



# 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
74073	Tu	10:00am- 1:00pm	1/16-2/20	6	\$105R/\$126N

### Ikebana Expressions

18Y+

Come to learn Ikebana, the Japanese art of flower arrangement. Using seasonal flower material to create your ikebana expressions in the class. Please bring ikebana scissors/pruners, a pin frog flower holder, and a shallow vase. Materials fee \$12 per meeting due in full to instructor at first class meeting. No class 2/20, 2/22. **Instructor: Lee**

#### Quinlan Community Center Music Room

Codes	Days	Times	Dates	Mtgs	Fees
74120	Tu	10:00am-12:00pm	1/23-3/20	8	\$104R/\$125N
74121	Th	7:00pm- 9:00pm	1/25-3/22	8	\$104R/\$125N

### Mixed Media for Adults

18Y+

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

#### Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
74027	W	10:30am-12:30pm	1/10-3/21	10	\$421R/\$506N

### Potter's Wheel

18Y+

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. Intermediate: For those who have throwing experience, we will further develop wheel skills and introduce surface decorating techniques. **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. No Class: 2/20

Codes	Days	Times	Dates	Mtgs	Fees
73932	Tu	10:30am-12:30pm	1/9-3/20	10	\$421R/\$505N
73930	Tu	7:00pm- 9:00pm	1/9-3/20	10	\$421R/\$505N

#### Intermediate

Intermediate: For those who have throwing experience, we will further hone your wheel skills and introduce surface decorating techniques and altering clay shapes. No Class: 1/15, 2/19

Codes	Days	Times	Dates	Mtgs	Fees
73931	M	10:30am-12:30pm	1/8-3/19	9	\$379R/\$455N
73933	M	7:00pm- 9:00pm	1/8-3/19	9	\$379R/\$455N



## 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.



## 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
74074	F	9:00am-12:00pm	1/5-2/23	8	\$105R/\$126N



## 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](http://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
71771	W	8:10pm- 8:55pm	1/24-2/28	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. No class: 2/24. **Instructor: Communication Academy**

### Communication Academy

Codes	Days	Times	Dates	Mtgs	Fees
74143	Sa	4:30pm- 6:00pm	1/13-3/24	10	\$445R/\$534N

### 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
74072	Tu	6:30pm- 9:30pm	3/6-3/13	2	\$49R/\$59N
74071	Th	6:30pm- 9:30pm	3/8-3/15	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
71720	F	9:30am-10:30am	1/12-3/23	11	\$50R/\$60N

### 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! **Instructor: McCormick**

#### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71721	Th	10:40am-11:40am	1/11-3/22	11	\$55R/\$66N

### 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 1/15, 2/19. **Instructor: Thurman**

#### Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71727	M	12:00pm- 1:30pm	1/8-3/19	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
71734	Tu	5:30pm- 6:30pm	1/9-3/20	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. No class 2/14, 2/21. **Instructor: Thoppay**

#### Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71738	W	7:00pm- 8:00pm	1/10-3/21	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), DuVal (Th)**

#### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71739	Tu	9:40am-10:40am	1/9-3/20	11	\$50R/\$60N
73921	Th	9:30am-10:30am	1/11-3/22	11	\$50R/\$60N

### Cardio/Sculpt Combo

PASS 18Y+

Come enjoy this user friendly hour of gentle cardio, strengthening, and 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
71741	Th	7:10pm- 8:10pm	1/11-3/22	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. Join the fun-let's dance and sweat! No class 1/15. **Instructor: Chen**

#### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71744	M	8:15pm- 9:15pm	1/8-2/5	4	\$18R/\$22N
71745	Tu	8:15pm- 9:15pm	1/9-2/6	5	\$23R/\$28N

**Dance 'n' Fit****PASS 16Y+**

You like to have fun. You need to exercise. Why not do both at the same time? Get fit while having fun and learning new dance moves, from sizzling salsa to sensual belly dancing to funky jazz to playful Charleston and much, much more. No class 1/15, 2/19. **Instructor: Bistry**

**Quinlan Community Center Activity Room**

Codes	Days	Times	Dates	Mtgs	Fees
71743	M	9:30am-10:30am	1/8-3/12	8	\$36R/\$43N

**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 2/28. **Instructor: Starr**

**Quinlan Community Center Social Room**

Codes	Days	Times	Dates	Mtgs	Fees
71750	W	6:00pm- 7:00pm	1/10-3/21	10	\$50R/\$60N

**Quinlan Community Center Activity Room**

Codes	Days	Times	Dates	Mtgs	Fees
71751	F	12:00pm- 1:00pm	1/12-3/23	11	\$55R/\$66N

**Hula Hoop Dance Movement 2 & Flow: Series****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 2/28. **Instructor: Starr**

**Quinlan Community Center Social Room**

Codes	Days	Times	Dates	Mtgs	Fees
71752	W	7:00pm- 8:30pm	1/10-3/21	10	\$70R/\$84N

**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. No class 2/23. **Instructor: Hu (Th) Tsai (F)**

**Quinlan Community Center Dance Room**

Codes	Days	Times	Dates	Mtgs	Fees
73877	Th	7:30pm- 8:30pm	1/11-3/22	11	\$50R/\$60N
71757	F	1:15pm- 2:15pm	1/12-3/16	9	\$41R/\$49N

**Introduction to Line Dancercise**

This is an introductory class appropriate for anyone who has never line danced before.

**Quinlan Community Center Activity Room**

Codes	Days	Times	Dates	Mtgs	Fees
73879	F	10:45am- 11:45am	1/12-3/16	9	\$41R/\$49N

**Low Impact Aerobics****PASS 18Y+**

Get a great workout with this low impact class. Class includes a warm-up, 25-30 minutes of low impact aerobics, followed by upper body strength exercises, abdominal work, core strengthening exercises, and stretching. No class 1/15, 2/19. **Instructor: Rassieur**

**Quinlan Community Center Activity Room**

Codes	Days	Times	Dates	Mtgs	Fees
71758	M W	7:00pm- 8:00pm	1/8-3/21	20	\$90R/\$108N

**Mixed Level Pilates****PASS 18Y+**

This mat class focuses on core strength and stability. Beginners are welcome as the fundamentals of Pilates are taught the first few weeks. Beyond that, the class is taught with various levels of difficulty being taught for each exercise. No class 1/15, 2/19. **Instructor: Haff (M/W) Wright (Th)**

**Quinlan Community Center Social Room**

Codes	Days	Times	Dates	Mtgs	Fees
71759	M	9:30am-10:30am	1/8-3/19	9	\$68R/\$82N

**Quinlan Community Center Activity Room**

Codes	Days	Times	Dates	Mtgs	Fees
71760	W	9:30am-10:30am	1/10-3/21	11	\$83R/\$100N
71761	Th	6:00pm- 7:00pm	1/11-3/22	11	\$83R/\$100N

**Nia Dance/Yogalates****PASS 18Y+**

Enjoy a fun total body workout that feels like a fitness party! We begin by dancing to upbeat music--incorporating movements from martial arts, yoga and dance. Then we will move through a sequence of pilates and yoga poses to strengthen the core and improve flexibility, balance, and posture. Suitable for all ages and levels. No class 2/1. **Instructor: Bousso**

**Quinlan Community Center Dance Room**

Codes	Days	Times	Dates	Mtgs	Fees
71762	Th	11:45am-12:35pm	1/11-2/15	5	\$38R/\$46N
73876	Th	11:45am-12:35pm	2/22-3/22	5	\$38R/\$46N

## Sculpt and Stretch

PASS

18Y+

Complement your cardio workout with this great strength training and flexibility class! Proper technique and form will be emphasized. All levels are welcome. No class 1/15, 2/19.

Instructor: McCormick

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71767	M	10:40am-11:40am	1/8-3/19	9	\$41R/\$49N
71768	W	10:40am-11:40am	1/10-3/21	11	\$50R/\$60N
71766	M W	10:40am-11:40am	1/8-3/21	20	\$90R/\$108N

## 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
71773	Tu	10:40am-11:40am	1/9-3/20	11	\$50R/\$60N

## Strong by Zumba

PASS

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. All levels are welcome.

Instructor: DuVal

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73710	W	12:00pm- 1:00pm	1/10-3/21	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](http://www.fitness299.com). No class 2/17, 3/3, 3/10. Instructor: Truong

### Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
71774	Sa	9:00am-10:15am	1/13-3/24	8	\$36R/\$43N



Online Registration • [www.reg4rec.org](http://www.reg4rec.org)

## 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](http://www.fitness299.com). No class 2/17, 3/3, 3/10.

Instructor: Truong

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71775	Sa	10:30am-11:45am	1/13-3/24	8	\$36R/\$43N

## 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
71776	Tu	7:10pm- 8:10pm	1/9-3/20	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 3/3. Instructor: Kongboon

### Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71783	W	12:00pm- 1:15pm	1/31-3/21	8	\$64R/\$77N

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
71781	Sa	8:45am-10:15am	2/3-3/24	7	\$56R/\$67N

## 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
71784	Th	12:00pm- 1:00pm	1/11-3/22	11	\$50R/\$60N

## Yoga--Level 1&2

PASS

18Y+

Hatha flow yoga incorporates flexibility in addition to strength and balance building. Class begins with a short meditation or a restorative pose, then moves into standing poses, builds to a challenging pose, and final relaxation. Leave class refreshed. No class 1/15, 2/19. Instructor: Frazier

### Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71785	M	7:00pm- 8:15pm	1/8-3/19	9	\$70R/\$84N
71786	Th	9:15am-10:30am	1/11-3/22	11	\$85R/\$102N

## Zumba

**PASS 18Y+**

Enjoy Latin and international music while doing easy dance steps and body-sculpting movements. Zumba routines feature aerobic intervals with a combination of fast and slow rhythms that tone and sculpt the body. No class 1/15, 2/19.

Instructor: DuVal (Tu) Hu (M/W/F)

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73743	M	12:00pm- 1:00pm	1/8-3/19	9	\$41R/\$49N

### Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
71787	Tu	12:00pm- 1:00pm	1/9-3/20	11	\$50R/\$60N
71789	F	12:00pm- 1:00pm	1/12-3/23	11	\$50R/\$60N

### Zumba Plus!

Codes	Days	Times	Dates	Mtgs	Fees
71788	W	9:30am-10:45am	1/10-3/21	11	\$55R/\$66N

## GOLF

### 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.

Instructor: Deep Cliff Staff

### Deep Cliff Golf Course Golf Course

Codes	Days	Times	Dates	Mtgs	Fees
73934	Sa	12:30pm- 2:00pm	2/10-3/3	4	\$152R/\$182N
73935	Sa	1:00pm- 2:30pm	3/17-4/7	4	\$152R/\$182N

### 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.

Instructor: Deep Cliff Staff

### Deep Cliff Golf Course Golf Course

Codes	Days	Times	Dates	Mtgs	Fees
74216	Sa	10:00am-11:30am	3/3-3/24	4	\$152R/\$182N



## HORSEBACK RIDING

### Horseback Riding: Western Style

**NEW 18Y+**

Do you love horses and want to learn how to ride? Using a Western Style saddle, you will gain confidence as you learn how to stop, start, steer your horse, as well as trotting, loping, and proper form. Great for brand new riders or those looking to improve their riding skills. Instructor: Garrod Farms Staff

### Garrod Farms Stables

Codes	Days	Times	Dates	Mtgs	Fees
74263	Tu	6:00pm- 7:00pm	2/6-2/27	4	\$185
74264	Tu	6:00pm- 7:00pm	3/6-3/27	4	\$185

## ICE SKATING

### 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
73925	Th	7:00pm- 7:30pm	1/11-3/1	8	\$132R/\$158N
73926	Sa	12:15pm-12:45pm	2/10-3/31	8	\$132R/\$158N



# MUSIC

## 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
74113	Th	7:00pm- 7:50pm	1/4-3/22	12	\$360R/\$432N

## Group Guitar 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
74205	W	8:00pm- 8:50pm	1/3-3/21	12	\$360R/\$432N



# SPORTS

## 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
73400	F	6:00pm- 8:00pm	1/5-3/23	12	\$100R/\$120N

## Pickleball League 18Y+

Join fellow pickleball 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
73568	M	1:00pm- 3:00pm	1/8-3/26	12	\$100R/\$120N

Online Registration • [www.reg4rec.org](http://www.reg4rec.org)



## 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](mailto: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.

## 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
73573	Su	4:00pm- 5:30pm	1/7-2/4	5	\$105R/\$117N
73574	Su	4:00pm- 5:30pm	2/11-3/18	6	\$126R/\$140N

## Outdoor Pickleball 16Y+

For players with little or no previous pickleball 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
73560	Th	1:30pm- 2:30pm	1/4-2/1	5	\$90R/\$100N
73561	Th	2:30pm- 3:30pm	1/4-2/1	5	\$90R/\$100N
73558	Tu	9:30am-10:30am	1/9-2/6	5	\$90R/\$100N
73559	Tu	10:30am-11:30am	1/9-2/6	5	\$90R/\$100N
73564	Th	1:30pm- 2:30pm	2/8-3/15	6	\$108R/\$120N
73565	Th	2:30pm- 3:30pm	2/8-3/15	6	\$108R/\$120N
73562	Tu	9:30am-10:30am	2/13-3/13	5	\$90R/\$100N
73563	Tu	10:30am-11:30am	2/13-3/13	5	\$90R/\$100N

