-10:30am	1/2-1/5	4	\$140R/\$153N
72830	Tu-F	10:30am-12:00pm	1/2-1/5	4	\$140R/\$153N

## Outdoor Basketball Camp 6-

Students will learn passing, dribbling, and shooting techniques in a week-long camp. Team play will be introduced and students will learn the roles of the guard, forward, and center positions. Bring snack and water bottle. Ratio is 8:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Sports Court**

Codes	Days	Times	Dates	Mtgs	Fees
72864	M-W	9:00am-11:30am	11/20-11/22	3	\$135R/\$149N
72867	M-W	2:15pm- 3:45pm	11/20-11/22	3	\$81R/\$90N
72865	M-F	9:00am-11:30am	12/18-12/22	5	\$225R/\$248N
72868	M-F	2:15pm- 3:45pm	12/18-12/22	5	\$135R/\$149N
72866	Tu-F	9:00am-11:30am	12/26-12/29	4	\$180R/\$199N
72869	Tu-F	2:15pm- 3:45pm	12/26-12/29	4	\$108R/\$120N

## Outdoor Basketball/Chess Combo Camp

6-15Y

Twice the fun as students participate in both the basketball and chess camps at a discounted rate. Bring snack and water bottle. Ratio is 8:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Sports Court**

Basketball/Chess						
Codes	Days	Times	Dates	Mtgs	Fees	
72888	M-W	9:00am- 2:00pm	11/20-11/22	3	\$210R/\$231N	
72891	M-W	2:15pm- 5:30pm	11/20-11/22	3	\$144R/\$158N	
72889	M-F	9:00am- 2:00pm	12/18-12/22	5	\$349R/\$384N	
72892	M-F	2:15pm- 5:30pm	12/18-12/22	5	\$239R/\$263N	
72890	Tu-F	9:00am- 2:00pm	12/26-12/29	4	\$280R/\$308N	
72893	Tu-F	2:15pm- 5:30pm	12/26-12/29	4	\$192R/\$211N	
Chess/I	Basket	ball				
Codes	Days	Times	Dates	Mtgs	Fees	
72894	M-W	12:30pm- 3:45pm	11/20-11/22	3	\$144R/\$158N	
72895	M-F	12:30pm- 3:45pm	12/18-12/22	5	\$239R/\$263N	
72896	Tu-F	12:30pm- 3:45pm	12/26-12/29	4	\$192R/\$211N	

## Outdoor Basketball/Volleyball Combo Camp 7-15Y

Twice the fun as students participate in both basketball and volleyball camps at a discounted rate. Bring snack and water bottle. Ratio is 8:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Sports Court**

Basketball/Volleyball						
Codes	Days	Times	Dates	Mtgs	Fees	
72882	M-W	9:00am- 2:00pm	11/20-11/22	3	\$210R/\$231N	
72883	M-F	9:00am- 2:00pm	12/18-12/22	5	\$349R/\$384N	
72884	Tu-F	9:00am- 2:00pm	12/26-12/29	4	\$280R/\$308N	
Volleyb	all/Ba	sketball				
Codes	Days	Times	Dates	Mtgs	Fees	
72897	M-W	12:30pm- 3:45pm	11/20-11/22	3	\$144R/\$158N	
72898	M-F	12:30pm- 3:45pm	12/18-12/22	5	\$239R/\$263N	
72899	Tu-F	12:30pm- 3:45pm	12/26-12/29	4	\$192R/\$211N	

## **Outdoor Volleyball/Chess Camp**

6-15Y

Twice the fun as students participate in both volleyball and chess camps at a discounted rate. Bring a snack, sunscreen, and a water bottle. Ratio 8:1 Instructor: Lifetime Activities

#### **Cupertino Sports Center Sports Court**

Codes	Days	Times	Dates	Mtgs	Fees
72876	M-W	12:30pm- 3:45pm	11/20-11/22	3	\$144R/\$158N
72877	M-F	12:30pm- 3:45pm	12/18-12/22	5	\$239R/\$263N
72878	Tu-F	12:30pm- 3:45pm	12/26-12/29	4	\$192R/\$211N

## **Pickleball/Chess Camp**

6-15

Twice the fun as students participate in both pickleball and chess camps at a discounted rate. Bring snack and a water bottle. Ratio 8:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Tennis Courts**

Codes	Days	Times	Dates	Mtgs	Fees
72879	M-W	2:15pm- 5:30pm	11/20-11/22	3	\$144R/\$158N
72880	M-F	2:15pm- 5:30pm	12/18-12/22	5	\$239R/\$263N
72881	Tu-F	2:15pm- 5:30pm	12/26-12/29	4	\$192R/\$211N

### **Racquet Sports Camp**

6-15Y

These camps combine the 8:1-ratio morning Jr. Improvement and Match Play tennis camp with the 6:1-ratio afternoon Badminton and Table Tennis Combo Camp for a full day of exercise and social interaction. Bring snacks and lunch. Instructor: Lifetime Activities

#### **Cupertino Sports Center Multi-Purpose Room**

Codes	Days	Times	Dates	Mtgs	Fees
72801	M-F	9:00am- 5:20pm	10/2-10/6	5	\$443R/\$477N
72802	M-F	9:00am- 5:20pm	10/9-10/13	5	\$443R/\$477N
72803	M-W	9:00am- 5:20pm	11/20-11/22	3	\$266R/\$287N
72804	M-F	9:00am- 5:20pm	12/18-12/22	5	\$443R/\$477N
72805	Tu-F	9:00am- 5:20pm	12/26-12/29	4	\$355R/\$382N
72806	Tu-F	9:00am- 5:20pm	1/2-1/5	4	\$355R/\$382N

## **Inservice Day Camp**

Codes	Days	Times	Dates	Mtgs	Fees
72807	М	9:00am- 5:20pm	9/4	1	\$89R/\$96N
72808	F	9:00am- 5:20pm	9/15	1	\$89R/\$96N
72809	М	9:00am- 5:20pm	10/16	1	\$89R/\$96N
72810	F	9:00am- 5:20pm	10/27	1	\$89R/\$96N
72811	F	9:00am- 5:20pm	11/10	1	\$89R/\$96N
72812	F	9:00am- 5:20pm	12/15	1	\$89R/\$96N

#### **Table Tennis Camp**

6-15Y

An exciting week of fun and skill building. Students are grouped by age and ability levels. They will improve fundamentals and be involved in singles and doubles match play. Players are asked to bring a paddle. Ratio is 6:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Multi-Purpose Room**

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Codes	Days	Times	Dates	Mtgs	Fees
72849	M-F	3:20pm- 5:20pm	10/2-10/6	5	\$193R/\$212N
72850	M-F	3:20pm- 5:20pm	10/9-10/13	5	\$193R/\$212N
72851	M-W	3:20pm- 5:20pm	11/20-11/22	3	\$116R/\$128N
72852	M-F	3:20pm- 5:20pm	12/18-12/22	5	\$193R/\$212N
72853	Tu-F	3:20pm- 5:20pm	12/26-12/29	4	\$155R/\$170N
72854	Tu-F	3:20pm- 5:20pm	1/2-1/5	4	\$155R/\$170N

## Tennis Improvement & Match Play Camp 6-15

Beginning through Intermediate students will learn tennis skills through our unique court rotation and activity system. Matchplay level students will experience fast-paced drills designed to challenge and develop their skills. Students will also compete in team tennis events and participate in singles and doubles strategy sessions. Ratio is 8:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Tennis Courts**

Codes	Days	Times	Dates	Mtgs	Fees
72831	M-F	9:00am-12:00pm	10/2-10/6	5	\$226R/\$249N
72837	M-F	12:30pm- 3:30pm	10/2-10/6	5	\$226R/\$249N
72832	M-F	9:00am-12:00pm	10/9-10/13	5	\$226R/\$249N
72838	M-F	12:30pm- 3:30pm	10/9-10/13	5	\$226R/\$249N
72833	M-W	9:00am-12:00pm	11/20-11/22	3	\$136R/\$150N
72839	M-W	12:30pm- 3:30pm	11/20-11/22	3	\$136R/\$150N
72834	M-F	9:00am-12:00pm	12/18-12/22	5	\$226R/\$249N
72840	M-F	12:30pm- 3:30pm	12/18-12/22	5	\$226R/\$249N
72835	Tu-F	9:00am-12:00pm	12/26-12/29	4	\$181R/\$200N
72841	Tu-F	12:30pm- 3:30pm	12/26-12/29	4	\$181R/\$200N
72836	Tu-F	9:00am-12:00pm	1/2-1/5	4	\$181R/\$200N
72842	Tu-F	12:30pm- 3:30pm	1/2-1/5	4	\$181R/\$200N

## **Outdoor Volleyball Camp**

7-15Y

Students will learn how to two-hand pass, set, and overhead spike. The concept of a net block, and either the underhand or overhand serve as appropriate. Ratio is 8:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Sports Court**

Codes	Days	Times	Dates	Mtgs	Fees
72870	M-W	12:30pm- 2:00pm	11/20-11/22	3	\$81R/\$90N
72871	M-F	12:30pm- 2:00pm	12/18-12/22	5	\$135R/\$149N
72872	Tu-F	12:30pm- 2:00pm	12/26-12/29	4	\$108R/\$120N

## LITTLE TENNIS

All Little Tennis Program classes have a ratio of 4:1

## **Little Tennis & Athletic Development**

1-6Y

Students will learn hand/eye coordination drills along with basic tennis shots. Parents will be impressed by the range of learning aids and development plans used throughout this program. Ratio is 4:1. Instructor: Lifetime Activities

Codes	Days	Times	Dates	Mtgs	Fees
72738	Tu	3:00pm- 4:00pm	9/5-10/24	8	\$188R/\$207N
72739	W	6:00pm- 7:00pm	9/6-10/25	8	\$188R/\$207N
72740	F	5:00pm- 6:00pm	9/8-10/27	8	\$188R/\$207N
72741	Sa	10:30am-11:30am	9/9-10/28	8	\$188R/\$207N
72742	Su	10:30am-11:30am	9/10-10/29	8	\$188R/\$207N
72743	Tu	3:00pm- 4:00pm	10/31-12/12	7	\$165R/\$181N
72744	W	6:00pm- 7:00pm	11/1-12/13	7	\$165R/\$181N
72745	F	5:00pm- 6:00pm	11/3-12/15	7	\$165R/\$181N
72746	Sa	10:30am-11:30am	11/4-12/16	7	\$165R/\$181N
72747	Su	10:30am-11:30am	11/5-12/17	7	\$165R/\$181N

## **Little Rallyers**

5-7Y

This program is designed for students who know their basic strokes and can make consistent contact on both sides. They will expand their skills in a fun environment to improve grips, strokes, and tracking skills in preparation to rally. This program is available to students who have graduated from Little Tennis or have instructor approval. Ratio is 4:1. No class 11/23.

**Instructor: Lifetime Activities** 

#### **Cupertino Sports Center Tennis Courts**

Codes	Days	Times	Dates	Mtgs	Fees
72748	M	6:00pm- 7:00pm	9/4-10/23	8	\$188R/\$207N
72749	W	3:00pm- 4:00pm	9/6-10/25	8	\$188R/\$207N
72750	Th	6:00pm- 7:00pm	9/7-10/26	8	\$188R/\$207N
72751	F	5:00pm- 6:00pm	9/8-10/27	8	\$188R/\$207N
72752	F	6:00pm- 7:00pm	9/8-10/27	8	\$188R/\$207N
72753	Sa	10:30am-11:30am	9/9-10/28	8	\$188R/\$207N
72754	Su	10:30am-11:30am	9/10-10/29	8	\$188R/\$207N
72755	M	6:00pm- 7:00pm	10/30-12/11	7	\$165R/\$181N
72756	W	3:00pm- 4:00pm	11/1-12/13	7	\$165R/\$181N
72757	Th	6:00pm- 7:00pm	11/2-12/14	6	\$141R/\$156N
72758	F	5:00pm- 6:00pm	11/3-12/15	7	\$165R/\$181N
72760	Sa	10:30am-11:30am	11/4-12/16	7	\$165R/\$181N
72761	Su	10:30am-11:30am	11/5-12/17	7	\$165R/\$181N

#### **Intro to Tournament**

6-8Y

This program is designed for students who have demonstrated the ability to hold a simply rally and are able to make the occasional serve in the correct box. They will continue to refine their strokes in this class to prepare for the next level, Tournament Training. This program is available to students who have graduated from Little Rallyers and/or have instructor approval. Must enroll for two days minimum. Ratio is 4:1. No class 11/23. Instructor: Lifetime Activities

#### **Cupertino Sports Center Tennis Courts**

Codes	Days	Times	Dates	Mtgs	Fees
72656	М	6:00pm- 7:00pm	9/4-10/23	8	\$188R/\$207N
72657	Tu	6:00pm- 7:00pm	9/5-10/24	8	\$188R/\$207N
72658	W	6:00pm- 7:00pm	9/6-10/25	8	\$188R/\$207N
72659	Th	6:00pm- 7:00pm	9/7-10/26	8	\$188R/\$207N
72660	F	5:00pm- 6:00pm	9/8-10/27	8	\$188R/\$207N
72661	F	6:00pm- 7:00pm	9/8-10/27	8	\$188R/\$207N
72662	Sa	11:30am-12:30pm	9/9-10/28	8	\$188R/\$207N
72663	Su	11:30am-12:30pm	9/10-10/29	8	\$188R/\$207N
72664	М	6:00pm- 7:00pm	10/30-12/11	7	\$165R/\$181N
72665	Tu	6:00pm- 7:00pm	10/31-12/12	7	\$165R/\$181N
72666	W	6:00pm- 7:00pm	11/1-12/13	7	\$165R/\$181N
72667	Th	6:00pm- 7:00pm	11/2-12/14	6	\$141R/\$156N
72668	F	5:00pm- 6:00pm	11/3-12/15	7	\$165R/\$181N
72670	Sa	11:30am-12:30pm	11/4-12/16	7	\$165R/\$181N
72671	Su	11:30am-12:30pm	11/5-12/17	7	\$165R/\$181N

## **JUNIOR TENNIS**

## Green, Blue, Red

7-15Y

This 3-tiered program is the perfect introduction to tennis. Beginning through Intermediate students will learn and refine skills like forehand/backhand, serve, volley and rally. Activities are presented in a fun environment that will get students playing real tennis fast! Students will be grouped by age and ability on the first day of class. Instructor: Lifetime Activities

4:1 Ratio					
7-10Y					
Codes	Days	Times	Dates	Mtgs	Fees
72631	Sa	9:00am-10:30am	9/9-10/28	8	\$279R/\$308N
72636	Su	9:00am-10:30am	9/10-10/29	8	\$279R/\$308N
72767	Sa	9:00am-10:30am	11/4-12/16	7	\$244R/\$270N
72771	Su	9:00am-10:30am	11/5-12/17	7	\$244R/\$270N
7-15 Y					
Codes	Days	Times	Dates	Mtgs	Fees
72626	М	4:00pm- 5:30pm	9/4-10/23	8	\$279R/\$308N
72627	W	4:00pm- 5:30pm	9/6-10/25	8	\$279R/\$308N
72629	F	3:30pm- 5:00pm	9/8-10/27	8	\$279R/\$308N
72762	М	4:00pm- 5:30pm	10/30-12/11	7	\$244R/\$270N
72763	W	4:00pm- 5:30pm	11/1-12/13	7	\$244R/\$270N
72765	F	3:30pm- 5:00pm	11/3-12/15	7	\$244R/\$270N
10-15Y	,				
Codes	Days	Times	Dates	Mtgs	Fees
72632	Sa	10:30am-12:00pm	9/9-10/28	8	\$279R/\$308N
72637	Su	10:30am-12:00pm	9/10-10/29	8	\$279R/\$308N
72768	Sa	10:30am-12:00pm	11/4-12/16	7	\$244R/\$270N
72772	Su	10:30am-12:00pm	11/5-12/17	7	\$244R/\$270N
		8:1	Ratio		
7-15 Y					
Codes	Days	Times	Dates	Mtgs	Fees
72628	F	3:30pm- 5:00pm	9/8-10/27	8	\$168R/\$186N
72633	Sa	2:00pm- 3:30pm	9/9-10/28	8	\$168R/\$186N
72634	Sa	5:30pm- 7:00pm	9/9-10/28	8	\$168R/\$186N
72638	Su	2:00pm- 3:30pm	9/10-10/29	8	\$168R/\$186N
72639	Su	5:30pm- 7:00pm	9/10-10/29	8	\$168R/\$186N
72764	F	3:30pm- 5:00pm	11/3-12/15	7	\$147R/\$163N
72769	Sa	2:00pm- 3:30pm	11/4-12/16	7	\$147R/\$163N
72770	Sa	5:30pm- 7:00pm	11/4-12/16	7	\$147R/\$163N
72773	Su	2:00pm- 3:30pm	11/5-12/17	7	\$147R/\$163N
72774	Su	5:30pm- 7:00pm	11/5-12/10	6	\$126R/\$140N
10-15Y	,				
Codes	Days	Times	Dates	Mtgs	Fees
72630	F	6:00pm- 7:30pm	9/8-10/27	8	\$168R/\$186N
72766	F	6:00pm- 7:30pm	11/3-12/15	7	\$147R/\$163N

## **Tournament Training**

These year 'round programs are designed to prepare students for tennis tournaments. Students learn from certified instructors and former touring pros with over 20 years of coaching experience. Contact John Vest for more info at 408-777-3385.

## **Jr. Development Teams**

8-17Y

For graduates of the Red level program or new players who can compete in Orange ball matches and above. Students will build the skills necessary to become well rounded all-court players. Lessons will consist of technique work, drills, point or match play, footwork and fitness. Players will have the opportunity to compete in our local tennis leagues. Ratio is 8:1. No class 11/23. Instructor: Lifetime Activities

#### **Cupertino Sports Center Tennis Courts**

Codes 72580 72582 72584 72586 72588 72590 72592	Days Tu F Sa Su Tu Tu	Times 4:00pm- 6:00pm 5:30pm- 7:30pm 3:30pm- 5:30pm 3:30pm- 5:30pm	Dates 9/5-10/24 9/8-10/27 9/9-10/28 9/10-10/29	Mtgs 8 8	Fees \$232R/\$255N \$232R/\$255N \$232R/\$255N
72580 72582 72584 72586 72588 72590	Tu F Sa Su Tu	4:00pm- 6:00pm 5:30pm- 7:30pm 3:30pm- 5:30pm 3:30pm- 5:30pm	9/5-10/24 9/8-10/27 9/9-10/28	8	\$232R/\$255N \$232R/\$255N
72582 72584 72586 72588 72590	F Sa Su Tu	5:30pm- 7:30pm 3:30pm- 5:30pm 3:30pm- 5:30pm	9/8-10/27 9/9-10/28	8	\$232R/\$255N
72584 72586 72588 72590	Sa Su Tu	3:30pm- 5:30pm 3:30pm- 5:30pm	9/9-10/28		
72586 72588 72590	Su Tu	3:30pm- 5:30pm		8	\$222P/\$255N
72588 72590	Tu	<u> </u>	9/10-10/29		∌∠J∠I\/ ∌∠JJIV
72590		4.00nm 6.00nm		8	\$232R/\$255N
	F	4:00pm- 6:00pm	10/31-12/11	7	\$203R/\$223N
72502	-	5:30pm- 7:30pm	11/3-12/15	7	\$203R/\$223N
12592	Sa	3:30pm- 5:30pm	11/4-12/16	7	\$203R/\$223N
72594	Su	3:30pm- 5:30pm	11/5-12/10	6	\$174R/\$192N
Silver/G	iold				
Codes	Days	Times	Dates	Mtgs	Fees
72581	Th	4:00pm- 6:00pm	9/7-10/26	8	\$232R/\$255N
72583	F	7:30pm- 9:30pm	9/8-10/27	8	\$232R/\$255N
72585	Sa	3:30pm- 5:30pm	9/9-10/28	8	\$232R/\$255N
72587	Su	3:30pm- 5:30pm	9/10-10/29	8	\$232R/\$255N
72589	Th	4:00pm- 6:00pm	11/2-12/14	6	\$174R/\$192N
72591	F	7:30pm- 9:30pm	11/3-12/15	7	\$203R/\$223N
72593	Sa	3:30pm- 5:30pm	11/4-12/16	7	\$203R/\$223N
72595	54	3:30pm- 5:30pm	11/5-12/10	6	

### **Shoggy Park's Match Play Program**

7-15Y

This program is for current private lesson students of Shoggy Park. Students will learn to play in a match play format conducted by Shoggy Park and his assistants. Instructor: Lifetime Activities

## **Cupertino Sports Center Tennis Courts**

Codes	Days	Times	Dates	Mtgs	Fees
72518	Sa	8:00pm- 9:30pm	9/9-12/16	15	\$165R/\$178N

## **ADULT TENNIS**

## **Adult Friday Drop-in Tennis**

This is a program designed to give players of varying ability levels the opportunity to meet and play with other players in a fun, noncompetitive atmosphere. Participants meet on court at 7pm and play until 9:40pm. This program is open to the first 24 paid participants each Friday. The cost is \$8/person for the general public and \$3 for current CSC pass holders.

## **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
72536	М	9:00am-10:30am	9/4-10/23	8	\$232R/\$256N
72537	W	9:00am-10:30am	9/6-10/25	8	\$232R/\$256N
72538	W	6:00pm- 7:00pm	9/6-10/25	8	\$156R/\$172N
72539	Sa	8:00am- 9:00am	9/9-10/28	8	\$156R/\$172N
72540	Sa	2:00pm- 3:30pm	9/9-10/28	8	\$232R/\$256N
72541	Su	8:00am- 9:00am	9/10-10/29	8	\$156R/\$172N
72542	М	9:00am-10:30am	10/30-12/11	7	\$203R/\$224N
72543	W	9:00am-10:30am	11/1-12/13	7	\$203R/\$224N
72544	W	6:00pm- 7:00pm	11/1-12/13	7	\$137R/\$151N
72545	Sa	8:00am- 9:00am	11/4-12/16	7	\$137R/\$151N
72546	Sa	2:00pm- 3:30pm	11/4-12/16	7	\$203R/\$224N
72547	Su	8:00am- 9:00am	11/5-12/17	7	\$137R/\$151N

## **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** 

Codes	Days	Times	Dates	Mtgs	Fees
72548	M	10:30am-12:00pm	9/4-10/23	8	\$232R/\$256N
72549	W	10:30am-12:00pm	9/6-10/25	8	\$232R/\$256N
72550	W	7:00pm- 8:30pm	9/6-10/25	8	\$232R/\$256N
72551	Sa	8:00am- 9:00am	9/9-10/28	8	\$156R/\$172N
72552	Sa	2:00pm- 3:30pm	9/9-10/28	8	\$232R/\$256N
72553	М	10:30am-12:00pm	10/30-12/11	7	\$203R/\$224N
72554	W	10:30am-12:00pm	11/1-12/13	7	\$203R/\$224N
72555	W	7:00pm- 8:30pm	11/1-12/13	7	\$203R/\$224N
72556	Sa	8:00am- 9:00am	11/4-12/16	7	\$137R/\$151N
72557	Sa	2:00pm- 3:30pm	11/4-12/16	7	\$203R/\$224N

## 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. Ratio is 6:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Tennis Courts**

Codes	Days	Times	Dates	Mtgs	Fees
72558	М	7:00pm- 8:30pm	9/4-10/23	8	\$232R/\$256N
72559	W	7:00pm- 8:30pm	9/6-10/25	8	\$232R/\$256N
72560	Su	2:00pm- 3:30pm	9/10-10/29	8	\$232R/\$256N
72561	М	7:00pm- 8:30pm	10/30-12/11	7	\$203R/\$224N
72562	W	7:00pm- 8:30pm	11/1-12/13	7	\$203R/\$224N
72563	Su	2:00pm- 3:30pm	11/5-12/17	7	\$203R/\$224N

## **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! No class 11/23. Instructor: Lifetime Activities

### **Cupertino Sports Center Tennis Courts**

		Cupertino sports	Center Tennis	Courts	
Adult A	caden	ny 3.0/3.5 Level			
Codes	Days	Times	Dates	Mtgs	Fees
72566	Tu	9:00am-10:30am	9/5-10/24	8	\$232R/\$256N
72570	Th	7:00pm- 8:30pm	9/7-10/26	8	\$232R/\$256N
72574	Tu	9:00am-10:30am	10/31-12/12	7	\$203R/\$224N
72578	Th	7:00pm- 8:30pm	11/2-12/14	6	\$174R/\$192N
Cardio	Tennis				
Codes	Days	Times	Dates	Mtgs	Fees
72565	М	6:00pm- 7:00pm	9/4-10/23	8	\$156R/\$172N
72569	Th	6:00pm- 7:00pm	9/7-10/26	8	\$156R/\$172N
72573	М	6:00pm- 7:00pm	10/30-12/11	7	\$137R/\$151N
72577	Th	6:00pm- 7:00pm	11/2-12/14	6	\$117R/\$129N
Drill					
Codes	Days	Times	Dates	Mtgs	Fees
72571	Sa	8:00am- 9:00am	9/9-10/28	8	\$156R/\$172N
72579	Sa	8:00am- 9:00am	11/4-12/16	7	\$137R/\$151N
Improv	e Your	Serve			
Codes	Days	Times	Dates	Mtgs	Fees
72564	М	6:00pm- 7:00pm	9/4-10/23	8	\$156R/\$172N
72572	М	6:00pm- 7:00pm	10/30-12/11	7	\$137R/\$151N
Men's A	Advand	ced Drill 3.5+			
Codes	Days	Times	Dates	Mtgs	Fees
72568	Tu	7:00pm- 8:00pm	9/5-10/24	8	\$156R/\$172N
72576	Tu	7:00pm- 8:00pm	10/31-12/12	7	\$137R/\$151N
Womer	ı's Adv	anced Drill 3.5+			
Codes	Days	Times	Dates	Mtgs	Fees
72567	Tu	6:00pm- 7:00pm	9/5-10/24	8	\$156R/\$172N
72575	Tu	6:00pm- 7:00pm	10/31-12/12	7	\$137R/\$151N

## **BADMINTON**

## Youth Beg-Int & Advanced

7-15Y

Badminton-specific footwork patterns will be motivating for all students. Beginning - Intermediate players will develop basic serve, overhead and net-play techniques; Advanced level players will develop shot selection and singles/doubles match-play strategies. All classes integrate both training and rally elements. Rackets may be purchased in the Lifetime Activities Pro-Shop. Appropriate athletic attire/footwear required. No class 11/20. Instructor: Lifetime Activities

#### **Cupertino Sports Center Multi-Purpose Room**

4:1 Ratio							
Beginn	7-11Y						
Codes	Days	Times	Dates	Mtgs	Fees		
72791	Sa	3:00pm- 4:30pm	9/9-10/28	8	\$279R/\$308N		
72797	Sa	3:00pm- 4:30pm	11/4-12/16	7	\$244R/\$270N		
Beginn	er - Int	ermediate			12-15Y		
Codes	Days	Times	Dates	Mtgs	Fees		
72790	Sa	1:30pm- 3:00pm	9/9-10/28	8	\$279R/\$308N		
72796	Sa	1:30pm- 3:00pm	11/4-12/16	7	\$244R/\$270N		
		8:1	Ratio				
Beginn	er - Int	ermediate			7-15Y		
Codes	D	Ti	Ditter		_		
Codes	Days	Times	Dates	Mtgs	Fees		
72789	M	4:05pm- 5:50pm	9/4-10/23	Nitgs 8	\$196R/\$216N		
72789	М	4:05pm- 5:50pm	9/4-10/23	8	\$196R/\$216N		
72789 72792	M Sa	4:05pm- 5:50pm 4:30pm- 6:00pm	9/4-10/23 9/9-10/28	8	\$196R/\$216N \$168R/\$186N		
72789 72792 72795	M Sa M Sa	4:05pm- 5:50pm 4:30pm- 6:00pm 4:05pm- 5:50pm	9/4-10/23 9/9-10/28 10/30-12/11	8 8 7	\$196R/\$216N \$168R/\$186N \$172R/\$189N		
72789 72792 72795 72798	M Sa M Sa	4:05pm- 5:50pm 4:30pm- 6:00pm 4:05pm- 5:50pm	9/4-10/23 9/9-10/28 10/30-12/11	8 8 7	\$196R/\$216N \$168R/\$186N \$172R/\$189N \$147R/\$163N		
72789 72792 72795 72798 Advance	M Sa M Sa	4:05pm- 5:50pm 4:30pm- 6:00pm 4:05pm- 5:50pm 4:30pm- 6:00pm	9/4-10/23 9/9-10/28 10/30-12/11 11/4-12/16	8 8 7 7	\$196R/\$216N \$168R/\$186N \$172R/\$189N \$147R/\$163N 7-15Y		
72789 72792 72795 72798 Advance Codes	M Sa M Sa ced	4:05pm- 5:50pm 4:30pm- 6:00pm 4:05pm- 5:50pm 4:30pm- 6:00pm	9/4-10/23 9/9-10/28 10/30-12/11 11/4-12/16 Dates	8 8 7 7 Mtgs	\$196R/\$216N \$168R/\$186N \$172R/\$189N \$147R/\$163N 7-15Y Fees		
72789 72792 72795 72798 Advanc Codes 72793	M Sa M Sa sed Days Sa	4:05pm- 5:50pm 4:30pm- 6:00pm 4:05pm- 5:50pm 4:30pm- 6:00pm Times 6:00pm- 7:30pm	9/4-10/23 9/9-10/28 10/30-12/11 11/4-12/16 Dates 9/9-10/28	8 8 7 7 8 Mtgs	\$196R/\$216N \$168R/\$186N \$172R/\$189N \$147R/\$163N 7-15Y Fees \$168R/\$186N		
72789 72792 72795 72798 Advand Codes 72793	M Sa M Sa ced Days Sa Sa	4:05pm- 5:50pm 4:30pm- 6:00pm 4:05pm- 5:50pm 4:30pm- 6:00pm Times 6:00pm- 7:30pm 7:30pm- 9:00pm	9/4-10/23 9/9-10/28 10/30-12/11 11/4-12/16 Dates 9/9-10/28 9/9-10/28	8 8 7 7 Mtgs 8	\$196R/\$216N \$168R/\$186N \$172R/\$189N \$147R/\$163N 7-15Y Fees \$168R/\$186N \$168R/\$186N		



## **BASKETBALL**

## Basketball CSC 7-15

Students will learn passing, dribbling, and shooting techniques. Team play will be introduced and students will learn the roles of the guard, forward, and center positions. Offensive and defensive responsibilities will be introduced, along with game rules, vocabulary and recreational game play as skills improve. Ratio is 8:1. Instructor: Staff

#### **Cupertino Sports Center Multi-Purpose Room**

Indoor Basketball									
Codes	Days	Times	Dates	Mtgs	Fees				
72276	Tu	4:05pm- 5:50pm	9/5-10/24	8	\$252R/\$278N				
72277	F	4:05pm- 5:50pm	9/8-10/27	8	\$252R/\$278N				
72278	F	7:00pm- 8:45pm	9/8-10/27	8	\$252R/\$278N				
72280	Tu	4:05pm- 5:50pm	10/31-12/12	6	\$189R/\$208N				
72281	F	4:05pm- 5:50pm	11/3-12/15	6	\$189R/\$208N				
72282	F	7:00pm- 8:45pm	11/3-12/15	6	\$189R/\$208N				
	Cupertino Sports Center Sport Court								

#### **Outdoor Basketball**

Codes	Days	Times	Dates	Mtgs	Fees
72279	Sa	12:00pm- 1:30pm	9/9-10/28	8	\$216R/\$238N
72283	Sa	12:00pm- 1:30pm	11/4-12/16	7	\$189R/\$213N

## Youth Basketball League

9-15Y

Looking to play more basketball? This program is designed to practice your skills on the court playing against other youth. All games all the time! Instructor: Staff

#### **Cupertino Sports Center Sports Court**

Codes	Days	Times	Dates	Mtgs	Fees
72275	M W	4:00pm- 5:00pm	8/28-10/18	16	\$133R/\$146N
72273	M W	5:30pm- 6:30pm	8/28-10/18	16	\$133R/\$146N
72274	M W	6:45pm- 7:45pm	8/28-10/18	16	\$133R/\$146N
72902	M W	4:00pm- 5:00pm	10/23-12/13	16	\$133R/\$146N
72900	M W	5:30pm- 6:30pm	10/23-12/13	16	\$133R/\$146N
72901	M W	6:45pm- 7:45pm	10/23-12/13	16	\$133R/\$146N

## **CHESS**

Chess 6-15)

Great activity for cognitive development! Beginners will learn rules of the game and basic strategies. Intermediate-level students will learn openings, middle-game and end-game approaches. Chess notation and timed play may be explored during time alloted for play. Instructor: Lifetime Activities

### **Cupertino Sports Center Conference Room**

Codes	Days	Times	Dates	Mtgs	Fees
72284	Tu	6:00pm- 7:00pm	9/5-10/24	8	\$144R/\$159N
72285	Tu	7:00pm- 8:00pm	9/5-10/24	8	\$144R/\$159N
72286	Th	6:00pm- 7:00pm	9/7-10/26	8	\$144R/\$159N
72287	Th	7:00pm- 8:00pm	9/7-10/26	8	\$144R/\$159N
72288	F	5:00pm- 6:00pm	9/8-10/27	8	\$144R/\$159N



72289	F	6:00pm- 7:00pm	9/8-10/27	8	\$144R/\$159N
72290	Sa	10:45am-11:45am	9/9-10/28	8	\$144R/\$159N
72291	Sa	11:45am-12:45pm	9/9-10/28	8	\$144R/\$159N
72292	Su	11:45am-12:45pm	9/10-10/29	8	\$144R/\$159N
72293	Su	12:45pm- 1:45pm	9/10-10/29	8	\$144R/\$159N
72294	Tu	6:00pm- 7:00pm	10/31-12/12	7	\$126R/\$139N
72295	Tu	7:00pm- 8:00pm	10/31-12/12	7	\$126R/\$139N
72296	Th	6:00pm- 7:00pm	11/2-12/21	7	\$126R/\$139N
72297	Th	7:00pm- 8:00pm	11/2-12/21	7	\$126R/\$139N
72298	F	5:00pm- 6:00pm	11/3-12/15	7	\$126R/\$139N
72299	F	6:00pm- 7:00pm	11/3-12/15	7	\$126R/\$139N
72300	Sa	10:45am-11:45am	11/4-12/16	7	\$126R/\$139N
72301	Sa	11:45am-12:45pm	11/4-12/16	7	\$126R/\$139N
72302	Su	11:45am-12:45pm	11/5-12/17	7	\$126R/\$139N
72303	Su	12:45pm- 1:45pm	11/5-12/17	7	\$126R/\$139N

## **RACQUETBALL**

## Racquetball Class/League

6-17Y

A complete and comprehensive developmental program for eager to learn juniors with an eye towards progressive skills development. 30-minutes of instruction, 60-minutes of play. Racquetball is FUN, FAST, FURIOUS FITNESS! No class 9/20-21, 9/25-26, 9/27-28. Instructor: Staff

#### **Cupertino Sports Center Multi-Purpose Room**

Codes	Days	Times	Dates	Mtgs	Fees			
72515	Tu Th	3:30pm- 5:00pm	8/29-10/19	13	\$234R/\$260N			
72517	Tu Th	3:30pm- 5:00pm	10/24-12/14	16	\$288R/\$320N			
Cupertino Sports Center Racquetball Court								
		· ·						
Codes	Days	Times	Dates	Mtgs	Fees			
72516		· · · · · · · · · · · · · · · · · · ·	•					
	Days	Times	Dates	Mtgs	Fees			

#### Adult Racquetball League

18Y-

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

## **PICKLEBALL**

#### **Outdoor Youth Pickleball**

7-15Y

For players with little or no pickle ball experience fundamentals, rules, and play opportunity will occur at this level. Ratio is 8:1. Instructor: Lifetime Activities

Codes	Days	Times	Dates	Mtgs	Fees
72484	Sa	5:00pm- 6:00pm	9/9-10/28	8	\$144R/\$159N
72485	Sa	5:00pm- 6:00pm	11/4-12/16	7	\$126R/\$139N

#### **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

## **Pickleball League**

18Y+

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	М	1:00pm- 3:00pm	10/2-12/18	12	\$100R/\$120N

## TABLE TENNIS

## **Youth Beginner through Intermediate**

7-15Y

Great activity to develop fine motor skills and quick reactions! Table Tennis specific footwork patterns will be motivating for all students. Beginners will develop basic serve, forehand, backhand and defensive play. All classes integrate both training and rally elements. Paddles are available to borrow for class use. Appropriate athletic attire/footwear required. Ratio is 8:1. Instructor: Lifetime Activities

## **Cupertino Sports Center Multi-Purpose Room**

7-15Y					
Codes	Days	Times	Dates	Mtgs	Fees
72775	W	4:05pm- 5:50pm	9/6-10/25	8	\$196R/\$216N
72776	Su	2:30pm- 4:00pm	9/10-10/29	8	\$168R/\$186N
72778	W	4:05pm- 5:50pm	11/1-12/13	7	\$172R/\$189N
72779	Su	2:30pm- 4:00pm	11/5-12/10	6	\$126R/\$140N
10-16Y					
Codes	Days	Times	Dates	Mtgs	Fees
72777	Su	4:00pm- 5:30pm	9/10-10/29	8	\$168R/\$186N
72780	Su	4:00pm- 5:30pm	11/5-12/10	6	\$126R/\$140N

## Adult 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. 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

# **VOLLEYBALL**

## Volleyball CSC

7-12Y

Students will learn the two-handed pass, set, overhead spike, the concept of a net block, and either the underhand or overhand serve as appropriate. Game play will be introduced and students will learn how to set, rotate, and how scoring works. Ratio is 8:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Multi-Purpose Room**

		•						
Indoor Volleyball								
Codes	Days	Times	Dates	Mtgs	Fees			
72734	Th	4:05pm- 5:50pm	9/7-10/26	8	\$252R/\$278N			
72736	Th	4:05pm- 5:50pm	11/2-12/14	6	\$189R/\$208N			
	Cupertino Sports Center Sports Court							
Outdoor Volleyball								
Codes	Days	Times	Dates	Mtgs	Fees			
72735	Su	1:00pm- 2:30pm	9/10-10/29	8	\$216R/\$239N			
72737	Su	1:00pm- 2:30pm	11/5-12/10	6	\$162R/\$179N			

# **COMBO CLASSES**

#### Combo Classes

**Chess and Outdoor Basketball** 

7-15Y

Students will be able to participate in multiple programs at a discounted rate. Ratio is 8:1. Instructor: Lifetime Activities

#### **Cupertino Sports Center Conference Room**

Codes	Days	Times	Dates	Mtgs	Fees		
72340	Sa	10:45am- 1:30pm	9/9-10/28	8	\$332R/\$368N		
Chess and Outdoor Volleyball							
Codes	Days	Times	Dates	Mtgs	Fees		
72341	Su	11:45am- 2:30pm	9/10-10/29	8	\$332R/\$368N		
	Cup	ertino Sports Cent	er Multi-Purp	ose Ro	om		
Basketb	all and	d Chess					
Codes	Days	Times	Dates	Mtgs	Fees		
72336	Tu	4:05pm- 7:00pm	9/5-10/24	8	\$359R/\$395N		
72338	F	4:05pm- 7:00pm	9/8-10/27	8	\$359R/\$395N		
72342	Tu	4:05pm- 7:00pm	10/31-12/12	6	\$269R/\$296N		
72344	F	4:05pm- 7:00pm	11/3-12/15	6	\$269R/\$296N		
Chess a	nd Bas	ketball					
Codes	Days	Times	Dates	Mtgs	Fees		
72339	F	6:00pm- 8:45pm	9/8-10/27	8	\$359R/\$395N		
72345	F	6:00pm- 8:45pm	11/3-12/15	6	\$269R/\$296N		
Chess a	nd Ou	tdoor Basketball					
Codes	Days	Times	Dates	Mtgs	Fees		
72346	Sa	10:45am- 1:30pm	11/4-12/16	7	\$291R/\$322N		
Chess a	nd Ou	tdoor Volleyball					
Codes	Days	Times	Dates	Mtgs	Fees		
72347	Su	11:45am- 2:30pm	11/5-12/10	6	\$249R/\$276N		
Volleyb	all and	Chess					
Codes	Days	Times	Dates	Mtgs	Fees		
72337	Th	4:05pm- 7:00pm	9/7-10/26	8	\$359R/\$395N		
72343	Th	4:05pm- 7:00pm	11/2-12/14	6	\$269R/\$296N		