



## ART

### NEW! Adult Clay Works

18Y+

Join Trudi for a relaxing two-hour escape into the art studio. Each week we will work on the tables hand-building with clay. From sculptural to functional ware, we will do it all. **Instructor: Burney**

#### Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
75783	W	10:30am-12:30pm	4/4-5/2	5	\$215R/\$258N
75784	W	10:30am-12:30pm	5/9-6/6	5	\$215R/\$258N

### 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
75640	Tu	10:00am- 1:00pm	4/24-5/29	6	\$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](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.

### Ikebana Expressions

18Y+

Come learn Ikebana, the Japanese art of flower arrangement. Use seasonal flower material to create your ikebana expressions in class. Please bring ikebana scissors/pruners, a pin frog flower holder, and a shallow vase. Materials fee of \$12 per meeting due in full to instructor at first class meeting. **Instructor: Lee**

#### Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
75527	Th	7:00pm- 9:00pm	3/29-5/17	8	\$104R/\$125N

#### Quinlan Community Center Music Room

Codes	Days	Times	Dates	Mtgs	Fees
75526	Tu	10:00am-12:00pm	3/27-5/15	8	\$104R/\$125N

### Potter's Wheel Beginner

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. **Instructor: Burney**

#### Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
75713	Tu	10:30am-12:30pm	4/3-5/1	5	\$215R/\$258N
75779	W	7:00pm- 9:00pm	4/4-5/2	5	\$215R/\$258N
75715	Tu	10:30am-12:30pm	5/8-6/5	5	\$215R/\$258N
75781	W	7:00pm- 9:00pm	5/9-6/6	5	\$215R/\$258N

### Potter's Wheel Intermediate

18Y+

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
75714	M	10:30am-12:30pm	4/2-4/30	5	\$215R/\$258N
75780	M	7:00pm- 9:00pm	4/2-4/30	5	\$215R/\$258N
75716	M	10:30am-12:30pm	5/7-6/4	4	\$172R/\$206N
75782	M	7:00pm- 9:00pm	5/7-6/4	4	\$172R/\$206N

**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
75525	F	9:00am-12:00pm	3/30-6/1	10	\$140R/\$168N

**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. 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.



Leadership 95014

**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 Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73789	W	8:10pm- 8:55pm	4/11-5/16	6	\$72R/\$86N

**FITNESS****Drop-in Passes****Aerobics Passes**

**\$6** each. Drop-ins are welcome in all aerobics classes if space is available. Aerobics passes may be purchased in the Recreation Office.

**Hula Hoop Series 2 Passes**

**\$9** each. Passes for Hula Hoop Series 2. Passes may be purchased in the Recreation Office.

**Yoga and Pilates Passes**

**\$10** each. Drop-ins are welcome in all yoga/pilates classes if space is available. Passes may be purchased in the Recreation Office.

Passes are non-refundable. Classes may be canceled if the minimum registration is not met. If paying with cash, exact change is required. For more information, please call the Recreation Office at 408-777-3120.

**Aerobics for Everyone****16Y+**

This class will focus on improving your overall fitness and health through low impact aerobics, step, strengthening and toning exercises, and flexibility exercises. **Instructor: Wright (Th) Haff (F)**

## Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
76119	Th	6:30pm- 7:30pm	3/29-6/7	11	\$50R/\$60N
73744	F	9:30am-10:30am	3/30-6/8	11	\$50R/\$60N

**Balance, Core, and More****18Y+**

Strong abdominal muscles can help support your back and improve your posture and balance. Come and spend an hour every week strengthening and toning your core! No class 4/12, 4/19, 5/17. **Instructor: McCormick**

## Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73747	Th	10:40am-11:40am	3/29-6/7	8	\$40R/\$48N

**Baptiste Yoga****18Y+**

Baptiste yoga, in the tradition of Walt and Magana Baptiste, offers a unique expression of vinyasa (flow) style yoga that emphasizes balance, flexibility, fluidity, and strength. Pranayama (breathing practices) and mudras (hand postures) are an integral part of each class. No class 5/28. **Instructor: Thurman**

## Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73753	M	12:00pm- 1:30pm	4/2-6/4	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
73755	Tu	5:30pm- 6:30pm	3/27-6/5	11	\$83R/\$100N

## Bollywood Aerobics

PASS 18Y+

Bollywood Aerobics is a fast, fun, calorie burning dance aerobics class. The music is always a great mix of the latest and hottest Bollywood and Bhangra tunes. Every class is broken down into two sections that provide a whole body workout.

**Instructor: Thoppay**

### Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73757	W	7:00pm- 8:00pm	4/11-6/6	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**

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73758	Tu	9:40am-10:40am	3/27-6/5	11	\$45R/\$54N

## 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 in 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
73762	M	8:15pm- 9:15pm	4/30-5/28	5	\$23R/\$28N
73763	Tu	8:15pm- 9:15pm	5/1-6/5	6	\$27R/\$32N

## Dance 'n' Fit

PASS 16Y+

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. **Instructor: Bistry**

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73761	M	9:30am-10:30am	3/26-5/21	9	\$41R/\$49N

## Hula Hoop Dance Fitness: Series 1

PASS 18Y+

In this beginner class, you will learn the fundamentals and principals of hoop dance. Emphasis will be on core moves and techniques that you can do with a hula hoop, on and off the body. No experience necessary! No class 4/20. **Instructor: Starr**

### Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
73770	W	6:00pm- 7:00pm	3/28-6/6	11	\$55R/\$66N

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73771	F	12:00pm- 1:00pm	3/30-6/8	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
73772	W	7:00pm- 8:30pm	3/28-6/6	11	\$77R/\$92N

## 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 Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73880	F	10:45am-11:45am	4/6-6/1	9	\$41R/\$49N

### Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73882	Th	7:30pm- 8:30pm	3/29-6/7	11	\$50R/\$60N
73881	F	1:15pm- 2:15pm	4/6-6/1	9	\$41R/\$49N

### Quinlan Community Center Activity Room

#### Introduction to Line Dancercise

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

Codes	Days	Times	Dates	Mtgs	Fees
73880	F	10:45am-11:45am	4/6-6/1	9	\$41R/\$49N



**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.



**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, core strengthening exercises, and stretching. No class 5/28. **Instructor: Rassieur**

## Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73776	M W	7:00pm- 8:00pm	3/26-6/6	21	\$95R/\$114N

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

This mat class focuses on core strength and stability. Beginners are welcome as the fundamentals of Pilates are taught the first few weeks. Beyond that, the class is taught with various levels of difficulty being taught for each exercise. No class 5/28. **Instructor: Haff**

## Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73778	W	9:30am-10:30am	3/28-6/6	11	\$83R/\$100N

## Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
73777	M	9:30am-10:30am	3/26-6/4	10	\$75R/\$90N

**NEW! PiYo****PASS** 18Y+

The best of Pilates & Yoga combined, this PiYo Matt class will fuse the core firming benefits of Pilates with the flexibility advantages of Yoga. No jumping or straining, just core strength training through fluid movement and poses, focused breathing, & meditation. End your day strong & relaxed. **Instructor: Wright**

## Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
76120	Th	7:30pm- 8:30pm	3/29-6/7	11	\$83R/\$100N

**NEW! Prenatal Yoga****PASS** 18Y+

Modified prenatal flow yoga geared towards relieving common pregnancy-related aches and pains such as swelling, nausea, and back pain. This class will provide a safe and open community for women to discuss issues and concerns. Benefits of this practice include stress relief, increased flexibility, stability, and strength. **Instructor: You**

## Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
76121	Tu	6:00pm- 7:00pm	4/3-5/22	8	\$60R/\$72N

**NEW! Qigong****PASS** 18Y+

Qigong is a holistic system of easy flowing movements, breathing, and meditation. It can help improve the immune system, stabilize blood pressure, reduce pain, boost energy, decrease stress, and calm the mind. Suitable for all fitness levels. No class 4/25. **Instructor: Kroth**

## Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
74201	W	1:15pm- 2:15pm	3/28-6/6	10	\$45R/\$54N

**Sculpt and Stretch****PASS** 18Y+

Complement your cardio workout with this great strength training and flexibility class! Proper technique and form will be emphasized. All levels are welcome. No class 5/28. **Instructor: McCormick**

## Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73784	M W	10:40am-11:40am	3/26-6/6	21	\$95R/\$114N
73785	M	10:40am-11:40am	3/24-6/4	10	\$45R/\$54N
73786	W	10:40am-11:40am	3/28-6/6	11	\$50R/\$60N

**Strengthen and Stretch****PASS** 18Y+

Strengthen your core, increase muscle tone and flexibility through gentle but powerful floor exercise. Using effective breathing, form, and a variety of techniques, you will improve your strength, balance, posture, and range of motion! **Instructor: Wright**

## Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73791	Tu	10:40am-11:40am	3/27-6/5	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
73792	W	12:00pm- 1:00pm	3/28-6/6	11	\$50R/\$60N

**Therapeutic Breathing Methods****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 4/28, 5/12, 5/26. **Instructor: Truong**

## Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
73794	Sa	9:00am-10:15am	4/14-6/30	9	\$41R/\$49N

## 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 4/28, 5/12, 5/26. Instructor: Truong

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73795	Sa	10:30am-11:45am	4/14-6/30	9	\$41R/\$49N

## Total Body PASS 18Y+

20 minutes high/low-intensity aerobics for fat burning/toning. 20 minutes of free weights targeting arms, abs, and legs. Finish with 20 minutes of stretching to build flexibility and strength. Leave class feeling calm and rejuvenated! Instructor: Hu

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73796	Tu	7:10pm- 8:10pm	3/27-6/5	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 4/28. Instructor: Kongboon

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73801	W	5:45pm- 6:45pm	3/28-6/6	11	\$85R/\$102N
73800	Sa	8:45am-10:15am	3/31-6/9	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
73802	Th	12:00pm- 1:00pm	3/29-6/7	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 5/28. Instructor: Frazier

### Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73803	M	7:00pm- 8:15pm	3/26-6/4	10	\$78R/\$93N
73804	Th	9:15am-10:30am	3/29-6/7	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 5/28. Instructor: DuVal (Tu) Hu (M/W/F)

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
73805	M	12:00pm- 1:00pm	3/26-6/4	10	\$45R/\$54N

### Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
73806	Tu	12:00pm- 1:00pm	3/27-6/5	11	\$50R/\$60N
73808	F	12:00pm- 1:00pm	3/30-6/8	11	\$50R/\$60N

### Zumba Plus!

Codes	Days	Times	Dates	Mtgs	Fees
73807	W	9:30am-10:45am	3/28-6/6	11	\$55R/\$66N

## NEW! Zumba Toning PASS 18Y+

This low impact Zumba class combines Latin and international music with easy dance steps and optional light weights to provide body-sculpting and strength training of the arms, core, and legs. A fun, total body cardio workout for all levels! Instructor: DuVal

### Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
75684	Th	9:15am-10:15am	3/29-6/7	11	\$50R/\$60N

## GOLF

### Adult Golf

18Y+

This class emphasizes installing reliable fundamentals, focusing 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

Codes	Days	Times	Dates	Mtgs	Fees
75536	Sa	1:00pm- 2:30pm	4/21-5/12	4	\$159R/\$191N

## HORSEBACK RIDING

### Horseback Riding: Western Style

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, and steer your horse. Also learn 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
74244	Tu	6:00pm- 7:00pm	4/3-4/24	4	\$185
74245	Tu	6:00pm- 7:00pm	5/1-5/22	4	\$185

## ICE SKATING

### Ice Skating

16Y+

Students are introduced to basic skating skills including two-foot glides, dips, swizzles, back wiggles, stops, and spins. These skills provide a foundation to build upon and to enjoy pleasure skating. Instructor: Ice Center of Cupertino

#### Vallco Shopping Mall Ice Center

Codes	Days	Times	Dates	Mtgs	Fees
73929	Th	7:00pm- 7:30pm	3/8-4/26	8	\$110R/\$132N
73927	Th	7:00pm- 7:30pm	5/3-6/21	8	\$110R/\$132N
73928	Sa	12:15pm-12:45pm	4/7-5/26	8	\$110R/\$132N

## 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
75449	Th	7:00pm- 7:50pm	3/29-6/7	11	\$330R/\$396N

### 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
75467	W	8:00pm- 8:50pm	3/28-6/6	11	\$330R/\$396N

## TABLE TENNIS

### Table Tennis Beginner through Intermediate

16Y+

For players with little or no previous table tennis instruction. Fundamentals, rules, and play opportunity will occur at this level. Players are asked to bring a paddle. Equipment can be purchased in the Cupertino Sports Center Pro Shop.

Instructor: Lifetime Activities

#### Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
74451	Su	4:00pm- 5:30pm	3/25-4/29	6	\$126R/\$140N
74452	Su	4:00pm- 5:30pm	5/6-6/10	6	\$126R/\$140N

## TENNIS

### Beginner Tennis

16Y+

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

#### Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
74460	M	9:00am-10:30am	3/19-4/23	6	\$174R/\$192N
74461	W	9:00am-10:30am	3/21-4/25	6	\$174R/\$192N
74462	W	6:00pm- 7:30pm	3/21-4/25	6	\$174R/\$192N
74463	Sa	8:00am- 9:00am	3/24-4/28	6	\$137R/\$151N
74464	Su	8:00am- 9:00am	3/25-4/29	6	\$137R/\$151N
74934	M	9:00am-10:30am	4/30-6/4	6	\$174R/\$192N
74935	W	9:00am-10:30am	5/2-6/6	6	\$174R/\$192N
74936	W	6:00pm- 7:30pm	5/2-6/6	6	\$174R/\$192N
74937	Sa	8:00am- 9:00am	5/5-6/9	6	\$137R/\$151N
74938	Su	8:00am- 9:00am	5/6-6/10	6	\$137R/\$151N

## Advanced Beginner Tennis

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. 6:1 Ratio.

Instructor: Lifetime Activities

### Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
74471	M	10:30am-12:00pm	3/19-4/23	6	\$174R/\$192N
74939	M	10:30am-12:00pm	4/30-6/4	6	\$174R/\$192N
74472	W	10:30am-12:00pm	3/21-4/25	6	\$174R/\$192N
74940	W	10:30am-12:00pm	5/2-6/6	6	\$174R/\$192N
74473	W	7:30pm- 9:00pm	3/21-4/25	6	\$174R/\$192N
74941	W	7:30pm- 9:00pm	5/2-6/6	6	\$174R/\$192N
74474	Sa	8:00am- 9:00am	3/24-4/28	6	\$137R/\$151N
74942	Sa	8:00am- 9:00am	5/5-6/9	6	\$137R/\$151N

## Intermediate/Advanced Tennis

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. 6:1 Ratio. Instructor: Lifetime Activities

### Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
74481	M	6:00pm- 7:30pm	3/19-4/23	6	\$174R/\$192N
74482	W	7:30pm- 9:00pm	3/21-4/25	6	\$174R/\$192N
74483	Su	8:00am- 9:00am	3/25-4/29	6	\$137R/\$151N
74943	M	6:00pm- 7:30pm	4/30-6/4	6	\$174R/\$192N
74944	W	7:30pm- 9:00pm	5/2-6/6	6	\$174R/\$192N
74945	Su	8:00am- 9:00am	5/6-6/10	6	\$137R/\$151N

## 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! Instructor: Lifetime Activities

### Cupertino Sports Center Tennis Courts

#### Adult Academy (2.5 - 3.0)

Codes	Days	Times	Dates	Mtgs	Fees
75028	M	7:30pm- 9:00pm	3/19-4/23	6	\$174R/\$192N
75029	M	7:30pm- 9:00pm	4/30-6/4	6	\$174R/\$192N

#### Adult Academy (3.0 - 3.5)

Codes	Days	Times	Dates	Mtgs	Fees
75030	Tu	9:00am-10:30am	3/20-4/24	6	\$174R/\$192N
75031	Tu	9:00am-10:30am	5/1-6/5	6	\$174R/\$192N



### Adult Academy (3.5 +)

Codes	Days	Times	Dates	Mtgs	Fees
75032	Th	7:00pm- 8:30pm	3/22-4/26	6	\$174R/\$192N
75033	Th	7:00pm- 8:30pm	5/3-6/7	6	\$174R/\$192N

### Adult Lunch Time Drill Class

Codes	Days	Times	Dates	Mtgs	Fees
75038	Th	12:00pm- 1:00pm	3/22-4/26	6	\$117R/\$129N
75039	Th	12:00pm- 1:00pm	5/3-6/7	6	\$117R/\$129N

### Drill

Codes	Days	Times	Dates	Mtgs	Fees
75040	Sa	8:00am- 9:00am	3/24-4/28	6	\$117R/\$129N
75041	Sa	8:00am- 9:00am	5/5-6/9	6	\$117R/\$129N

### Men's Advanced Drill (3.5 +)

Codes	Days	Times	Dates	Mtgs	Fees
75036	Tu	7:00pm- 8:00pm	3/20-4/24	6	\$117R/\$129N
75037	Tu	7:00pm- 8:00pm	5/1-6/5	6	\$117R/\$129N

### Women's Advanced Drill (3.5 +)

Codes	Days	Times	Dates	Mtgs	Fees
75034	Tu	6:00pm- 7:00pm	3/20-4/24	6	\$117R/\$129N
75035	Tu	6:00pm- 7:00pm	5/1-6/5	6	\$117R/\$129N

# SAILING

## Sailing

15Y+

Learn to harness the calm morning breeze in protected water. This introductory course covers skills and terminology needed to get out on the water. Includes a 1-hour private lesson to be scheduled at your convenience following the course.

### Shoreline Park Aquatic Center

Codes	Days	Times	Dates	Mtgs	Fees
75877	Sa-Su	9:00am- 1:00pm	6/9-6/10	2	\$325
75878	Sa-Su	9:00am- 1:00pm	6/16-6/17	2	\$325
75879	Sa-Su	9:00am- 1:00pm	6/23-6/24	2	\$325
75880	Sa-Su	9:00am- 1:00pm	6/30-7/1	2	\$325
75881	Sa-Su	9:00am- 1:00pm	7/7-7/8	2	\$325
75882	Sa-Su	9:00am- 1:00pm	7/14-7/15	2	\$325
75883	Sa-Su	9:00am- 1:00pm	7/21-7/22	2	\$325
75884	Sa-Su	9:00am- 1:00pm	7/28-7/29	2	\$325
75885	Sa-Su	9:00am- 1:00pm	8/4-8/5	2	\$325
75886	Sa-Su	9:00am- 1:00pm	8/11-8/12	2	\$325
75887	Sa-Su	9:00am- 1:00pm	8/18-8/19	2	\$325

For general information, Scholarships, disability accommodations, refund policy, registration info, and addresses see pages 84-87.