




# Cupertino Sports Center

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		
Type	1 Month	1 Year
Single	\$65R/\$75N	\$440R/\$475N
Couple	\$85R/\$100N	\$825R/\$900N
Family	\$105R/\$125N	\$920R/\$1000N
Senior	\$50R/\$60N	\$395R/\$425N
Student	\$30	N/A
Junior		\$315R/\$350N

Call for monthly specials.  
Please note: prices are subject to change.

	DROP-IN FEES	10 PACKS
Day Pass	\$10R/\$13N	\$90R/\$117N
Aerobics, Dance, Sculpting, Yoga, TRX, Pilates	\$10 per class/Members FREE	
Basketball, Badminton, Pickleball, Table Tennis	\$7 per visit/Members FREE	\$63

**Tennis, Table Tennis, & Badminton Camps & Classes**

Registration will be accepted at the Sports Center, Quinlan Community Center, online at [www.cupertino.org/register](http://www.cupertino.org/register), 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.cupertino.tennisclub.org](http://www.cupertino.tennisclub.org)

**Cupertino Sports Center**

Phone: 408-777-3160  
21111 Stevens Creek Boulevard  
[www.cupertino.org/sportscenter](http://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](http://www.cupertino.org/sportscenter).





# LIFETIME ACTIVITIES GENERAL INFORMATION

## Make-up Policy

In the event a class is canceled, 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 [www.lifetimeactivities.com](http://www.lifetimeactivities.com) 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 85.

## 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.





## SUMMER CAMPS

### Extended Care

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. No camp 7/4. Instructor: Lifetime Activities

**6-15Y**

#### Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
75074	M-F	AM & PM	4/9-4/13	5	\$75R/\$83N
75075	M-F	AM & PM	4/16-4/20	5	\$75R/\$83N
75076	M-F	AM & PM	4/23-4/27	5	\$75R/\$83N
75077	M-F	AM & PM	6/11-6/15	5	\$75R/\$83N
75078	M-F	AM & PM	6/18-6/22	5	\$75R/\$83N
75079	M-F	AM & PM	6/25-6/29	5	\$75R/\$83N
75080	M-Tu Th-F	AM & PM	7/2-7/6	4	\$60R/\$67N
75081	M-F	AM & PM	7/9-7/13	5	\$75R/\$83N
75082	M-F	AM & PM	7/16-7/20	5	\$75R/\$83N
75083	M-F	AM & PM	7/23-7/27	5	\$75R/\$83N
75084	M-F	AM & PM	7/30-8/3	5	\$75R/\$83N
75085	M-F	AM & PM	8/6-8/10	5	\$75R/\$83N
75086	M-F	AM & PM	8/13-8/17	5	\$75R/\$83N
75087	M-F	AM & PM	8/20-8/24	5	\$75R/\$83N
75088	M-F	AM & PM	8/27-8/31	5	\$75R/\$83N

### Little Ballers Camp

**4-6Y**

Little basketball students will work on improving their hand and eye coordination through a series of drills and games. Bring a water bottle and snack. 6:1 ratio. No camp 7/4.

Instructor: Lifetime Activities

#### Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
74681	M-F	10:45am-11:45am	4/16-4/20	5	\$99R/\$109N
74682	M-F	10:45am-11:45am	6/11-6/15	5	\$99R/\$109N
74683	M-F	10:45am-11:45am	6/18-6/22	5	\$99R/\$109N
74684	M-F	10:45am-11:45am	6/25-6/29	5	\$99R/\$109N
74685	M-Tu Th-F	10:45am-11:45am	7/2-7/6	4	\$80R/\$88N
74686	M-F	10:45am-11:45am	7/9-7/13	5	\$99R/\$109N
74687	M-F	10:45am-11:45am	7/16-7/20	5	\$99R/\$109N
74688	M-F	10:45am-11:45am	7/23-7/27	5	\$99R/\$109N
74689	M-F	10:45am-11:45am	7/30-8/3	5	\$99R/\$109N
74690	M-F	10:45am-11:45am	8/6-8/10	5	\$99R/\$109N
74691	M-F	10:45am-11:45am	8/13-8/17	5	\$99R/\$109N
74692	M-F	10:45am-11:45am	8/20-8/24	5	\$99R/\$109N
74693	M-F	10:45am-11:45am	8/27-8/31	5	\$99R/\$109N



Fawn caught napping in McClellan Ranch Preserve.



**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. 4:1 ratio. No camp 7/4. **Instructor: Lifetime Activities**

**Cupertino Sports Center Tennis Courts**

Codes	Days	Times	Dates	Mtgs	Fees
74653	M-F	9:00am-10:30am	4/9-4/13	5	\$174R/\$191N
74655	M-F	9:00am-10:30am	4/16-4/20	5	\$174R/\$191N
74657	M-F	9:00am-10:30am	6/11-6/15	5	\$174R/\$191N
74659	M-F	9:00am-10:30am	6/18-6/22	5	\$174R/\$191N
74661	M-F	9:00am-10:30am	6/25-6/29	5	\$174R/\$191N
74663	M-Tu Th-F	9:00am-10:30am	7/2-7/6	4	\$140R/\$153N
74665	M-F	9:00am-10:30am	7/9-7/13	5	\$174R/\$191N
74667	M-F	9:00am-10:30am	7/16-7/20	5	\$174R/\$191N
74669	M-F	9:00am-10:30am	7/23-7/27	5	\$174R/\$191N
74671	M-F	9:00am-10:30am	7/30-8/3	5	\$174R/\$191N
74673	M-F	9:00am-10:30am	8/6-8/10	5	\$174R/\$191N
74675	M-F	9:00am-10:30am	8/13-8/17	5	\$174R/\$191N
74677	M-F	9:00am-10:30am	8/20-8/24	5	\$174R/\$191N
74679	M-F	9:00am-10:30am	8/27-8/31	5	\$174R/\$191N
74654	M-F	10:30am-12:00pm	4/9-4/13	5	\$174R/\$191N
74656	M-F	10:30am-12:00pm	4/16-4/20	5	\$174R/\$191N
74658	M-F	10:30am-12:00pm	6/11-6/15	5	\$174R/\$191N
74660	M-F	10:30am-12:00pm	6/18-6/22	5	\$174R/\$191N
74662	M-F	10:30am-12:00pm	6/25-6/29	5	\$174R/\$191N
74664	M-Tu Th-F	10:30am-12:00pm	7/2-7/6	4	\$140R/\$153N
74666	M-F	10:30am-12:00pm	7/9-7/13	5	\$174R/\$191N
74668	M-F	10:30am-12:00pm	7/16-7/20	5	\$174R/\$191N
74670	M-F	10:30am-12:00pm	7/23-7/27	5	\$174R/\$191N
74672	M-F	10:30am-12:00pm	7/30-8/3	5	\$174R/\$191N
74674	M-F	10:30am-12:00pm	8/6-8/10	5	\$174R/\$191N
74676	M-F	10:30am-12:00pm	8/13-8/17	5	\$174R/\$191N
74678	M-F	10:30am-12:00pm	8/20-8/24	5	\$174R/\$191N
74680	M-F	10:30am-12:00pm	8/27-8/31	5	\$174R/\$191N



Lifetime Activities Badminton Camp, Pg. 72

**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. 6:1 ratio. No camp 7/4.

**Instructor: Lifetime Activities****Cupertino Sports Center Multi-Purpose Room**

Codes	Days	Times	Dates	Mtgs	Fees
75262	M-F	1:15pm- 3:45pm	4/9-4/13	5	\$242R/\$265N
75263	M-F	1:15pm- 3:45pm	4/16-4/20	5	\$242R/\$265N
75264	M-F	1:15pm- 3:45pm	4/23-4/27	5	\$242R/\$265N
75265	M-F	1:15pm- 3:45pm	6/11-6/15	5	\$242R/\$265N
75266	M-F	1:15pm- 3:45pm	6/18-6/22	5	\$242R/\$265N
75267	M-F	1:15pm- 3:45pm	6/25-6/29	5	\$242R/\$265N
75268	M-Tu Th-F	1:15pm- 3:45pm	7/2-7/6	4	\$194R/\$212N
75269	M-F	1:15pm- 3:45pm	7/9-7/13	5	\$242R/\$265N
75270	M-F	1:15pm- 3:45pm	7/16-7/20	5	\$242R/\$265N
75271	M-F	1:15pm- 3:45pm	7/23-7/27	5	\$242R/\$265N
75272	M-F	1:15pm- 3:45pm	7/30-8/3	5	\$242R/\$265N
75273	M-F	1:15pm- 3:45pm	8/6-8/10	5	\$242R/\$265N
75274	M-F	1:15pm- 3:45pm	8/13-8/17	5	\$242R/\$265N
75275	M-F	1:15pm- 3:45pm	8/20-8/24	5	\$242R/\$265N
75276	M-F	1:15pm- 3:45pm	8/27-8/31	5	\$242R/\$265N

**Outdoor Basketball Camp****6-15Y**

Students will learn the 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. 8:1 ratio. No camp 7/4.

**Instructor: Lifetime Activities****Cupertino Sports Center Sports Court**

Codes	Days	Times	Dates	Mtgs	Fees
74827	M-F	9:00am-11:30am	4/16-4/20	5	\$225R/\$248N
74828	M-F	9:00am-11:30am	6/11-6/15	5	\$225R/\$248N
74829	M-F	9:00am-11:30am	6/18-6/22	5	\$225R/\$248N
74830	M-F	9:00am-11:30am	6/25-6/29	5	\$225R/\$248N
74831	M-Tu Th-F	9:00am-11:30am	7/2-7/6	4	\$180R/\$199N
74832	M-F	9:00am-11:30am	7/9-7/13	5	\$225R/\$248N
74833	M-F	9:00am-11:30am	7/16-7/20	5	\$225R/\$248N
74834	M-F	9:00am-11:30am	7/23-7/27	5	\$225R/\$248N
74835	M-F	9:00am-11:30am	7/30-8/3	5	\$225R/\$248N
74836	M-F	9:00am-11:30am	8/6-8/10	5	\$225R/\$248N
74837	M-F	9:00am-11:30am	8/13-8/17	5	\$225R/\$248N
74838	M-F	9:00am-11:30am	8/20-8/24	5	\$225R/\$248N
74840	M-F	2:15pm- 3:45pm	4/16-4/20	5	\$135R/\$149N
74841	M-F	2:15pm- 3:45pm	6/11-6/15	5	\$135R/\$149N
74842	M-F	2:15pm- 3:45pm	6/18-6/22	5	\$135R/\$149N
74843	M-F	2:15pm- 3:45pm	6/25-6/29	5	\$135R/\$149N



74844	M-Tu Th-F	2:15pm- 3:45pm	7/2-7/6	4	\$108R/\$120N
74845	M-F	2:15pm- 3:45pm	7/9-7/13	5	\$135R/\$149N
74846	M-F	2:15pm- 3:45pm	7/16-7/20	5	\$135R/\$149N
74847	M-F	2:15pm- 3:45pm	7/23-7/27	5	\$135R/\$149N
74848	M-F	2:15pm- 3:45pm	7/30-8/3	5	\$135R/\$149N
74849	M-F	2:15pm- 3:45pm	8/6-8/10	5	\$135R/\$149N
74850	M-F	2:15pm- 3:45pm	8/13-8/17	5	\$135R/\$149N
74851	M-F	2:15pm- 3:45pm	8/20-8/24	5	\$135R/\$149N

### 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. 6:1 ratio. No camp 7/4.

**Instructor: Lifetime Activities**

#### Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
75277	M-F	4:00pm- 5:30pm	4/9-4/13	5	\$145R/\$159N
75278	M-F	4:00pm- 5:30pm	4/16-4/20	5	\$145R/\$159N
75279	M-F	4:00pm- 5:30pm	4/23-4/27	5	\$145R/\$159N
75280	M-F	4:00pm- 5:30pm	6/11-6/15	5	\$145R/\$159N
75281	M-F	4:00pm- 5:30pm	6/18-6/22	5	\$145R/\$159N
75282	M-F	4:00pm- 5:30pm	6/25-6/29	5	\$145R/\$159N
75283	M-Tu Th-F	4:00pm- 5:30pm	7/2-7/6	4	\$116R/\$128N
75284	M-F	4:00pm- 5:30pm	7/9-7/13	5	\$145R/\$159N
75285	M-F	4:00pm- 5:30pm	7/16-7/20	5	\$145R/\$159N
75286	M-F	4:00pm- 5:30pm	7/23-7/27	5	\$145R/\$159N
75287	M-F	4:00pm- 5:30pm	7/30-8/3	5	\$145R/\$159N
75288	M-F	4:00pm- 5:30pm	8/6-8/10	5	\$145R/\$159N
75289	M-F	4:00pm- 5:30pm	8/13-8/17	5	\$145R/\$159N
75290	M-F	4:00pm- 5:30pm	8/20-8/24	5	\$145R/\$159N
75291	M-F	4:00pm- 5:30pm	8/27-8/31	5	\$145R/\$159N

### Improvement / Match Play Tennis Camp 6-15Y

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. 8:1 Ratio. No camp 7/4. **Instructor: Lifetime Activities**

#### Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
74749	M-F	9:00am-12:00pm	4/9-4/13	5	\$226R/\$249N
74750	M-F	9:00am-12:00pm	4/16-4/20	5	\$226R/\$249N
74751	M-F	9:00am-12:00pm	4/23-4/27	5	\$226R/\$249N
74752	M-F	9:00am-12:00pm	6/11-6/15	5	\$226R/\$249N
74753	M-F	9:00am-12:00pm	6/18-6/22	5	\$226R/\$249N
74754	M-F	9:00am-12:00pm	6/25-6/29	5	\$226R/\$249N
74755	M-Tu Th-F	9:00am-12:00pm	7/2-7/6	4	\$181R/\$200N



74756	M-F	9:00am-12:00pm	7/9-7/13	5	\$226R/\$249N
74757	M-F	9:00am-12:00pm	7/16-7/20	5	\$226R/\$249N
74758	M-F	9:00am-12:00pm	7/23-7/27	5	\$226R/\$249N
74759	M-F	9:00am-12:00pm	7/30-8/3	5	\$226R/\$249N
74760	M-F	9:00am-12:00pm	8/6-8/10	5	\$226R/\$249N
74761	M-F	9:00am-12:00pm	8/13-8/17	5	\$226R/\$249N
74762	M-F	9:00am-12:00pm	8/20-8/24	5	\$226R/\$249N
74763	M-F	9:00am-12:00pm	8/27-8/31	5	\$226R/\$249N
74999	M-F	12:30pm- 2:00pm	4/9-4/13	5	\$113R/\$125N
75000	M-F	12:30pm- 2:00pm	4/16-4/20	5	\$113R/\$125N
75001	M-F	12:30pm- 2:00pm	4/23-4/27	5	\$113R/\$125N
75002	M-F	12:30pm- 2:00pm	6/11-6/15	5	\$113R/\$125N
75003	M-F	12:30pm- 2:00pm	6/18-6/22	5	\$113R/\$125N
75004	M-F	12:30pm- 2:00pm	6/25-6/29	5	\$113R/\$125N
75005	M-Tu Th-F	12:30pm- 2:00pm	7/2-7/6	4	\$91R/\$100N
75006	M-F	12:30pm- 2:00pm	7/9-7/13	5	\$113R/\$125N
75007	M-F	12:30pm- 2:00pm	7/16-7/20	5	\$113R/\$125N
75008	M-F	12:30pm- 2:00pm	7/23-7/27	5	\$113R/\$125N
75009	M-F	12:30pm- 2:00pm	7/30-8/3	5	\$113R/\$125N
75010	M-F	12:30pm- 2:00pm	8/6-8/10	5	\$113R/\$125N
75011	M-F	12:30pm- 2:00pm	8/13-8/17	5	\$113R/\$125N
75012	M-F	12:30pm- 2:00pm	8/20-8/24	5	\$113R/\$125N
75013	M-F	12:30pm- 2:00pm	8/27-8/31	5	\$113R/\$125N
75014	M-F	2:15pm- 3:45pm	4/9-4/13	5	\$113R/\$125N
75015	M-F	2:15pm- 3:45pm	4/16-4/20	5	\$113R/\$125N
75016	M-F	2:15pm- 3:45pm	6/11-6/15	5	\$113R/\$125N
75017	M-F	2:15pm- 3:45pm	6/18-6/22	5	\$113R/\$125N
75018	M-F	2:15pm- 3:45pm	6/25-6/29	5	\$113R/\$125N
75019	M-Tu Th-F	2:15pm- 3:45pm	7/2-7/6	4	\$91R/\$100N
75020	M-F	2:15pm- 3:45pm	7/9-7/13	5	\$113R/\$125N
75021	M-F	2:15pm- 3:45pm	7/16-7/20	5	\$113R/\$125N
75022	M-F	2:15pm- 3:45pm	7/23-7/27	5	\$113R/\$125N
75023	M-F	2:15pm- 3:45pm	7/30-8/3	5	\$113R/\$125N
75024	M-F	2:15pm- 3:45pm	8/6-8/10	5	\$113R/\$125N
75025	M-F	2:15pm- 3:45pm	8/13-8/17	5	\$113R/\$125N
75026	M-F	2:15pm- 3:45pm	8/20-8/24	5	\$113R/\$125N
75027	M-F	2:15pm- 3:45pm	8/27-8/31	5	\$113R/\$125N





Campers learning chess strategy, Combo Chess Camps Pgs. 74-77

### All Day Sports Camp 1

6-15Y

These camps combine cricket with volleyball, basketball, and chess for a full day of exercise and social interaction. 8:1 ratio.  
Instructor: Lifetime Activities

#### Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
75244	M-F	9:00am- 5:30pm	6/11-6/15	5	\$499R/\$549N
75245	M-F	9:00am- 5:30pm	6/18-6/22	5	\$499R/\$549N
75246	M-F	9:00am- 5:30pm	6/25-6/29	5	\$499R/\$549N
75247	M-F	9:00am- 5:30pm	7/9-7/13	5	\$499R/\$549N
75248	M-F	9:00am- 5:30pm	7/16-7/20	5	\$499R/\$549N
75249	M-F	9:00am- 5:30pm	7/23-7/27	5	\$499R/\$549N
75250	M-F	9:00am- 5:30pm	7/30-8/3	5	\$499R/\$549N
75251	M-F	9:00am- 5:30pm	8/6-8/10	5	\$499R/\$549N
75252	M-F	9:00am- 5:30pm	8/13-8/17	5	\$499R/\$549N

### All Day Sports Camp 2

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. No camp 7/4.  
Instructor: Lifetime Activities

#### Cupertino Sports Center Sports Court

Codes	Days	Times	Dates	Mtgs	Fees
74797	M-F	9:00am- 5:30pm	4/16-4/20	5	\$499R/\$549N
74798	M-F	9:00am- 5:30pm	6/11-6/15	5	\$499R/\$549N
74799	M-F	9:00am- 5:30pm	6/18-6/22	5	\$499R/\$549N
74800	M-F	9:00am- 5:30pm	6/25-6/29	5	\$499R/\$549N
74801	M-Tu Th-F	9:00am- 5:30pm	7/2-7/6	4	\$400R/\$440N
74802	M-F	9:00am- 5:30pm	7/9-7/13	5	\$499R/\$549N
74803	M-F	9:00am- 5:30pm	7/16-7/20	5	\$499R/\$549N
74804	M-F	9:00am- 5:30pm	7/23-7/27	5	\$499R/\$549N
74805	M-F	9:00am- 5:30pm	7/30-8/3	5	\$499R/\$549N
74806	M-F	9:00am- 5:30pm	8/6-8/10	5	\$499R/\$549N
74807	M-F	9:00am- 5:30pm	8/13-8/17	5	\$499R/\$549N
74808	M-F	9:00am- 5:30pm	8/20-8/24	5	\$499R/\$549N

### All Day 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. No camp 7/4.  
Instructor: Lifetime Activities

#### Cupertino Sports Center Multi-Purpose Room

##### Inservice Day Camp

Codes	Days	Times	Dates	Mtgs	Fees
74380	F	9:00am- 5:20pm	3/30	1	\$89R/\$96N

##### Tennis, Badminton, Table Tennis

Codes	Days	Times	Dates	Mtgs	Fees
74809	M-F	9:00am- 5:20pm	4/9-4/13	5	\$443R/\$477N
74810	M-F	9:00am- 5:20pm	4/16-4/20	5	\$443R/\$477N
74811	M-F	9:00am- 5:20pm	4/23-4/27	5	\$443R/\$477N
74812	M-F	9:00am- 5:20pm	6/11-6/15	5	\$443R/\$477N
74813	M-F	9:00am- 5:20pm	6/18-6/22	5	\$443R/\$477N
74814	M-F	9:00am- 5:20pm	6/25-6/29	5	\$443R/\$477N
74815	M-Tu Th-F	9:00am- 5:20pm	7/2-7/6	4	\$355R/\$382N
74816	M-F	9:00am- 5:20pm	7/9-7/13	5	\$443R/\$477N
74817	M-F	9:00am- 5:20pm	7/16-7/20	5	\$443R/\$477N
74818	M-F	9:00am- 5:20pm	7/23-7/27	5	\$443R/\$477N
74819	M-F	9:00am- 5:20pm	7/30-8/3	5	\$443R/\$477N
74820	M-F	9:00am- 5:20pm	8/6-8/10	5	\$443R/\$477N
74821	M-F	9:00am- 5:20pm	8/13-8/17	5	\$443R/\$477N
74822	M-F	9:00am- 5:20pm	8/20-8/24	5	\$443R/\$477N
74823	M-F	9:00am- 5:20pm	8/27-8/31	5	\$443R/\$477N

### Outdoor Basketball/Chess 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. 8:1 ratio. No camp 7/4. Instructor: Lifetime Activities

#### Cupertino Sports Center Sports Court

##### Basketball/Chess

Codes	Days	Times	Dates	Mtgs	Fees
75160	M-F	9:00am- 2:00pm	4/16-4/20	5	\$349R/\$384N
75161	M-F	9:00am- 2:00pm	6/11-6/15	5	\$349R/\$384N
75161	M-F	9:00am- 2:00pm	6/11-6/15	5	\$349R/\$384N
75162	M-F	9:00am- 2:00pm	6/18-6/22	5	\$349R/\$384N
75164	M-Tu Th-F	9:00am- 2:00pm	7/2-7/6	4	\$280R/\$308N
75165	M-F	9:00am- 2:00pm	7/9-7/13	5	\$349R/\$384N
75166	M-F	9:00am- 2:00pm	7/16-7/20	5	\$349R/\$384N
75167	M-F	9:00am- 2:00pm	7/23-7/27	5	\$349R/\$384N
75168	M-F	9:00am- 2:00pm	7/30-8/3	5	\$349R/\$384N
75169	M-F	9:00am- 2:00pm	8/6-8/10	5	\$349R/\$384N
75170	M-F	9:00am- 2:00pm	8/13-8/17	5	\$349R/\$384N
75171	M-F	9:00am- 2:00pm	8/20-8/24	5	\$349R/\$384N





75172	M-F	2:15pm- 5:30pm	4/16-4/20	5	\$239R/\$263N
75173	M-F	2:15pm- 5:30pm	6/11-6/15	5	\$239R/\$263N
75174	M-F	2:15pm- 5:30pm	6/18-6/22	5	\$239R/\$263N
75175	M-F	2:15pm- 5:30pm	6/25-6/29	5	\$239R/\$263N
75176	M-Tu Th-F	2:15pm- 5:30pm	7/2-7/6	4	\$192R/\$211N
75177	M-F	2:15pm- 5:30pm	7/9-7/13	5	\$239R/\$263N
75178	M-F	2:15pm- 5:30pm	7/16-7/20	5	\$239R/\$263N
75179	M-F	2:15pm- 5:30pm	7/23-7/27	5	\$239R/\$263N
75180	M-F	2:15pm- 5:30pm	7/30-8/3	5	\$239R/\$263N
75181	M-F	2:15pm- 5:30pm	8/6-8/10	5	\$239R/\$263N
75182	M-F	2:15pm- 5:30pm	8/13-8/17	5	\$239R/\$263N
75183	M-F	2:15pm- 5:30pm	8/20-8/24	5	\$239R/\$263N

**Chess/Basketball**

Codes	Days	Times	Dates	Mtgs	Fees
75184	M-F	12:30pm- 3:45pm	4/16-4/20	5	\$239R/\$263N
75185	M-F	12:30pm- 3:45pm	6/11-6/15	5	\$239R/\$263N
75186	M-F	12:30pm- 3:45pm	6/18-6/22	5	\$239R/\$263N
75187	M-F	12:30pm- 3:45pm	6/25-6/29	5	\$239R/\$263N
75188	M-Tu Th-F	12:30pm- 3:45pm	7/2-7/6	4	\$192R/\$211N
75189	M-F	12:30pm- 3:45pm	7/9-7/13	5	\$239R/\$263N
75190	M-F	12:30pm- 3:45pm	7/16-7/20	5	\$239R/\$263N
75191	M-F	12:30pm- 3:45pm	7/23-7/27	5	\$239R/\$263N
75192	M-F	12:30pm- 3:45pm	7/30-8/3	5	\$239R/\$263N
75193	M-F	12:30pm- 3:45pm	8/6-8/10	5	\$239R/\$263N
75194	M-F	12:30pm- 3:45pm	8/13-8/17	5	\$239R/\$263N
75195	M-F	12:30pm- 3:45pm	8/20-8/24	5	\$239R/\$263N

**Badminton/Table Tennis 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. No camp 7/4. Instructor: Lifetime Activities

**Cupertino Sports Center Multi-Purpose Room**

Codes	Days	Times	Dates	Mtgs	Fees
74318	M-F	1:15pm- 5:30pm	4/9-4/13	5	\$326R/\$359N
74985	M-F	1:15pm- 5:30pm	4/16-4/20	5	\$326R/\$359N
74986	M-F	1:15pm- 5:30pm	4/23-4/27	5	\$326R/\$359N
74987	M-F	1:15pm- 5:30pm	6/11-6/15	5	\$326R/\$359N
74988	M-F	1:15pm- 5:30pm	6/18-6/22	5	\$326R/\$359N
74989	M-F	1:15pm- 5:30pm	6/25-6/29	5	\$326R/\$359N
74990	M-Tu Th-F	1:15pm- 5:30pm	7/2-7/6	4	\$261R/\$288N
74991	M-F	1:15pm- 5:30pm	7/9-7/13	5	\$326R/\$359N
74992	M-F	1:15pm- 5:30pm	7/16-7/20	5	\$326R/\$359N
74993	M-F	1:15pm- 5:30pm	7/23-7/27	5	\$326R/\$359N
74994	M-F	1:15pm- 5:30pm	7/30-8/3	5	\$326R/\$359N
74995	M-F	1:15pm- 5:30pm	8/6-8/10	5	\$326R/\$359N
74996	M-F	1:15pm- 5:30pm	8/13-8/17	5	\$326R/\$359N
74997	M-F	1:15pm- 5:30pm	8/20-8/24	5	\$326R/\$359N
74998	M-F	1:15pm- 5:30pm	8/27-8/31	5	\$326R/\$359N



Table Tennis Camp, Pg. 73

**Outdoor Pickleball/Chess Camp 6-15Y**

Twice the fun as students participate in both the pickleball and chess camps at a discounted rate. Bring snack and a water bottle. 8:1 ratio. No camp 7/4. Instructor: Lifetime Activities

**Cupertino Sports Center Tennis Courts**

Codes	Days	Times	Dates	Mtgs	Fees
74852	M-F	2:15pm- 5:30pm	4/16-4/20	5	\$239R/\$263N
74853	M-F	2:15pm- 5:30pm	6/11-6/15	5	\$239R/\$263N
74854	M-F	2:15pm- 5:30pm	6/18-6/22	5	\$239R/\$263N
74855	M-F	2:15pm- 5:30pm	6/25-6/29	5	\$239R/\$263N
74856	M-Tu Th-F	2:15pm- 5:30pm	7/2-7/6	4	\$192R/\$211N
74857	M-F	2:15pm- 5:30pm	7/9-7/13	5	\$239R/\$263N
74858	M-F	2:15pm- 5:30pm	7/16-7/20	5	\$239R/\$263N
74859	M-F	2:15pm- 5:30pm	7/23-7/27	5	\$239R/\$263N
74860	M-F	2:15pm- 5:30pm	7/30-8/3	5	\$239R/\$263N
74861	M-F	2:15pm- 5:30pm	8/6-8/10	5	\$239R/\$263N
74862	M-F	2:15pm- 5:30pm	8/13-8/17	5	\$239R/\$263N
74863	M-F	2:15pm- 5:30pm	8/20-8/24	5	\$239R/\$263N

**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. 8:1 ratio. No camp 7/4. Instructor: Lifetime Activities

**Cupertino Sports Center Sports Court**

Codes	Days	Times	Dates	Mtgs	Fees
75220	M-F	12:30pm- 3:45pm	4/16-4/20	5	\$239R/\$263N
75221	M-F	12:30pm- 3:45pm	6/11-6/15	5	\$239R/\$263N
75222	M-F	12:30pm- 3:45pm	6/18-6/22	5	\$239R/\$263N
75223	M-F	12:30pm- 3:45pm	6/25-6/29	5	\$239R/\$263N
75224	M-Tu Th-F	12:30pm- 3:45pm	7/2-7/6	4	\$192R/\$211N
75225	M-F	12:30pm- 3:45pm	7/9-7/13	5	\$239R/\$263N
75226	M-F	12:30pm- 3:45pm	7/16-7/20	5	\$239R/\$263N
75227	M-F	12:30pm- 3:45pm	7/23-7/27	5	\$239R/\$263N
75228	M-F	12:30pm- 3:45pm	7/30-8/3	5	\$239R/\$263N
75229	M-F	12:30pm- 3:45pm	8/6-8/10	5	\$239R/\$263N
75230	M-F	12:30pm- 3:45pm	8/13-8/17	5	\$239R/\$263N
75231	M-F	12:30pm- 3:45pm	8/20-8/24	5	\$239R/\$263N

**Cricket/Chess Camp****7-15Y**

Students will learn batting, bowling and fielding skills in a week long camp followed by an indoor chess program where students will improve their critical thinking. Each first time chess participant will receive their own personal roll up chess board with chess pieces. Bring snack and water bottle. Ratio is 8:1. Drop off and pick up at the Cupertino Sports Center.

**Instructor: Lifetime Activities**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
75253	M-F	9:00am- 2:00pm	6/11-6/15	5	\$349R/\$384N
75254	M-F	9:00am- 2:00pm	6/18-6/22	5	\$349R/\$384N
75255	M-F	9:00am- 2:00pm	6/25-6/29	5	\$349R/\$384N
75256	M-F	9:00am- 2:00pm	7/9-7/13	5	\$349R/\$384N
75257	M-F	9:00am- 2:00pm	7/16-7/20	5	\$349R/\$384N
75258	M-F	9:00am- 2:00pm	7/23-7/27	5	\$349R/\$384N
75259	M-F	9:00am- 2:00pm	7/30-8/3	5	\$349R/\$384N
75260	M-F	9:00am- 2:00pm	8/6-8/10	5	\$349R/\$384N
75261	M-F	9:00am- 2:00pm	8/13-8/17	5	\$349R/\$384N

**Outdoor Basketball/Volleyball Camp****7-15Y**

Twice the fun as students participate in both the basketball and volleyball camps at a discounted rate. Bring snack and water bottle. 8:1 ratio. No camp 7/4. **Instructor: Staff**

Cupertino Sports Center Sports Court

Codes	Days	Times	Dates	Mtgs	Fees
75196	M-F	9:00am- 2:00pm	4/16-4/20	5	\$349R/\$384N
75197	M-F	9:00am- 2:00pm	6/11-6/15	5	\$349R/\$384N
75198	M-F	9:00am- 2:00pm	6/18-6/22	5	\$349R/\$384N
75199	M-F	9:00am- 2:00pm	6/25-6/29	5	\$349R/\$384N
75200	M-Tu Th-F	9:00am- 2:00pm	7/2-7/6	4	\$280R/\$308N
75201	M-F	9:00am- 2:00pm	7/9-7/13	5	\$349R/\$384N
75202	M-F	9:00am- 2:00pm	7/16-7/20	5	\$349R/\$384N
75203	M-F	9:00am- 2:00pm	7/23-7/27	5	\$349R/\$384N
75204	M-F	9:00am- 2:00pm	7/30-8/3	5	\$349R/\$384N
75205	M-F	9:00am- 2:00pm	8/6-8/10	5	\$349R/\$384N
75206	M-F	9:00am- 2:00pm	8/13-8/17	5	\$349R/\$384N
75207	M-F	9:00am- 2:00pm	8/20-8/24	5	\$349R/\$384N
75208	M-F	12:30pm- 3:45pm	4/16-4/20	5	\$239R/\$263N
75209	M-F	12:30pm- 3:45pm	6/11-6/15	5	\$239R/\$263N
75210	M-F	12:30pm- 3:45pm	6/18-6/22	5	\$239R/\$263N
75211	M-F	12:30pm- 3:45pm	6/25-6/29	5	\$239R/\$263N
75212	M-Tu Th-F	12:30pm- 3:45pm	7/2-7/6	4	\$192R/\$211N
75214	M-F	12:30pm- 3:45pm	7/16-7/20	5	\$239R/\$263N
75214	M-F	12:30pm- 3:45pm	7/16-7/20	5	\$239R/\$263N
75215	M-F	12:30pm- 3:45pm	7/23-7/27	5	\$239R/\$263N
75216	M-F	12:30pm- 3:45pm	7/30-8/3	5	\$239R/\$263N
75217	M-F	12:30pm- 3:45pm	8/6-8/10	5	\$239R/\$263N
75218	M-F	12:30pm- 3:45pm	8/13-8/17	5	\$239R/\$263N
75219	M-F	12:30pm- 3:45pm	8/20-8/24	5	\$239R/\$263N

**Outdoor Volleyball Camp****7-15Y**

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. 8:1 ratio. No camp 7/4. **Instructor: Staff**

Cupertino Sports Center Sports Court

Codes	Days	Times	Dates	Mtgs	Fees
74784	M-F	12:30pm- 2:00pm	4/16-4/20	5	\$135R/\$149N
74785	M-F	12:30pm- 2:00pm	6/11-6/15	5	\$135R/\$149N
74786	M-F	12:30pm- 2:00pm	6/18-6/22	5	\$135R/\$149N
74787	M-F	12:30pm- 2:00pm	6/25-6/29	5	\$135R/\$149N
74788	M-Tu Th-F	12:30pm- 2:00pm	7/2-7/6	4	\$108R/\$120N
74789	M-F	12:30pm- 2:00pm	7/9-7/13	5	\$135R/\$149N
74790	M-F	12:30pm- 2:00pm	7/16-7/20	5	\$135R/\$149N
74791	M-F	12:30pm- 2:00pm	7/23-7/27	5	\$135R/\$149N
74792	M-F	12:30pm- 2:00pm	7/30-8/3	5	\$135R/\$149N
74793	M-F	12:30pm- 2:00pm	8/6-8/10	5	\$135R/\$149N
74794	M-F	12:30pm- 2:00pm	8/13-8/17	5	\$135R/\$149N
74795	M-F	12:30pm- 2:00pm	8/20-8/24	5	\$135R/\$149N

**LITTLE TENNIS**

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

**Little Tennis & Athletic Development****4-6Y**

This specialized program is designed for children 4 - 6 years old. 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.

**Instructor: Lifetime Activities**

Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
74866	Tu	3:00pm- 4:00pm	3/20-4/24	6	\$141R/\$156N
74867	W	6:00pm- 7:00pm	3/21-4/25	6	\$141R/\$156N
74868	F	5:00pm- 6:00pm	3/23-4/27	6	\$141R/\$156N
74869	Sa	10:30am-11:30am	3/24-4/28	6	\$141R/\$156N
74870	Sa	11:30am-12:30pm	3/24-4/28	6	\$141R/\$156N
74871	Su	10:30am-11:30am	3/25-4/29	6	\$141R/\$156N
74872	Su	11:30am-12:30pm	3/25-4/29	6	\$141R/\$156N
74873	Tu	3:00pm- 4:00pm	5/1-6/5	6	\$141R/\$156N
74874	W	6:00pm- 7:00pm	5/2-6/6	6	\$141R/\$156N
74875	F	5:00pm- 6:00pm	5/4-6/8	6	\$141R/\$156N
74876	Sa	10:30am-11:30am	5/5-6/9	6	\$141R/\$156N
74877	Sa	11:30am-12:30pm	5/5-6/9	6	\$141R/\$156N
74878	Su	10:30am-11:30am	5/6-6/10	6	\$141R/\$156N
74879	Su	11:30am-12:30pm	5/6-6/10	6	\$141R/\$156N



## 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. Prerequisite: Little Tennis or instructor approval. **Instructor: Lifetime Activities**

### Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
74880	M	6:00pm- 7:00pm	3/19-4/23	6	\$141R/\$156N
74881	W	3:00pm- 4:00pm	3/21-4/25	6	\$141R/\$156N
74882	Th	6:00pm- 7:00pm	3/22-4/26	6	\$141R/\$156N
74883	F	5:00pm- 6:00pm	3/23-4/27	6	\$141R/\$156N
74884	F	6:00pm- 7:00pm	3/23-4/27	6	\$141R/\$156N
74885	Sa	10:30am-11:30am	3/24-4/28	6	\$141R/\$156N
74886	Sa	11:30am-12:30pm	3/24-4/28	6	\$141R/\$156N
74887	Su	10:30am-11:30am	3/25-4/29	6	\$141R/\$156N
74888	Su	11:30am-12:30pm	3/25-4/29	6	\$141R/\$156N
74889	M	6:00pm- 7:00pm	4/30-6/4	6	\$141R/\$156N
74890	W	3:00pm- 4:00pm	5/2-6/6	6	\$141R/\$156N
74891	Th	6:00pm- 7:00pm	5/3-6/7	6	\$141R/\$156N
74892	F	5:00pm- 6:00pm	5/4-6/8	6	\$141R/\$156N
74893	F	6:00pm- 7:00pm	5/4-6/8	6	\$141R/\$156N
74894	Sa	10:30am-11:30am	5/5-6/9	6	\$141R/\$156N
74895	Sa	11:30am-12:30pm	5/5-6/9	6	\$141R/\$156N
74896	Su	10:30am-11:30am	5/6-6/10	6	\$141R/\$156N
74897	Su	11:30am-12:30pm	5/6-6/10	6	\$141R/\$156N

## 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. 4:1 Ratio. **Instructor: Lifetime Activities**

### Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
74532	M	6:00pm- 7:00pm	3/19-4/23	6	\$141R/\$156N
74533	Tu	6:00pm- 7:00pm	3/20-4/24	6	\$141R/\$156N
74534	W	6:00pm- 7:00pm	3/21-4/25	6	\$141R/\$156N
74535	Th	6:00pm- 7:00pm	3/22-4/26	6	\$141R/\$156N
74536	F	5:00pm- 6:00pm	3/23-4/27	6	\$141R/\$156N
74537	F	6:00pm- 7:00pm	3/23-4/27	6	\$141R/\$156N
74538	Sa	11:30am-12:30pm	3/24-4/28	6	\$141R/\$156N
74539	Su	11:30am-12:30pm	3/25-4/29	6	\$141R/\$156N
74540	M	6:00pm- 7:00pm	4/30-6/4	6	\$141R/\$156N
74541	Tu	6:00pm- 7:00pm	5/1-6/5	6	\$141R/\$156N
74542	W	6:00pm- 7:00pm	5/2-6/6	6	\$141R/\$156N
74543	Th	6:00pm- 7:00pm	5/3-6/7	6	\$141R/\$156N
74544	F	5:00pm- 6:00pm	5/4-6/8	6	\$141R/\$156N
76118	F	6:00pm- 7:00pm	5/4-6/8	6	\$141R/\$156N
74545	Sa	11:30am-12:30pm	5/5-6/9	6	\$141R/\$156N
74546	Su	11:30am-12:30pm	5/6-6/10	6	\$141R/\$156N

# JUNIOR TENNIS

## Green (Beg), Blue (Adv. Beg), Red (Int)

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**

### Cupertino Sports Center Tennis Courts

#### 4:1 Ratio

#### 7-10Y

Codes	Days	Times	Dates	Mtgs	Fees
75042	Sa	9:00am-10:30am	3/24-4/28	6	\$210R/\$231N
75043	Su	9:00am-10:30am	3/25-4/29	6	\$210R/\$231N
75044	Sa	9:00am-10:30am	5/5-6/9	6	\$210R/\$231N
75045	Su	9:00am-10:30am	5/6-6/10	6	\$210R/\$231N

#### 7-15Y

Codes	Days	Times	Dates	Mtgs	Fees
75046	M	4:00pm- 5:30pm	3/26-4/30	6	\$210R/\$231N
75047	W	4:00pm- 5:30pm	3/21-4/25	6	\$210R/\$231N
75048	F	3:30pm- 5:00pm	3/23-4/27	6	\$210R/\$231N
75049	M	4:00pm- 5:30pm	4/30-6/4	6	\$210R/\$231N
75050	W	4:00pm- 5:30pm	5/2-6/6	6	\$210R/\$231N
75051	F	3:30pm- 5:00pm	5/4-6/8	6	\$210R/\$231N

#### 10-15Y

Codes	Days	Times	Dates	Mtgs	Fees
75052	Sa	10:30am-12:00pm	3/24-4/28	6	\$210R/\$231N
75053	Su	10:30am-12:00pm	3/25-4/29	6	\$210R/\$231N
75054	Sa	10:30am-12:00pm	5/5-6/9	6	\$210R/\$231N
75055	Su	10:30am-12:00pm	5/6-6/10	6	\$210R/\$231N

#### 8:1 Ratio

#### 7-15Y

Codes	Days	Times	Dates	Mtgs	Fees
75056	F	3:30pm- 5:00pm	3/23-4/27	6	\$126R/\$140N
75057	Sa	2:00pm- 3:30pm	3/24-4/28	6	\$126R/\$140N
75058	Sa	5:30pm- 7:00pm	3/24-4/28	6	\$126R/\$140N
75059	Su	2:00pm- 3:30pm	3/25-4/29	6	\$126R/\$140N
75060	Su	5:30pm- 7:00pm	3/25-4/29	6	\$126R/\$140N
75061	F	3:30pm- 5:00pm	5/4-6/8	6	\$126R/\$140N
75062	Sa	2:00pm- 3:30pm	5/5-6/9	6	\$126R/\$140N
75063	Sa	5:30pm- 7:00pm	5/5-6/9	6	\$126R/\$140N
75064	Su	2:00pm- 3:30pm	5/6-6/10	6	\$126R/\$140N
75065	Su	5:30pm- 7:00pm	5/6-6/10	6	\$126R/\$140N

#### 10-15Y

Codes	Days	Times	Dates	Mtgs	Fees
75066	F	6:00pm- 7:30pm	3/23-4/27	6	\$126R/\$140N
75067	F	6:00pm- 7:30pm	5/4-6/8	6	\$126R/\$140N

## 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. 8:1 ratio.

**Instructor: Lifetime Activities**

#### Cupertino Sports Center Tennis Courts

Bronze					
Codes	Days	Times	Dates	Mtgs	Fees
74573	Tu	4:00pm- 6:00pm	3/20-4/24	6	\$174R/\$192N
74575	F	5:30pm- 7:30pm	3/23-4/27	6	\$174R/\$192N
74577	Sa	3:30pm- 5:30pm	3/24-4/28	6	\$174R/\$192N
74579	Su	4:00pm- 6:00pm	3/25-4/29	6	\$174R/\$192N
74581	Tu	4:00pm- 6:00pm	5/1-6/5	6	\$174R/\$192N
74583	F	5:30pm- 7:30pm	5/4-6/8	6	\$174R/\$192N
74585	Sa	3:30pm- 5:30pm	5/5-6/9	6	\$174R/\$192N
74587	Su	3:30pm- 5:30pm	5/6-6/10	6	\$174R/\$192N
Silver/Gold					
Codes	Days	Times	Dates	Mtgs	Fees
74574	Th	4:00pm- 6:00pm	3/22-4/26	6	\$174R/\$192N
74576	F	7:30pm- 9:30pm	3/23-4/27	6	\$174R/\$192N
74578	Sa	3:30pm- 5:30pm	3/24-4/28	6	\$174R/\$192N
74580	Su	4:00pm- 6:00pm	3/25-4/29	6	\$174R/\$192N
74582	Th	4:00pm- 6:00pm	5/3-6/7	6	\$174R/\$192N
74584	F	7:30pm- 9:30pm	5/4-6/8	6	\$174R/\$192N
74586	Sa	3:30pm- 5:30pm	5/5-6/9	6	\$174R/\$192N
74588	Su	3:30pm- 5:30pm	5/6-6/10	6	\$174R/\$192N

### 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
74589	Sa	8:00pm- 9:30pm	3/24-6/9	12	\$132R/\$143N

# ADULT TENNIS

### Beginning 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 Beginning 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
74472	W	10:30am-12:00pm	3/21-4/25	6	\$174R/\$192N
74473	W	7:30pm- 9:00pm	3/21-4/25	6	\$174R/\$192N
74474	Sa	8:00am- 9:00am	3/24-4/28	6	\$137R/\$151N
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
74941	W	7:30pm- 9:00pm	5/2-6/6	6	\$174R/\$192N
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

### 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.

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

# BADMINTON

## Beginning to Advanced

7-15Y

Badminton-specific footwork patterns will be motivated 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. **Instructor: Lifetime Activities**

### Cupertino Sports Center Multi-Purpose Room

#### 7-15Y 4:1 Ratio (Beg-Int)

Codes	Days	Times	Dates	Mtgs	Fees
75310	Sa	1:30pm- 3:00pm	3/24-4/28	6	\$210R/\$231N
75311	Sa	3:00pm- 4:30pm	3/24-4/28	6	\$210R/\$231N
75312	Sa	1:30pm- 3:00pm	5/5-6/9	6	\$210R/\$231N
75313	Sa	3:00pm- 4:30pm	5/5-6/9	6	\$210R/\$231N

#### 7-15Y 8:1 Ratio (Advanced)

Codes	Days	Times	Dates	Mtgs	Fees
75314	Sa	6:00pm- 7:30pm	3/24-4/28	6	\$126R/\$140N
75315	Sa	7:30pm- 9:00pm	3/24-4/28	6	\$126R/\$140N
75316	Sa	6:00pm- 7:30pm	5/5-6/9	6	\$126R/\$140N
75317	Sa	7:30pm- 9:00pm	5/5-6/9	6	\$126R/\$140N

#### 7-15Y 8:1 Ratio (Beg-Int)

Codes	Days	Times	Dates	Mtgs	Fees
75306	M	4:05pm- 5:50pm	3/19-4/23	5	\$123R/\$135N
75307	Sa	4:30pm- 6:00pm	3/24-4/28	6	\$126R/\$140N
75308	M	4:05pm- 5:50pm	4/30-6/4	6	\$147R/\$162N
75309	Sa	4:30pm- 6:00pm	5/5-6/9	6	\$126R/\$140N

# SPORTS

## Kidz Club

13-5G

Parents are you looking to add more cardio to your kids day? Drop off the kids at the Cupertino Sports Center so they can get some homework help, play games, make crafts, play sports and more! Please call 408-777-3160 for more information. **Instructor: Staff**

### Cupertino Sports Center Multi-Purpose Room

Codes	Days	Times	Dates	Mtgs	Fees
74435	M-F	3:00pm- 6:00pm	2/26-5/18	60	\$249

# BASKETBALL

## Little Ballers

4-6Y

Designed for our future NBA superstars, this class combines learning and fun with unique games, equipment and enthusiastic coaches. Little ballers is the perfect compliment to any little tennis program for faster motor skill development.

**Instructor:** Lifetime Activities

### Cupertino Sports Center Tennis Courts

Codes	Days	Times	Dates	Mtgs	Fees
74694	M	4:00pm- 5:00pm	3/19-4/23	6	\$108R/\$120N
74695	W	4:00pm- 5:00pm	3/21-4/25	6	\$108R/\$120N
74696	Sa	11:30am-12:30pm	3/24-4/28	6	\$108R/\$120N
74697	M	4:00pm- 5:00pm	4/30-6/4	6	\$108R/\$120N
74698	W	4:00pm- 5:00pm	5/2-6/6	6	\$108R/\$120N
74699	Sa	11:30am-12:30pm	5/5-6/9	6	\$108R/\$120N

## Basketball CSC

7-15Y

Students will learn the 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. 8:1 ratio. No class 4/17 & 4/20.

### Cupertino Sports Center Multi-Purpose Room

#### Indoor Basketball

Codes	Days	Times	Dates	Mtgs	Fees
74296	Tu	4:05pm- 5:50pm	3/20-4/24	5	\$158R/\$174N
74300	Tu	4:05pm- 5:50pm	5/1-6/5	6	\$189R/\$208N
74297	F	4:05pm- 5:50pm	3/23-4/27	5	\$158R/\$174N
74301	F	4:05pm- 5:50pm	5/4-6/8	6	\$189R/\$208N
74298	F	7:00pm- 8:45pm	3/23-4/27	5	\$158R/\$174N
74302	F	7:00pm- 8:45pm	5/4-6/8	6	\$189R/\$208N

#### Outdoor Basketball

Codes	Days	Times	Dates	Mtgs	Fees
74299	Sa	12:00pm- 1:30pm	3/24-4/28	6	\$162R/\$179N
74303	Sa	12:00pm- 1:30pm	5/5-6/9	6	\$162R/\$179N

## 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
74292	M W	4:00pm- 5:00pm	3/19-6/6	24	\$204R/\$224N
74290	M W	5:30pm- 6:30pm	3/19-6/6	24	\$204R/\$224N
74291	M W	6:45pm- 7:45pm	3/19-6/6	24	\$204R/\$224N



Volleyball CSC, pg. 80

# ADDITIONAL SPORTS

## Racquetball Class/League Play

6-17Y

A complete and comprehensive developmental program for eager to learn juniors with an eye towards progressive skills development. 30 minutes of instruction and 60 minute of league play. Racquetball is FUN, FAST, FURIOUS FITNESS! **Instructor:** Staff

### Cupertino Sports Center Racquetball Court

Codes	Days	Times	Dates	Mtgs	Fees
74447	M W	3:30pm- 5:00pm	3/12-4/23	13	\$234R/\$260N
74449	M W	3:30pm- 5:00pm	5/7-6/27	16	\$288R/\$320N

## 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. Teamwork and sportsmanship will be emphasized at all skill levels. Ratio is 8:1. No class 4/19. **Instructor:** Lifetime Activities

### Cupertino Sports Center Multi-Purpose Room

#### Indoor Volleyball

Codes	Days	Times	Dates	Mtgs	Fees
74590	Th	4:05pm- 5:50pm	3/22-4/26	5	\$158R/\$174N
74592	Th	4:05pm- 5:50pm	5/3-6/7	6	\$189R/\$208N

### Cupertino Sports Center Sports Court

#### Outdoor Volleyball

Codes	Days	Times	Dates	Mtgs	Fees
74591	Su	1:00pm- 2:30pm	3/25-4/29	6	\$162R/\$179N
74593	Su	1:00pm- 2:30pm	5/6-6/10	6	\$162R/\$179N



## Table Tennis Youth & Adult Beg through Int 7-15Y

Great activity to develop fine motor skills and quick reactions! Table Tennis specific footwork patterns will be motivated 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. 8:1 ratio.  
**Instructor: Lifetime Activities**

### Cupertino Sports Center Multi-Purpose Room

7-15Y					
Codes	Days	Times	Dates	Mtgs	Fees
75068	W	4:05pm- 5:50pm	3/21-4/25	6	\$147R/\$162N
75070	Su	2:30pm- 4:00pm	3/25-4/29	6	\$126R/\$140N
75069	W	4:05pm- 5:50pm	5/2-6/6	6	\$147R/\$162N
75071	Su	2:30pm- 4:00pm	5/6-6/10	6	\$126R/\$140N
10Y+					
Codes	Days	Times	Dates	Mtgs	Fees
75072	Su	4:00pm- 5:30pm	3/25-4/29	6	\$126R/\$140N
75073	Su	4:00pm- 5:30pm	5/6-6/10	6	\$126R/\$140N

## Adult 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
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



**YOUTH BASKETBALL LEAGUE**  
ALL GAMES, ALL THE TIME!

<p><b>Information</b></p> <p>Mondays &amp; Wednesdays 3/19 - 6/6</p>	<p><b>Fee</b></p> <p>\$204 Resident \$224 Non-Resident</p>
<p><b>Divisions</b></p> <p>8-11Y 4 - 5 PM 9-12Y 5:30 - 6:30 PM 12-15Y 6:45 - 7:45 PM</p>	<p><b>Registration</b></p> <p>www.reg4rec.org Quinlan Community Center Cupertino Sports Center</p>

# COMBO CLASSES

## Combo Classes 7-15Y

Students will be able to participate in multiple programs at a discounted rate. 8:1 ratio. No class 4/17, 4/19, 4/20.  
**Instructor: Lifetime Activities**

### Cupertino Sports Center Conference Room

Chess and Outdoor Basketball					
Codes	Days	Times	Dates	Mtgs	Fees
75300	Sa	10:15am- 1:30pm	3/24-4/28	6	\$299R/\$329N
75301	Sa	10:15am- 1:30pm	5/5-6/9	6	\$299R/\$329N
Chess and Outdoor Volleyball					
Codes	Days	Times	Dates	Mtgs	Fees
75304	Su	11:15am- 2:30pm	3/25-4/29	6	\$299R/\$329N
75305	Su	11:15am- 2:30pm	5/6-6/10	6	\$299R/\$329N

### Cupertino Sports Center Multi-Purpose Room

Basketball and Chess					
Codes	Days	Times	Dates	Mtgs	Fees
75292	Tu	4:05pm- 7:00pm	3/20-4/24	5	\$225R/\$247N
75294	F	4:05pm- 7:00pm	3/23-4/27	5	\$225R/\$247N
75293	Tu	4:05pm- 7:00pm	5/1-6/5	6	\$269R/\$296N
75295	F	4:05pm- 7:00pm	5/4-6/8	6	\$269R/\$296N
Chess and Basketball					
Codes	Days	Times	Dates	Mtgs	Fees
75297	F	6:00pm- 8:45pm	3/23-4/27	5	\$225R/\$247N
75298	F	6:00pm- 8:45pm	5/4-6/8	6	\$269R/\$296N
Volleyball and Chess					
Codes	Days	Times	Dates	Mtgs	Fees
75302	Th	4:05pm- 7:00pm	3/22-4/26	5	\$225R/\$247N
75303	Th	4:05pm- 7:00pm	5/3-6/7	6	\$269R/\$296N



**DROP IN PICKLEBALL**  
Tuesdays & Thursdays  
6:30 - 7:30 PM  
**\$7**  
Ages 18Y+  
Cupertino Sports Center