

# Recreation Schedule WINTER 2018

CUPERTINO Creating a positive, healthy, connected community



Oct 30, Cupertino Residents Nov 6, Non-Residents

www.cupertino.org/recreation



# The City of Cupertino's new online registration system has gone live!

Create your active account today. It's as simple as a few taps of the keyboard!



Go to reg4rec.org



Click 'Create Account'



Complete your information!

Once you have created your account you will be able to book picnic sites, purchase memberships, and see facility bookings three months out. Having an account pre-created will make class and activity registration a breeze when Winter 2019 registration begins on October 30, 2018.

408-777-3120.





# www.cupertino.org/events

Dress warmly, part of this event is outdoors. The event will be held rain or shine. All donated toys and food items will be donated to West Valley Community Services.



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# **UPCOMING EVENTS**



### **Heroes Run**

November 3, 2018 Cupertino Civic Center heroesrunscc.com

# **Veterans Day Ceremony**

November 11, 2018 11 am - 1 pm Veterans Memorial





# **Tree Lighting**

November 30, 2018 6 pm Quinlan Community Center

### **Breakfast with Santa**

December 1, 2018 8:30 am - 10:30 am Quinlan Community Center





# **Sports Center Open House**

January 12, 2019 8:30 am - 11:30 am Cupertino Sports Center

cupertino.org/events

# CREATING AN ACTIVE ACCOUNT

The City of Cupertino's new online registration system has gone live. Create your account today! It's as simple as a few taps of the keyboard.

Step 1: reg4rec.org

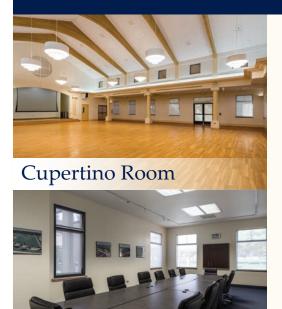
Step 2: Click 'Create Account'.

**Step 3:** Complete your information!

Questions? Call us at 408-777-3120.



# FACILITY RENTALS



Conference Room



Teen Center



# **An Unforgettable Event**

Whether you're hosting a small social gathering, corporate meeting, or a grand celebration, the City of Cupertino offers a versatile selection of spaces to fit your needs.

Banquets and Social Gatherings Rehearsal Dinners and Weddings Family Events and Parties BBO's and Ceremonies

# **Unique Spaces**

The City of Cupertino has 12 indoor spaces available to rent, with floor plans to accommodate various event layouts, and rooms that accommodate 10 to 280 guests.

# **Quinlan Community Center**

Cupertino Room Social Room Conference Room

Community Hall Creekside Park Building Cupertino Sports Center

Conference Room
Teen Center

# **Cupertino Senior Center**

Reception Hall
Bay Room
Arts & Crafts Room
Classroom
Conference Room

For questions and booking information contact the Recreation Office at 408-777-3120.

Tour these facilities at **cupertino.org/facilities** 





Have Santa make a special visit to your home. Children can tell him their wish lists and take photos with Santa!

	Single Family Visit \$50  15 min. visit	Party Visit \$100 30 min. visit	
Dec 15	80707	80712	Registration
Dec 16	80708	80713	will close on
Dec 21	80709	80714	De close on
Dec 22	80710	80715	Dec 8th
Dec 23	80711	80716	

Staff will schedule and confirm visit time one week prior to the visit. Open to Cupertino Residents only. Registration must be done in person at Quinlan Community Center.



# **CUPERTINO PRESCHOOL OPEN HOUSE**

Quinlan Community Center & Monta Vista Recreation Center

Parent & Child | Tuesday, January 29, 6 - 7 PM
Parent Only | Wednesday, January 30, 9:30 - 10:30 AM
Parent Only | Thursday, January 31, 9:30 - 10:30 AM

New! Registration for 2019/2020
Returning Student Registration begins February 5
Resident Registration begins Feb 12
Non-Resident Registration begins February 19
Lottery By Day



cupertino.org/preschool





# Parent/Tot Preschool

2-3Y This is an excellent opportunity for parent and child to learn, play, and socialize together. Activities include songs, arts & crafts, group play, story time, creative movement, and more. (No unregistered siblings over 5 months in class). This class does require adult participation, so be prepared for fun!

Portal Park Building

Codes	Days	Times	Dates	Mtgs	Fees
5693	Tu	9:30am-11:30am	1/8-2/12	6	\$160R/\$192N
5694	Tu	9:30am-11:30am	2/26-4/2	6	\$160R/\$192N

Instructor: Viji Prakash

# Cupertino Preschool

The Cupertino Recreation and Community Services Department offers a preschool program for 3-5 year-old children. The Tiny Tots program (3-4 years) encourages social development through a variety of group activities and play. Class activities include music, arts and crafts, finger plays, stories, circle time, and special off-site excursions. The Super Tots program (4-5 years) will expand your child's development and provide enriching activities that will prepare your little one for kindergarten. Activities will include music, art, science, games, creative play, and more!

# Tiny Tots Preschool

3-4Y

Quinlan Community Center, Preschool Room							
Codes	Days	Times	Dates	Mtgs	Fees		
5670	Tu Th	9:00am-12:00pm	11/27-3/7	24	\$600R/\$720N		
1	Monta V	ista Recreation Ce	nter, Prescho	ol Room	ı (Rm. 5)		
] Codes	Monta V Days	ista Recreation Cer	nter, Prescho Dates	ol Room Mtgs	(Rm. 5) Fees		

# **Super Tots Preschool**

4-5Y

Quinlan Community Center, Preschool Room								
ays	Times	Dates	Mtgs	Fees				
W F	9:00am-12:00pm	11/26-3/8	35	\$875R/\$1050N				
nta Vi	ista Recreation Ce	nter, Prescho	ol Room	(Rm. 5)				
ays	Times	Dates	Mtgs	Fees				
WF	9:00am-12:00pm	11/26-3/8	35	\$875R/\$1050N				
	nta Vi ays	W F 9:00am-12:00pm	W F 9:00am-12:00pm 11/26-3/8  nta Vista Recreation Center, Prescho  ays Times Dates	W F 9:00am-12:00pm 11/26-3/8 35  nta Vista Recreation Center, Preschool Room lays Times Dates Mtgs				

# Lunch Bunch

Extend your child's time at preschool! Lunch Bunch reinforces preschool content such as additional playing time, crafts, storytelling and more. Your child will make stronger connections with friends and teachers, strengthen their English skills, and prepare for future longer days in Kindergarten. This program is offered to students enrolled in Cupertino Preschool.

# Tiny Tots Lunch Bunch

3-4Y

Quinlan Community Center, Preschool Room								
Codes	Days	Times	Dates	Mtgs	Fees			
5674	Tu	12:00pm- 2:00pm	11/27-3/5	12	\$156R/\$188N			
5675	Th	12:00pm- 2:00pm	11/29-3/7	12	\$156R/\$188N			

# Super Tots Lunch Bunch

4-5Y

Quinlan Community Center, Preschool Room								
Codes	Days	Times	Dates	Mtgs	Fees			
5676	M	12:00pm- 2:00pm	11/26-3/4	11	\$143R/\$172N			
5677	W	12:00pm- 2:00pm	11/28-3/6	12	\$156R/\$188N			

I	Monta Vista Recreation Center, Preschool Room (Rm. 5)								
Codes	Days	Times	Dates	Mtgs	Fees				
5678	M	12:00pm- 2:00pm	11/26-3/4	11	\$143R/\$172N				
5679	W	12:00pm- 2:00pm	11/28-3/6	12	\$156R/\$188N				



# 2018-2019 School Year Schedule

### Fall Session

August 27, 2018 - November 16, 2018

### Winter Session

November 26, 2018 - March 8, 2019

### **Spring Session**

March 11, 2019 - May 31, 2019

Holiday schedule: The preschool program follows the Cupertino Union School District holiday schedule. We do not observe staff learning days.



### Registration

- Registration is open!
- Residency is based on 95014 zip code.
- Proof of age is required at the time of registration (photocopy of birth certificate or passport is acceptable)
- Tiny Tots must turn three (3) years old by Sept. 1, 2018
- Super Tots must turn four (4) years old by Sept. 1, 2018
- In person registration only. Register at Quinlan Community Center Recreation Office.

Participants enrolled in the Fall 2018 session will have priority for the Winter and Spring session held during the 2018/2019 school-year.

NOTE: The September 1st cut-off date is consistent with the school district's deadline and will allow your child to be with the same children at the start of kindergarten.

### Payment

Annual registration fee is \$125 per child (non-refundable), due at the time of registration.

### Important Information

- Children must be enrolled in the preschool program to be eligible for the lunch bunch program.
- CHILDREN MUST BE TOILET TRAINED BY THE FIRST CLASS!



# Creative Crafts & Baking Camp

4-10Y Learn basic techniques for the essential home arts. Join this fun and

colorful camp and learn about freshly baked treats, fabric printing, and sewing. Students will also create their own "chef-apron" to take home! Materials fee \$30.

#### Kitchen at Monta Vista Recreation Center

Codes	Days	Times	Dates	Mtgs	R	NR
5305	M-Th	1:15p-4:15p	2/18-2/21	4	\$160	\$192

Instructor: Heidi Merry

### Intro to STEM

There are no prerequisites for this course.

5-7Y Give your imagination a boost with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Cities, Garbage Trucks, Catamarans, and Dinosaurs. Design and build as never before, and explore your craziest ideas in a supportive environment.

### Social Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5210	T-F	9:00a-12:00p	2/19-2/22	4	\$180	\$216

Instructor: Play-Well TEKnologies Staff

# Winter Music Camp

Attend our one-week music camp at our beautiful Cupertino studio. Classes will provide students with hands-on experience with a variety of musical instruments and will include both individual and group ensemble playing. Interested in music lessons for your child but not sure what instrument your child is interested in? This camp will be a great way to expose your child to a variety of musical instruments and styles. Groups will be divided based on age and musical ability although no prior music experience is necessary.

### Classroom at Joyful Melodies Music School

Codes	Days	Times	Dates	Mtgs	R	NR
5237	T-F	9:00a-12:30p	2/19-2/22	4	\$262	\$315
5238	T-F	1:00p-3:30p	2/19-2/22	4	\$190	\$228
5239	T-F	9:00a-3:30p	2/19-2/22	4	\$432	\$519

Instructor: Joyful Melodies Staff

### Little Veterinarian Camp

5-11Y

5-9Y

Explore the exciting world of veterinarians. Using interactive demonstrations, crafts, and games, kids will use veterinarian tools and will learn how to take care of a pet.

### Conference Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5186	T-F	9:00a-12:00p	2/19-2/22	4	\$200	\$240

Instructor: Little Medical School Staff

### Science & Nature Winter Camp

6-8Y

Join us for four fun-filled days at McClellan Ranch as we explore science and nature through experiments, games, crafts, hiking and more! Please bring water and a bag lunch each day. Snack will be provided.

### **Environmental Education Center at McClellan Ranch Preserve**

Codes	Days	Times	Dates	Mtgs	R	NR
5639	T-F	9:00a-3:00p	2/19-2/22	4	\$180	\$216

Instructor: Recreation Staff

### **Advanced English & Public Speaking**

Experience two valuable camps at a discounted price! Students attend two fun, back-to-back camps from Communication Academy that explore essay writing and public speaking all at one convenient time-frame. Students bring their own lunch and are supervised by a teacher. Free After-Camp Care from 4:00p - 6:00p! Material Fee \$30.

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5638	M-F	9:00a-4:00p	2/18-2/22	5	\$525	\$630

Instructor: Communication Academy Staff

### 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.

### Tennis Court at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5403	M-F	10:45a-12:00p	2/18-2/22	5	\$163	\$196

Instructor: Lifetime Activities Staff

# STEM Challenge

8-12Y

Gear up your engineering skills with Play-Well Teknologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Forklifts, Houseboats, Mini Golf Courses, and the London Tower Bridge. Design and build as never before, and explore your craziest ideas in a supportive environment.

### Social Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5211	T-F	1:00p-4:00p	2/19-2/22	4	\$180	\$216

Instructor: Play-Well TEKnologies Staff

4-6Y

Codes Days Times Dates R NR Mtgs M-F 5420 9:00a-12:00p 2/18-2/22 5 \$323 \$387 Instructor: Lifetime Activities Staff

**Tennis Court at Cupertino Sports Center** 

Twice the fun as students participate in both Little Tennis and Little

Ballers at a discounted rate. Bring a snack and water bottle.

## Intro to Video Production

9-13Y

Students will use KMVT's studio and equipment to gain basic skills in screenwriting, camera work, lighting, directing, acting, and editing. By the end of the week, students will produce an entire production, which will be broadcast on KMVT 15! Students will each receive a DVD copy of the program they produce. Bring a sack lunch and drink.

### **KMVT Studio**

Codes	Days	Times	Dates	Mtgs	R	NR
			-1			
5184	M-F	10:00a-4:00p	2/18-2/22	5	<b>\$429</b>	\$515

Instructor: KMVT Staff

# Little Tennis & Rallyers Camp

**Little Tennis & Ballers Camp** 

4-6Y

Our friendly coaches make learning fun through a variety of games, drills and skill challenges. Students are grouped by age and experience level. No prior experience is necessary to play. Students and parents alike will be impressed by the dynamic range of equipment, games, and activities used throughout these programs.

### **Tennis Court at Cupertino Sports Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5402	M-F	9:00a-10:30a	2/18-2/22	5	\$195	\$234

Instructor: Lifetime Activities Staff

# CUPERTINO SPORTS CENTER CAMPS

### **Extended Care**

Students enrolled in the ALL DAY camps can be part of our extended care from 8 - 9 am and from 5:30 - 6 pm.

### Conference Room at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5401	M-F	AM & PM	2/18-2/22	5	\$75	\$90

Instructor: Lifetime Activities Staff

### **Badminton Camp**

6-15Y

Badminton is the fastest racket sport! Experience the speed and excitement in our popular badminton skills camp! Badminton-specific footwork and stroke fundamentals will be emphasized. Point play style drills and games keep learning fun. Students are grouped by age and ability level.

### Multi-purpose Room at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5406	M-F	2:30p-4:00p	2/18-2/22	5	\$113	\$136

Instructor: Lifetime Activities Staff

# **Basketball Camp**

Hoop it up! Students will learn passing, dribbling and shooting techniques needed to play on a team. They will also learn the roles of the guard, forward and center positions. Ratio is 8:1.

**Sports Court at Cupertino Sports Center** 

Outdoor	•							
Codes	Days	Times	Dates	Mtgs	R	NR		
5408	M-F	9:00a-11:30a	2/18-2/22	5	\$250	\$300		
Multi-purpose Room at Cupertino Sports Center								
Indoor								
Codes	Days	Times	Dates	Mtgs	R	NR		
5409	M-F	1:00p-2:30p	2/18-2/22	5	\$150	\$180		

Instructor: Lifetime Activities Staff

# **Chess Camp**

6-15Y

Chess is the fun game of strategy which improves focus and problem-solving skills! Both our class and camp offerings utilize puzzles, timed play, chess notation, and alternative play formats in order to create a diverse and fun learning environment. Players are grouped based on level of play.

#### Conference Room at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5413	M-F	12:00p-1:00p	2/18-2/22	5	\$100	\$120
5414	M-F	1:00p-2:30p	2/18-2/22	5	\$150	\$180
5415	M-F	2:30p-4:00p	2/18-2/22	5	\$150	\$180
5416	M-F	4:15p-5:45p	2/18-2/22	5	\$150	\$180

Instructor: Lifetime Activities Staff

### Pickleball Camp

6-15Y

Learn to play this exciting paddle sport that combines the fun of ping pong with the action of tennis.

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

Codes	Days	Times	Dates	Mtgs	R	NR
5417	M-F	12:00p-1:00p	2/18-2/22	5	\$100	\$120

Instructor: Lifetime Activities Staff

### **Table Tennis Camp**

6-15Y

An exciting week of fun and skill building. Students work on fundamentals, patterns, and strategies including offense and defense modes. Students are grouped by age and ability for fun point and match play activities. Players are asked to bring a paddle.

### Multi-purpose Room at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5407	M-F	4:15p-5:45p	2/18-2/22	5	\$113	<b>\$136</b>

Instructor: Lifetime Activities Staff

# Volleyball Camp Outdoor

6-15Y

Volleyball is a great game which improves communication, teamwork and motor skills! Players will develop underhand serving techniques, basic vertical passes and setting skills. Footwork practice and ball-tracking exercises will be combined to accelerate performance.

#### Sports Court at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5411	M-F	2:30p-4:00p	2/18-2/22	5	\$150	\$180

Instructor: Lifetime Activities Staff

# **Combo Sports Camps**

6-15Y

A full day of exercise and social interaction. These camps give players the ability to learn a variety of different sports. There is a supervised lunch break. Please bring water, hat, sunscreen, lunch/snacks, and sports equipment.

### Sports Court at Cupertino Sports Center

Basketk	oall, Che	ss, Tennis, Badr	ninton, & Tal	ble Tenn	is				
Codes	Days	Times	Dates	Mtgs	R	NR			
5427	M-F	9:00a-5:45p	2/18-2/22	5	\$499	\$599			
	Te	nnis Court at C	upertino Spo	rts Cent	er				
Basketball, Badminton, & Table Tennis									
Codes	Days	Times	Dates	Mtgs	R	NR			
5426	M-F	1:00p-5:45p	2/18-2/22	5	\$320	\$385			
	Sports Court at Cupertino Sports Center								
Basketk	oall & Ch	ess							
Codes	Days	Times	Dates	Mtgs	R	NR			
5422	M-F	9:00a-1:00p	2/18-2/22	5	\$324	\$387			
Conference Room at Cupertino Sports Center									
Chess,	Badminto	on, & Table Ten	nis						
Codes	Days	Times	Dates	Mtgs	R	NR			
5425	M-F	1:00p-5:45p	2/18-2/22	5	\$320	\$385			
Tennis Court at Cupertino Sports Center									
Tennis, Basketball, Volleyball, & Chess									
Codes	Days	Times	Dates	Mtgs	R	NR			
5430	M-F	9:00a-5:45p	2/18-2/22	5	\$499	\$599			
	Te	nnis Court at C	upertino Spo	rts Cent	er				
Tennis,	Basketba	all, Badminton,	& Table Ten	nis					
Codes	Days	Times	Dates	Mtgs	R	NR			
5428	M-F	9:00a-5:45p	2/18-2/22	5	\$499	\$599			
	Te	nnis Court at C	upertino Spo	rts Cent	er				
Tennis,	Chess, B	adminton, & Ta	ble Tennis						
Codes	Days	Times	Dates	Mtgs	R	NR			
5429	M-F	9:00a-5:45p	2/18-2/22	5	\$499	\$599			
	Te	nnis Court at C	upertino Spo	rts Cent	er				
Tennis 8	& Basketh	oall							
Codes	Days	Times	Dates	Mtgs	R	NR			
5423	M-F	9:00a-2:30p	2/18-2/22	5	\$347	\$414			
	Te	nnis Court at C	upertino Spo	rts Cent	er				
Tennis 8	& Chess								
Codes	Days	Times	Dates	Mtgs	R	NR			
5421	M-F	9:00a-2:30p	2/18-2/22	5	\$347	\$414			
		T / / T'C	( A ( : '( :	CI CC					

Instructor: Lifetime Activities Staff



# NATURE ACTIVITIES

## Plants & Gardening

5-8Y

Want to learn about plants, how they live, and how they grow? This is the class for you! We will learn the various parts of plants, different ways they can reproduce, and about the plants which grow in this area. Kids will learn about gardening and even get some experience growing plants of their own while learning how to take care of them!

### **Environmental Education Center at McClellan Ranch Preserve**

Codes	Days	Times	Dates	Mtgs	R	NR
5661	Th	3:30p-5:00p	2/28-3/21	4	\$35	\$42

Instructor: Recreation Staff

# Fur, Fin, and Feathers

5-10Y

Why do some animals have fur while others have feathers or scales? Learn about the characteristics of mammals, fish, birds, and other animals through activities and hands-on encounters with real animals. This class is held in a nature preserve where active outdoor exploration will part of every class when weather permits.

### **Environmental Education Center at McClellan Ranch Preserve**

Codes	Days	Times	Dates	Mtgs	R	NR
5431	Th	3:30p-5:00p	1/24-2/7	3	\$26	\$31

Instructor: Recreation Staff

### Winter at the Ranch

5-10Y

Explore McClellan Ranch with a naturalist to find out what plants and animals are up to during the winter. See which plants are first to unfurl their new leaves, and what creatures love cool wet weather. If it's pouring outside, we'll stay inside and use magnifying glasses and microscopes to learn about what things live in moist and wet winter environments, do an art project, or read a book about nature!

#### McClellan Ranch Preserve

Codes	Days	Times	Dates	Mtgs	R	NR
5424	T	3:30a-5:00a	1/22-2/5	3	\$35	\$42

Instructor: Recreation Staff

# **Science & Nature Winter Camp**

6-8Y

Join us for four fun-filled days at McClellan Ranch as we explore science and nature through experiments, games, crafts, hiking and more! Please bring water and a bag lunch each day. Snack will be provided.

# Environmental Education Center at McClellan Ranch Preserve

Codes	Days	Times	Dates	Mtgs	R	NR
5639	T-F	9:00a-3:00p	2/19-2/22	4	\$180	<b>\$216</b>

Instructor: Recreation Staff

### Keeping a Nature Journal

6-10Y

Students will explore McClellan Ranch Preserve, sketching, painting, or writing about what they find with the guidance of a naturalist. Students will have an opportunity to develop keen observation skills and learn more about the natural world through these activities. During rainy weather, we will explore and work in the museum.

### **Environmental Education Center at McClellan Ranch Preserve**

Codes	Days	Times	Dates	Mtgs	R	NR
5642	T	3:00p-4:30p	2/26-3/19	4	\$35	\$42

Instructor: Recreation Staff

Night Hike 10Y+

Come explore McClellan Ranch and the Stevens Creek Corridor after dark. We'll look and listen for creatures big and small, flying or walking, creeping or crawling who make McClellan Ranch their home. We might see or hear owls, coyotes, or we may not, but night hikes always are enjoyable and adventuresome! And if the weather is clear, will be bathed in the starlight of the winter sky!

### **Environmental Education Center at McClellan Ranch Preserve**

Codes	Days	Times	Dates	Mtgs	R	NR
5632	Sa	5:45p-7:45p	1/26	1	<b>\$</b> 5	\$6

Instructor: Recreation Staff

## **Young Naturalists**

7-8G

The Young Naturalist Program is an opportunity for 7th and 8th grade students to explore the natural world in the company of others who also like being outdoors. The program will be challenging, but fun, and will encourage students to think like scientists as they learn about local plants and animals and conducting citizen scientist projects. *No class* 2/1.

#### **Environmental Education Center at McClellan Ranch Preserve**

Codes	Days	Times	Dates	Mtgs	R	NR
5660	F	3:30p-5:00p	1/18-2/15	4	\$42	\$48

Instructor: Recreation Staff



# ENVIRONMENTAL EDUCATION CENTER

Stop by the Nature Museum at the Environmental Education Center for a free visit and up close experience with live animals and nature displays.

Saturday & Sunday 11am-3pm

# VOLUNTEER OPPORTUNITIES

Looking for Volunteer Opportunities? Whether you're an individual or a small group, there are a number of volunteer options for you at McClellan Ranch Preserve.

Grassroots Ecology While volunteering with McClellan Ranch Preserve Partner, Grassroots Ecology, you will learn interesting things about the natural world while making a positive impact on the environment. There will be opportunities for people of all ages and skill levels to help with planting, weeding, and creek monitoring at McClellan Ranch Preserve. To see opportunities and to sign up, visit www.GrassrootsEcology.com and click on the event calendar.

Helping Hands Lend us your hands and enthusiasm at McClellan Ranch Preserve and the Stevens Creek Corridor. Volunteers, ages 14+, pick up litter, maintain trails, or remove invasive plants. Look for scheduled volunteer activities on the McClellan Ranch Preserve Facebook page or email mcclellan@cupertino.org to discuss volunteer events for your group.

McClellan Ranch Volunteer We are seeking volunteers who are looking to make a greater commitment at McClellan. You could be:

Trail Volunteer! Be the eyes, ears, and face of McClellan Ranch Preserve along the trails. Answer questions, report trail conditions and educate visitors all while stretching your legs in the beautiful outdoors.

Environmental Education Center Host! Inspire eager children and adults to learn about the wonders of the natural world and the EEC resident animal ambassadors during Open House hours, weekends 11-3pm.

Environmental Education Docent! Help teach elementary age students about the importance of nature, science, and getting their hands dirty during environmental science field trips as a Docent from 9am-1pm on weekdays for environmental science field trips.

Training is provided. If any of these opportunities interest you email mcclellan@cupertino.org or call 408-777-3357.





Pre-registration is required and is due by January 8th. \$5 spectator fee or donation of a non-perishable food item, payable at the door.

CUPERTINO

cupertino.org/events | 408-777-3120



### **NOTES**



Classes with this symbol require parent participation.

- For Scholarships, contact West Valley Community Services at 408-255-8033.
- If requires special accommodations in order to participate, please let us know when you register.

# **\**RT

# Create Together



If you can think it, you can make it! Enjoy a 3D building experience with your budding artist as they navigate a series of activities designed to enhance fine motor skills.

### Ceramics Center at Wilson Park

Codes	Days	Times	Dates	Mtgs	R	NR
5654	Th	10:30a-11:30a	1/10-2/14	6	\$204	\$245
5655	Th	10:30a-11:30a	2/28-4/11	6	\$204	\$245

Instructor: Lisa Molaro

# First Steps in Drawing & Painting

4-6Y

This activity is for very young students just beginning to learn the art of drawing, painting, and composition. Through a sequential series of projects, children will learn many foundational techniques and concepts.

### Craft Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5586	W	4:00p-5:00p	1/16-3/27	11	\$209	\$251

Instructor: Euphrat Museum Of Art Staff

# **Creative Crafts & Baking**

4-10Y

Join Heidi Merry in a world of arts, baking, and crafts. Heidi will teach you basic techniques for the essential Home Arts. Each class will focus on a different topic including freshly baked treats, fabric printing, sewing accessories, and T-shirt design. Materials fee \$30.

### Kitchen at Monta Vista Recreation Center

Codes	Days	Times	Dates	Mtgs	R	NR
5289	Sa	10:00a-12:00p	1/12-1/26	3	\$120	\$144

Instructor: Heidi Merry

# Valentine Baking & Crafts

4-10Y

Just in time for Valentines Day gifts! Bake and decorate a selection of heart shaped and chocolate treats. Handmade cards, crafts and theme baked treats; all gift-wrapped in festive décor and ready to gift. Materials fee \$15.

### Kitchen at Monta Vista Recreation Center

Codes	Days	Times	Dates	Mtgs	R	NR
5298	Sa	10:00a-12:00p	2/9	1	\$35	\$42
5303	Sa	2:00p-4:00p	2/9	1	\$35	\$42

Instructor: Heidi Merry

# NEW Sewing for Mommy & Me

**1** 5-8Y

Join Heidi Merry and create fun sewing projects together! Heidi will walk you and your child through the basics of sewing in a fun and interactive way. Bring your own sewing machine and get ready to have some fun! *Materials fee* \$30.

### Kitchen at Monta Vista Recreation Center

Codes	Days	Times	Dates	Mtgs	R	NR
5306	Sa	10:00a-12:00p	3/9-3/23	3	\$120	\$144

Instructor: Heidi Merry

# **Intermediate Drawing**

6-10Y

Students will draw from observation and the imagination and work on more advanced compositions and detailed renderings. They'll strengthen their drawing and creative skills, develop artistic confidence, and bring their ideas to life

### Craft Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5612	Sa	11:15a-12:15p	1/19-3/30	11	\$209	\$251

Instructor: Euphrat Museum Of Art Staff

## **Beginning Drawing**

5-9Y

5-10Y

A variety of drawing techniques from classical to contemporary will be introduced and students will explore different media. Projects will draw from still life, reference materials, and the imagination. The activities are designed to build beginning technical and creative-thinking skills.

### Craft Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5609	Th	4:00p-5:00p	1/17-3/28	11	\$209	\$251
5611	Sa	10:00a-11:00a	1/19-3/30	11	\$209	\$251

Instructor: Euphrat Museum Of Art Staff

# DANCE

# **NEW!** Zumbini

'n

1-4Y

Moving and grooving - for mom or dad and me! Created by Zumba and Baby First, this class combines music, dance, and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun! Give your little one a healthier, happier, more enjoyable start.

### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5418	T	10:30a-11:15a	1/22-3/26	10	\$100	\$120

Instructor: Polly Hu

# Creative Clay for the Homeschooler

Both creative and technical, this class will cover all the basic skills of pinch pot, coil and slab work. You'll learn how to make functional pieces as well as artistic creations. We will highlight a different artist's work each 6-week session.

### Ceramics Center at Wilson Park

Codes	Days	Times	Dates	Mtgs	R	NR	
5656	Th	8:30a-10:00a	1/10-2/14	6	\$288	\$346	
5657	Th	8:30a-10:00a	2/28-4/11	6	\$288	\$346	

Instructor: Lisa Molaro

# **Bolly Babies**

1-5

Join us for an exciting and unique class where you will dance and groove to some of the most exhilarating songs from Bollywood. We'll use exciting props and accessories to add to the fun. This will be an amazing experience for you to do together! Parent or guardian must attend with child. *No class 2/18*.

### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5250	M	10:45a-11:30a	1/28-3/25	8	\$80	\$96

Instructor: Mona Ahuja

### Clay Your Way

5-12Y

Let's put the A into STEAM with clay! New and experienced students alike will work on 3D creations utilizing the building blocks of clay construction. Functional and sculptural pieces will be offered to challenge your budding artists. New students along with experienced students are welcome to join us in this open studio format where your ideas are turned into great works of art!

### Ceramics Center at Wilson Park

Codes	Days	Times	Dates	Mtgs	R	NR
5658	Th	3:30p-4:30p	1/10-2/14	6	\$204	\$245
5659	Th	3:30p-4:30p	2/28-4/11	6	\$204	\$245

Instructor: Lisa Molaro

### **Tiny Tots Boogie**

2-3.5Y

It's time to Wiggle and Shake! Children will explore movement and space by using props, singing familiar songs and dancing. This is a 30-minute class designed for toddlers who like to move and get silly!

### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5307	W	4:00p-4:30p	1/16-3/13	9	\$99	\$119

Instructor: Dance Force Staff

Tiny Tots Ballet

This is a great beginner class to introduce your child to ballet, creative movement, jazz, & tap. They will learn individual steps, across

ative movement, jazz, & tap. They will learn individual steps, across the floor movement, and combinations. Your child will use props while dancing to fun music. Children perform in class on the last day of class. *No class* 2/16.

Dance Room at Quinlan Community Center

Magic Wands, Teddy Bears, & Tutus! Your child will love this

Codes	Days	Times	Dates	Mtgs	R	NR
5310	Sa	3:45p-4:15p	1/26-3/23	8	\$88	<b>\$106</b>

Instructor: Dance Force Staff

Dance Room at	Quinlan	Community	Center
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Codes	Days	Times	Dates	Mtgs	R	NR
5312	Sa	2:15p-3:00p	1/26-3/23	8	\$104	\$125

Instructor: Dance Force Staff

# **NEW!** Twinkle Time Ballet & Tap

2.5-5Y

Twinkle and shine - it's ballet and tap time! Join us for a creative and fun introduction to the world of ballet and tap dance. Using a variety of music and props, your child will learn the basics of ballet and tap in an exciting and engaging way like never before. Keep your kids out of the cold and warm their hearts with the love of dance! *No class* 2/21.

### Parent & Kinder Hip Hop Dance You and your child will learn a variety of cre

**†** 4-5V

You and your child will learn a variety of creative movements, rhythms, and hip-hop style steps using fun and age appropriate music. This class aims to foster creativity, freedom and expression in movement, and a love for dance. This high energy class is a great way for parents and kids to have fun together.

# Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5662	Th	10:45a-11:30a	1/17-3/14	8	\$80	\$96

Instructor: Mona Ahuja

### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5248	Sa	9:00a-9:45a	1/19-3/9	8	\$144	\$173

Instructor: Kenyatta Ali

# Ballet & Tap

3\_5

This is a great class which introduces your child to ballet and tap. Your child will learn ballet steps, tap combinations, use props, and understand dance terminology, while dancing to fun music!

# **Hip Hop & Tumbling**

4-7V

Explore both hip hop & tumbling. Children will learn basic hip hop dance moves to fun kid's music while building confidence, coordination, and rhythm. In tumbling they will have fun doing log rolls, bridges, bear walks, balancing, stretching, and jumps.

# Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5308	W	4:40p-5:25p	1/16-3/13	9	\$117	\$140

Instructor: Dance Force Staff

# Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5309	W	5:30p-6:15p	1/16-3/13	9	<b>\$117</b>	\$140

Instructor: Dance Force Staff

### **Princess Pre-Ballet**

3-5Y

Calling all Princesses! In this magical princess-themed class, you will learn ballet, creative dance, individual steps, across the floor movement, and dance combinations. While dancing to their favorite princess music they will use fun props like scarves, magic wands, & more. *No class* 2/16.

# Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5311	Sa	1:30p-2:15p	1/26-3/23	8	\$104	\$125

Instructor: Dance Force Staff

### Ballet 1

5Y+

In this joyful introduction to ballet, young dancers develop strength, grace, and coordination. Students will exercise at the barre, work on basic ballet positions, combinations, and routines. No class 1/21, 2/18.

### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5267	M	3:45p-4:30p	1/14-3/25	9	\$90	\$108
5271	T	3:45p-4:30p	1/15-3/26	11	\$110	\$132

Instructor: Jia Thompson

7Y+

#### Pop Star! Dance Ballet 3 5-8Y This exciting class is for continuing ballet students who love to dance!

Come be a STAR! Kid's will learn current pop, hip hop, and jazz style moves to fun music. Instructors will also help students make up their own choreography to incorporate in their dance. Dancers perform in class on the last day of the session. No class 2/16.

Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5314	Sa	3:00p-3:45p	1/26-3/23	8	\$104	\$125

Instructor: Dance Force Staff

# Dance Room at Quinlan Community Center

need a minimum of 2 years of ballet to take this class.

Explore ballet technique, with lots of opportunities to move. Dancers

Codes	Days	Times	Dates	Mtgs	R	NR
5278	T	4:30p-5:30p	1/15-3/26	11	\$143	\$172

Instructor: Jia Thompson

# Ballet 2

Returning students will enjoy this delightful class! Dancers must have completed one year of Ballet 1 or be at least 8 years old. No class

### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5275	M	4:30p-5:30p	1/14-3/25	9	\$117	<b>\$140</b>

Instructor: Jia Thompson

# Parent/Tot Preschool

EDUCATION

This is an excellent opportunity for parent and child to learn, play, and socialize together. Activities include songs, arts & crafts, group play, story time, creative movement, and more. (No unregistered siblings over 5 months old in class). This class requires adult participation, so be prepared for fun!

**Portal Park Building** Codes Days **Times Dates** Mtgs Fees 5693 Tu 9:30am-11:30am 1/8-2/12 \$160R/\$192N 5694 Tu 9:30am-11:30am 2/26-4/2 \$160R/\$192N

Instructor: Viji Prakash

# **NEW!** Bolly Beats

Join us for a fun-filled Bollywood dance class. You will learn dances to popular Bollywood songs. Various Indian dance styles will be taught with a focus on beat, rhythm, and expression.

### **Activity Room at Quinlan Community Center**

6-9Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5574	T	5:00p-5:45p	1/22-3/12	8	\$104	<b>\$125</b>
10-13Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5576	T	6:00p-6:45p	1/22-3/12	8	\$104	\$125

Instructor: Starrz Dance Staff

### Let's Read Level 1

Spark your child's interest in reading by joining this Level 1 class with your child! The class includes instruction in phonemic awareness, letter sounds (phonics), reading words with short vowel sounds and simple sentences, word families, and sight words, as well as making and reading simple sentences. Corresponds to PreK-K. Adult must attend with the child. Materials fee \$20. No class 2/23.

# Hip Hop/Break Dance

6-13Y

Current hip-hop styles and steps are introduced in an upbeat environment, using fun and age appropriate music. Dancers will also learn the 7 elements of Break-Dance Top Rock, Feet Work, Freezes, Spins, Drops, Treading, and Swipes.

### Dance Room at Quinlan Community Center

Days	Times	Dates	Mtgs	R	NR
Sa 1	0:00a-11:00a	1/19-3/9	8	\$104	\$125
Days	Times	Dates	Mtgs	R	NR
Sa 1	1:00a-12:00p	1/19-3/9	8	\$104	\$125
	Sa 1	Sa 10:00a-11:00a  Days Times	Sa 10:00a-11:00a 1/19-3/9  Days Times Dates	Sa 10:00a-11:00a 1/19-3/9 8  Days Times Dates Mtgs	Sa 10:00a-11:00a 1/19-3/9 8 \$104  Days Times Dates Mtgs R

Instructor: Kenyatta Ali

# **Education Classroom at Monta Vista Recreation Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5187	Sa	9:00a-9:45a	1/12-3/30	11	\$252	\$303

Instructor: Natasha Austin

### Let's Read Level 2

Continue building your child's reading skills with this Level 2 class! Instruction in long vowel sounds, blends and digraphs, advanced phonics, and beginning reading comprehension skills. An adult must attend with the child. Corresponds to 1st-2nd grade. Materials fee \$20. No class 2/23.

### **Education Classroom at Monta Vista Recreation Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5188	Sa	10:00a-10:45a	1/12-3/30	11	\$252	\$303

Instructor: Natasha Austin

### Let's Read Level 3

### 6-8Y

# Advanced English & Homework Help 6-14 Experience two classes, back-to-back, at a discounted price! Student

Help your child develop strong comprehension and grammar skills with this Level 3 class. This class introduces grammar and vocabulary skills through engaging stories and songs. The curriculum covers parts of speech, spelling, sentence structure, and emphasizes reading comprehension and writing skills. Corresponds to 2nd-3rd grade. *Materials fee* \$20. *No class* 2/23.

Experience two classes, back-to-back, at a discounted price! Students attend two engaging classes from Communication Academy that explore two enrichment subjects at one convenient time-frame. Max of 12 students per age group. *No class* 2/20. *Material fee* \$50

# Education Classroom at Monta Vista Recreation Center

Codes	Days	Times	Dates	Mtgs	R	NR
5189	Sa	11:00a-11:50a	1/12-3/30	11	\$252	\$303

Instructor: Natasha Austin

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5646	W	3:30p-6:30p	1/9-3/20	10	\$495	\$594

Instructor: Communication Academy Staff

### **NEW!** Little Wilderness Medicine

6-11Y

Join Little Medical School and discover the exciting world of Wilderness Medicine. Explore STEM concepts and gain valuable outdoor skills through interactive role playing, crafts, and games. Topics include weather exposure emergencies, snake bites, and more! *No class* 2/19.

# Advanced English & Public Speaking Experience two classes hack to back at a discounter

6-14Y

Experience two classes, back-to-back, at a discounted price! Students attend two engaging classes from Communication Academy that explore two enrichment subjects at one convenient time-frame. Max of 12 students per age group. *No class 2/16. Material fee \$50.* 

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5640	Sa	9:00a-11:15a	1/12-3/23	10	\$440	\$528

Instructor: Communication Academy Staff

### Social Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5185	T	4:00p-5:00p	2/12-3/26	6	\$130	\$156

Instructor: Little Medical School Staff

# **Advanced English: Persuasive Writer**

6-14Y

Is your child's writing convincing? Learn persuasive writing techniques like improved organization, reasoning, and explanations. Class focuses on reviews, opinion writing, reasons and evidence, and commercial writing. Max of 12 students per age group. *No class* 2/16, 2/20. *Material fee* \$25.

# "Fizz"-ical Phenomena & Che-Mystery 6-11Y

Whip up potions, grow crystals, make sidewalk chalk, and learn the science of chromatography on a lab coat you get to keep! Experiment with molecular madness, radical reactions, and fizz-ical and chemical reactions!

# Craft Room at Quinlan Community Center

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Codes	Days	Times	Dates	Mtgs	R	NR
5518	T-F	9:00a-3:00p	2/19-2/22	4	\$260	\$312

Instructor: Mad Science Staff

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5634	Sa	9:00a-10:00a	1/12-3/23	10	\$250	\$300
5633	W	4:30p-5:30p	1/9-3/20	10	\$250	\$300

Instructor: Communication Academy Staff

### REE Communication Academy: Open House 6-14Y

Give your child the skills to succeed both inside and outside the classroom! Attend our FREE one-hour open house to get an excellent overview of all of our courses and camps. Learn about our innovative curriculum and participate in sample speech, debate, and writing activities

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5637	Sa	1:30p-2:30p	1/5-1/5	1	FREE	FREE

Instructor: Communication Academy Staff

### Homework Help

6-14Y

Study Skills

6-14Y

Help your students understand their homework with professionals! Students dropped off in our homework help program will be supervised by our qualified instructors. After homework is done, students can relax. Students can be picked up at 6:30. *No class* 2/19, 2/20, 2/21. *Material fee* \$25

DIVIDES into 6-8Y, 9-10Y and 11-14Y. Have your child prepared for the Academic year! Students will be given tools for creating effective schedules and establish productive routines while learning active-listening skills, and organization. *No class* 1/21, 2/18. *Material fee* \$25.

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5648	T	3:30p-6:30p	1/8-3/19	10	\$275	\$330
5649	W	3:30p-6:30p	1/9-3/20	10	\$275	\$330
5650	Th	3:30p-6:30p	1/10-3/21	10	\$275	\$330

Instructor: Communication Academy Staff

Codes	Days	Times	Dates	Mtgs	R	NR
5629	M	4:30p-5:30p	1/7-3/25	10	\$250	\$300

Instructor: Communication Academy Staff

# Public Speaking & Advanced English

6-14Y

Experience two classes, back-to-back, at a discounted price! Students attend two engaging classes from Communication Academy that explore two enrichment subjects at one convenient time-frame. *No class* 2/16. *Max of 12 students per age group. Material fee* \$50

# Study Skills & Homework Help

6-14Y

Experience two classes, back-to-back, at a discounted price! Students attend two engaging classes from Communication Academy that explore two enrichment subjects at one convenient time-frame. Max of 12 students per age group. *No class* 1/21, 2/18. *Material fee* \$50.

#### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5643	Sa	3:15p-5:30p	1/12-3/23	10	\$440	\$528

Instructor: Communication Academy Staff

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5644	M	3:30p-6:30p	1/7-3/25	10	\$495	\$594

Instructor: Communication Academy Staff

# Public Speaking & Homework Help

6-14Y

Experience two classes, back-to-back, at a discounted price! Students attend two engaging classes from Communication Academy that explore two enrichment subjects at one convenient time-frame. *Max of 12 students per age group. No class 2/19. Material fee \$50.* 

### NEW Let's Read Level 4

8-10Y

Raise your child's reading comprehension and vocabulary skills to a new level. This is a literature-based language arts class based on engaging fiction and non-fiction passages. Class curriculum emphasizes vocabulary development, grammar, and reading comprehension skills. Corresponds to 4th-5th grade. *Materials fee \$20. No class 2/23*.

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5645	T	3:30p-6:30p	1/8-3/19	10	\$495	\$594

Instructor: Communication Academy Staff

# **Education Classroom at Monta Vista Recreation Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5190	Sa	12:00p-12:50p	1/12-3/30	11	\$252	\$303

Instructor: Natasha Austin

# Public Speaking: Future Reporter

6-14Y

Do your students want to report on issues that matter? In Future Reporter students craft speeches about real-world subjects by confidently researching and speaking on topics they find important! *Max 12 students per age group. No class 2/16, 2/19. Material fee \$25.* 

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5630	T	4:30p-5:30p	1/8-3/19	10	\$250	\$300
5631	Sa	10:15a-11:15a	1/12-3/23	10	\$250	\$300

Instructor: Communication Academy Staff

Speed Math

Want to sharpen your speed and mental math skills? Explore a variety of simple yet powerful techniques to solve with speed, ease and accuracy. Thic class is based on simple arithmetic and decimal fundamentals, students will learn mathematic shortcuts to perform calculations fast. Materials fee \$25. No class 2/19.

This is a specialized math program that covers advanced math concepts and strategies to solve challenging, out of the box AMC8 problems with ease and efficiency. It helps sharpen critical thinking, logical reasoning and problem solving skills. Materials fee: \$25. No class 2/19.

### Conference Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5272	T	4:30p-5:30p	1/15-3/26	10	\$240	\$288

Instructor: Madhu Marathe

### Craft Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5688	T	5:50p-7:00p	1/15-3/26	10	\$280	\$336

Instructor: Madhu Marathe

# Confident Debate & Homework Help

9-14Y Experience two classes, back-to-back, at a discounted price! Students attend two engaging classes from Communication Academy that explore two enrichment subjects at one convenient time-frame. Max of 12 students per age group. No class 2/22. Material fee \$50

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5647	F	3:30p-6:30p	1/11-3/22	10	\$535	\$642

Instructor: Communication Academy Staff

# **J**UTRITION

## Junior Chef Cooking Class

Join us this winter as we provide Junior Chefs with the tools necessary to create and learn about fun cooking projects. Our curriculum covers nutrition, seasonal cooking, knife skills, and the cultural aspects of food. Your Junior Chef will develop critical life skills, while making new friends and having a blast! Lab fee \$60. No class 2/21.

### **Building at Portal Park**

Codes	Days	Times	Dates	Mtgs	R	NR
5173	Th	3:30p-4:45p	1/17-2/28	6	\$180	\$216

Instructor: Junior Chef Stars Staff

# Confident Debate & Public Speaking

Experience two classes, back-to-back, at a discounted price! Students attend two engaging classes from Communication Academy that explore two enrichment subjects at one convenient time-frame. Max of 12 students per age group. No class 2/16. Material fee \$50.

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5641	Sa	1:30p-4:15p	1/12-3/23	10	\$555	\$667

Instructor: Communication Academy Staff

9-14Y

### Parent & Child Golf

Calling all parents and children; discover a sport that you can share together for a lifetime. Spend quality time together as you both learn basic golf skills, etiquette, and common rules. The fee covers one adult and one child.

### Confident Debate: SPAR

9-14Y Do you want your child to deliver clear arguments? SPAR is a quick paced one-on-one debate that allows students to debate simple, yet fun topics. Students learn to manage time, craft arguments, and ask questions! Max 12 students per age group. No class 2/16, 2/22. Material

fee \$25

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5635	F	4:30p-6:00p	1/11-3/22	10	\$370	\$444
5636	Sa	1:30p-3:00p	1/12-3/23	10	\$370	\$444

Instructor: Communication Academy Staff

### Golf Course at Deep Cliff Golf Course

Codes	Days	Times	Dates	Mtgs	R	NR
5214	Sa	8:30a-10:00a	1/12-2/2	4	\$180	\$216
5215	Sa	8:30a-10:00a	2/16-3/9	4	\$180	\$216
5216	Sa	8:30a-10:00a	3/23-4/13	4	\$180	\$216

Instructor: Deep Cliff Staff

### **Junior Golf**

### 7-17Y

Hey, young golfers! Learn and develop the basic skills, etiquette, and common rules of golf.

### Golf Course at Deep Cliff Golf Course

Codes	Days	Times	Dates	Mtgs	R	NR
5219	Sa	10:30a-12:00p	1/12-2/2	4	\$180	\$216
5220	Sa	10:30a-12:00p	2/16-3/9	4	\$180	\$216
5221	Sa	10:30a-12:00p	3/23-4/13	4	\$180	\$216

Instructor: Deep Cliff Staff

# **GYMNASTICS**

## **Twisters Sports Center**

1165 N. Fair Oaks, Sunnyvale, CA 94089 408-734-3547 | www.twisterssportscenter.com

## Preschool Gymnastics 1: Leaping Lions 1.5-3Y

Introduce yourself to basic gymnastics concepts and equipment in a safe, fun, and instructive class. Develop a love for physical fitness as you improve muscle coordination and body control. *No class* 2/18-2/23.

### **Gymnastics Room at Monta Vista Recreation Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5358	T	9:30a-10:10a	1/22-3/19	8	\$104	\$125
5439	T	10:15a-10:55a	1/22-3/19	8	\$104	\$125
5443	W	9:30a-10:10a	1/23-3/20	8	\$104	\$125
5445	W	10:15a-10:55a	1/23-3/20	8	\$104	\$125
5453	W	3:30p-4:10p	1/23-3/20	8	\$104	\$125
5455	Sa	9:15a-9:55a	1/26-3/23	8	\$104	\$125
5460	Sa	1:00p-1:40p	1/26-3/23	8	\$104	\$125
5484	M	9:30a-10:10a	1/28-3/25	8	\$104	\$125
5490	M	10:15a-10:55a	1/28-3/25	8	\$104	\$125

Instructor: Twisters Gymnastics Staff

# Preschool Gymnastics 2: Jumping Giraffes

Experience the most fundamental gymnastics skills in a safe and fun environment as you enhance your motor skills, coordination, and self-confidence. *No class* 2/18-2/23.

### Gymnastics Room at Monta Vista Recreation Center

Codes	Days	Times	Dates	Mtgs	R	NR
5359	T	10:30a-11:10a	1/22-3/19	8	\$104	\$125
5494	T	3:30p-4:10p	1/22-3/19	8	\$104	\$125
5498	W	9:45a-10:25a	1/23-3/20	8	\$104	<b>\$125</b>
5500	W	10:30a-11:10a	1/23-3/20	8	\$104	<b>\$125</b>
5682	Th	5:30p-6:10p	1/24-3/21	8	\$104	<b>\$125</b>
5501	Sa	9:30a-10:10a	1/26-3/23	8	\$104	<b>\$125</b>
5502	Sa	1:15p-1:55p	1/26-3/23	8	\$104	<b>\$125</b>
5506	M	9:45a-10:25a	1/28-3/25	8	\$104	\$125

Instructor: Twisters Gymnastics Staff

## **Adaptive Needs Gymnastics**

3-13Y

**3Y** 

Build strength, flexibility, balance, and coordination in a fun, safe, and encouraging environment. Ideal for kids with adaptive developmental needs who may need extra assistance performing basic gymnastics movements. *No class* 2/20, 2/23.

### Gymnastics Room at Monta Vista Recreation Center

Codes	Days	Times	Dates	Mtgs	R	NR
5354	W	6:15p-6:55p	1/23-3/20	8	\$104	\$125
5435	Sa	8:45a-9:25a	1/26-3/23	8	\$104	\$125

Instructor: Twisters Gymnastics Staff

### **Private Gymnastics Lessons**

3-13Y

Accelerate your mastery of gymnastics skills, gain knowledge and confidence while getting one-on-one attention with fully customizable lessons. Your private lessons includes a weekly, 30-minute training session with a gymnastics coach for the 8-week session. For more information contact Twisters Gymnastics at montavistagymnastics@gmail.com.

### Gymnastics Room at Monta Vista Recreation Center

Codes	Days	Times	Dates	Mtgs	R	NR
5623	N/A	N/A	1/26-3/23	8	\$252	\$302

Instructor: Twisters Gymnastics Staff

# Preschool Gymnastics 3: Cartwheel Kangaroos

4Y Expand your physical, mental, and social development through basic gymnastics terminology, positions, and skills. No class 2/18-2/23.

### Gymnastics Room at Monta Vista Recreation Center

Codes	Days	Times	Dates	Mtgs	R	NR
5683	T	4:00p-4:40p	1/22-3/19	8	\$104	\$125
5523	Th	5:45p-6:25p	1/24-3/21	8	\$104	\$125
5525	Sa	9:45a-10:25a	1/26-3/23	8	<b>\$104</b>	\$125
5526	Sa	1:30p-2:10p	1/26-3/23	8	<b>\$104</b>	\$125
5366	T	9:45a-10:25a	1/22-3/19	8	<b>\$104</b>	\$125
5524	F	3:30p-4:10p	1/25-3/22	8	\$104	\$125
5527	M	10:30a-11:10a	1/28-3/25	8	\$104	\$125

Instructor: Twisters Gymnastics Staff

### Recreational Gymnastics Level 1: Boys

Build strength, flexibility and healthy habits as you learn fundamental gymnastics skills through dynamic exercises and drills that focus on gymnastics concepts, terminology, and equipment. No class 2/18-2/23.

### **Gymnastics Room at Monta Vista Recreation Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5583	Sa	10:15a-11:10a	1/26-3/23	8	<b>\$120</b>	\$144

Instructor: Twisters Gymnastics Staff

# **Recreational Gymnastics** Level 1: Girls

5Y

6-13Y

6-13Y

Build strength, flexibility and healthy habits as you learn fundamental gymnastics skills through dynamic exercises and drills that focus on gymnastics concepts, terminology, and equipment. No class 2/18-2/23.

### **Preschool Gymnastics 4: Bouncing Bears**

Prepare to transition to the Recreational Gymnastics program as you continued to develop your coordination, strength, balance, and flexibility. Build self-confidence as you master new gymnastics movements and skills. No class 2/18-2/23.

### Gymnastics Room at Monta Vista Recreation Center

Codes	Days	Times	Dates	Mtgs	R	NR
5556	T	4:15p-4:55p	1/22-3/19	8	\$104	\$125
5684	W	3:30p-4:10p	1/23-3/20	8	\$104	\$125
5557	Th	6:00p-6:40p	1/24-3/21	8	\$104	\$125
5563	F	4:15p-4:55p	1/25-3/22	8	\$104	\$125
5565	Sa	1:45p-2:25p	1/26-3/23	8	\$104	\$125
5566	Sa	10:00a-10:40a	1/26-3/23	8	\$104	\$125
5567	M	3:30p-4:10p	1/28-3/25	8	\$104	\$125

Instructor: Twisters Gymnastics Staff

### **Gymnastics Room at Monta Vista Recreation Center**

6-9Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5585	T	5:00p-5:55p	1/22-3/19	8	\$120	\$144
5587	W	3:45p-4:40p	1/23-3/20	8	\$120	\$144
5588	Th	3:45p-4:40p	1/24-3/21	8	\$120	\$144
5589	F	3:45p-4:40p	1/25-3/22	8	\$120	\$144
5590	F	5:45p-6:40p	1/25-3/22	8	\$120	\$144
5591	Sa	10:30a-11:25a	1/26-3/23	8	\$120	\$144
5592	Sa	11:30a-12:25p	1/26-3/23	8	\$120	\$144
5593	Sa	2:15p-3:10p	1/26-3/23	8	\$120	\$144
5594	M	4:15p-5:10p	1/28-3/25	8	\$120	\$144
5595	M	5:45p-6:40p	1/28-3/25	8	\$120	\$144
9-13Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5596	F	4:45p-5:40p	1/25-3/22	8	\$120	\$144
5597	Sa	10:45a-11:40a	1/26-3/23	8	\$120	\$144

Instructor: Twisters Gymnastics Staff

### Recreational Gymnastics Level 2: Boys

Build on skills learned in Recreational Gymnastics Level 1 under the guidance of a trained instructor. You will be introduced to more complex gymnastics concepts while building strength and flexibility. Level 1 certification or instructor approval required. *No class* 2/18, 2/21.

### **Gymnastics Room at Monta Vista Recreation Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5598	Th	6:15p-7:10p	1/24-3/21	8	\$120	\$144
5599	M	4:45p-5:40p	1/28-3/25	8	\$120	\$144

Instructor: Twisters Gymnastics Staff

### Recreational Gymnastics Level 4

Challenge yourself in the next level of Recreational Gymnastics as your coaches will help you level up your skills. Level 3 certification or instructor approval required. *No class* 2/19, 2/23.

### Gymnastics Room at Monta Vista Recreation Center

Codes	Days	Times	Dates	Mtgs	R	NR
5618	T	6:00p-7:30p	1/22-3/19	8	\$152	\$182
5619	Sa	2:30p-4:00p	1/26-3/23	8	\$152	\$182

Instructor: Twisters Gymnastics Staff

# Recreational Gymnastics Level 2: Girls

Build on skills learned in Recreational Gymnastics Level 1 under the guidance of a trained instructor. You will be introduced to more complex gymnastics concepts while building strength and flexibility. Level 1 certification or instructor approval required. *No class* 2/19-2/23.

### **Gymnastics Room at Monta Vista Recreation Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5600	T	4:15p-5:10p	1/22-3/19	8	\$120	\$144
5601	T	4:45p-5:40p	1/22-3/19	8	\$120	\$144
5602	T	5:45p-6:40p	1/22-3/19	8	\$120	\$144
5603	W	4:15p-5:10p	1/23-3/20	8	\$120	\$144
5604	W	5:15p-6:10p	1/23-3/20	8	\$120	\$144
5605	Th	3:30p-4:25p	1/24-3/21	8	\$120	\$144
5606	F	5:00p-5:55p	1/25-3/22	8	\$120	\$144
5607	Sa	11:15a-12:10p	1/26-3/23	8	<b>\$120</b>	\$144
5608	Sa	2:00p-2:55p	1/26-3/23	8	<b>\$120</b>	\$144

Instructor: Twisters Gymnastics Staff

# Music

6-13Y

6-13Y

# Instructors' Notes

- 1. Joyful Melodies Music School 10455 Bandley Drive, Suite 300
- 2. Melody Academy of Music 1299 Water Lily Way, #10; San Jose

# Bilingual Chinese & English Music Class 11



6-13Y

This is a fun and creative environment for children to explore music and learn Chinese through songs, rhymes, body movements, rhythm, flash cards, instrument playing, and much more! The class will be taught by a fluent Chinese speaker who will use both English and Chinese (Mandarin) to expose the students to Chinese music, culture, and history. *No class* 2/22.

### Classroom at Joyful Melodies Music School

Codes	Days	Times	Dates	Mtgs	R	NR
5218	F	10:30a-11:15a	1/25-3/29	9	\$200	\$240

 $Instructor: Joyful\ Melodies\ Staff$ 

### Recreational Gymnastics Level 3

6-13Y

Continue to build on skills learned in Recreational Gymnastics Level 2 under the guidance of a trained instructor. You will develop a strong sense of body awareness through new skills on the vault, bars, balance beam and floor exercises. Level 2 certification or instructor approval required. *No class 2/18-2/23*.

### **Gymnastics Room at Monta Vista Recreation Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5610	W	6:00p-7:30p	1/23-3/20	8	\$152	\$182
5613	Th	4:00p-5:30p	1/24-3/21	8	\$152	\$182
5614	F	6:00p-7:30p	1/25-3/22	8	\$152	\$182
5615	Sa	3:00p-4:30p	1/26-3/23	8	\$152	\$182
5616	M	6:00p-7:30p	1/28-3/25	8	\$152	\$182

Instructor: Twisters Gymnastics Staff

# **Beethoven Beginners**

1 3-4°

Come learn piano with Beethoven Bear and Mozart Mouse! Students will learn music theory and piano basics in a fun and positive environment. Access to piano/keyboard at home is essential. Parent participation is required. *No class* 2/23.

### Music Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5217	Sa	9:50a-10:35a	1/19-3/30	10	\$320	\$384

Instructor: Joyful Melodies Staff

# Melody's Piano Beginners

**1** 4-5Y

Come learn Melody with us! This course introduces the world of music through various music skills such as singing, ear-training, keyboard playing, rhythm ensemble and reading music! Parent participation required. *Materials fee* \$45.

### Music Room at Melody Academy of Music

Codes	Days	Times	Dates	Mtgs	R	NR
5192	W	5:00p-5:45p	1/23-2/27	6	\$180	\$216
5191	Sa	1:00p-1:45p	2/16-3/23	6	\$180	\$216
5193	Su	10:00a-10:45a	2/24-3/31	6	\$180	\$216

Instructor: MAM Staff

# Piano Keyboard Level 1

6-10Y

Have a piano at home but don't know where to start? Learn how to play the piano today! Join this class designed for students with limited or no previous music experience. Students will learn basic piano technique, music theory, sight-reading, rhythm exercises. Students are expected to have their own piano/keyboard at home to practice while not in class. *No class* 2/19-2/22.

### Music Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5241	W	5:10p-5:55p	1/16-3/27	10	\$340	\$408
5243	Th	5:10p-5:55p	1/17-3/28	10	\$340	\$408
5244	F	4:10p-4:55p	1/18-3/29	10	\$340	\$408

Instructor: Joyful Melodies Staff

# Melody's Piano Beginners



5-7Y

Take your child's interest in music to the next level. This course will introduce children the world of music through various music skills in a fun and exciting way. Your child will sing, practice ear-training, keyboard playing, rhythm ensemble and reading music! Parent participation required. *Materials fee* \$45.

### Music Room at Melody Academy of Music

Codes	Days	Times	Dates	Mtgs	R	NR
5195	Sa	4:00p-4:45p	1/19-2/23	6	\$180	\$216
5196	W	6:00p-6:45p	1/23-2/27	6	\$180	\$216
5194	Su	11:00a-11:45a	2/24-3/31	6	\$180	\$216
5681	Sa	2:00p-2:45p	2/16-3/23	6	\$180	\$216

Instructor: MAM Staff

# Piano Keyboard Level 2

6-10Y

Continue to refine your skills playing the piano. Level 2 is designed for continuing/experienced students. Students are expected to have their own piano/keyboard at home to practice while not in class. *No class* 2/19-2/22.

### Music Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5245	T	6:00p-6:45p	1/15-3/26	10	\$340	\$408
5249	W	6:00p-6:45p	1/16-3/27	10	\$340	\$408
5251	Th	6:00p-6:45p	1/17-3/28	10	\$340	\$408

Instructor: Joyful Melodies Staff

# MEW Melody's Online Practice Partner 5-18Y

Too busy to practice the piano OR violin with your children home? Are your children losing interests in music lesson because of the boring practice? This Online Practice Program "Music Practice Partner", will provide one-to-one LIVE practice with a professional music teacher. Your child will practice their skills and you will never have to argue with your children again when it comes to "Practice"! *No class 2/18.* 

# Your Home

Codes	Days	Times	Dates	Mtgs	R	NR
5529	Su	7:00p-7:50p	1/13-2/17	6	\$120	\$144
5680	M	7:00p-7:50p	2/11-3/25	6	\$120	\$144

Instructor: MAM Staff

# Semi-Private Piano Keyboard Level 2+ 6-10Y

This class is designed for students who seek a more individually-focused group setting. This unique approach prepares students for the benefits of private piano instruction. It is designed as a continuation from students who have completed Piano Keyboard Level 1 or experienced students. *No class* 1/21, 2/18-2/22.

### Music Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5253	M	6:00p-6:45p	1/14-3/25	9	\$360	\$432
5252	T	5:10p-5:55p	1/15-3/26	10	\$400	\$480
5255	Sa	12:45p-1:30p	1/19-3/30	10	\$400	\$480

Instructor: Joyful Melodies Staff

### Melody's Group Ukulele

6-13Y

Let's play Ukulele and learn your favorite song! This beginner class for kids will focus will be on learning basic skills and techniques for the instrument. Please bring your own Ukulele. *Materials fee* \$25. *No class* 2/18.

### Music Room at Melody Academy of Music

Codes	Days	Times	Dates	Mtgs	R	NR
5200	M	5:00p-5:45p	1/28-3/11	6	\$180	\$216

Instructor: MAM Staff

# Melody's Group Violin

6-13Y

Learn to play the violin! Suzuki method is combined with Western teaching methods to provide a strong foundation for playing this sophisticated instrument. Your child will enjoy the beautiful sound of the violin. *Materials fee* \$25 (additional \$20 with violin rental).

### Music Room at Melody Academy of Music

Codes	Days	Times	Dates	Mtgs	R	NR
5198	Sa	4:00p-4:45p	2/2-3/9	6	\$180	\$216
5197	Su	11:00a-11:45a	2/24-3/31	6	\$180	\$216

Instructor: MAM Staff

# Melody's Group Flute

8-13Y

Come to learn the Western Concert Flute! Your child will learn basic music fundamentals, such as note-reading, music theory and basic flute playing! Please bring your own flute, NO recorder/Indian bamboo flute. *Materials fee* \$25.

### Music Room at Melody Academy of Music

Codes	Days	Times	Dates	Mtgs	R	NR	
5199	T	5:00p-5:45p	1/15-2/19	6	\$180	\$216	

Instructor: MAM Staff

### **Group Guitar**

9-12Y

Introduce music to your children the right way by letting them get their hands on the coolest instrument in the world, the guitar! In this course they'll learn the basics of how to play as well as gain experience with music that they will keep for a lifetime. No experience necessary. Students must bring their own guitars.

### Classroom at Joyful Melodies Music School

Codes	Days	Times	Dates	Mtgs	R	NR
5223	W	6:00p-6:50p	1/23-3/27	10	\$340	\$408

Instructor: Joyful Melodies Staff

# NATURE ACTIVITIES

# Plants and Gardening

5-8Y

Want to learn about plants, how they live, and how they grow? This is the class for you! We will learn the parts of plants, the different ways they can reproduce, and learn about the plants which grow in this area. Kids will learn about gardening and even get some experience growing plants of their own while learning how to take care of them!

#### **Environmental Education Center at McClellan Ranch Preserve**

Codes	Days	Times	Dates	Mtgs	R	NR
5661	Th	3:30p-5:00p	2/28-3/21	4	\$35	\$42

Instructor: Recreation Staff

### Fur, Fin, and Feathers

5-10Y

Why do some animals have fur while others have feathers or scales? Learn about characteristics of mammals, fish, birds, and other animals through activities and hands-on encounters with real animals. This class is held in a nature preserve where active outdoor exploration will part of every class when weather permits.

### **Environmental Education Center at McClellan Ranch Preserve**

Codes	Days	Times	Dates	Mtgs	R	NR
5431	Th	3:30p-5:00p	1/24-2/7	3	\$26	\$31

Instructor: Recreation Staff

# Winter at the Ranch

5-10Y

Explore McClellan Ranch with a naturalist to find out what plants and animals are up to during the winter. See which plants are first to unfurl their new leaves, and what creatures love cool, wet weather. If it's pouring outside, we'll stay inside and use magnifying glasses and microscopes to learn about what things live in moist and wet winter environments, do an art project, or read a book about nature!

### McClellan Ranch Preserve

Codes	Days	Times	Dates	Mtgs	R	NR
5424	T	3:30a-5:00a	1/22-2/5	3	\$35	\$42

Instructor: Recreation Staff

## Keeping a Nature Journal

6-10Y

Students will explore McClellan Ranch Preserve, sketching, painting, or writing about what they find with the guidance of a naturalist. Students will have an opportunity to develop keen observation skills and learn more about the natural world through these activities. During rainy weather we will explore and work in the museum.

#### **Environmental Education Center at McClellan Ranch Preserve**

Codes	Days	Times	Dates	Mtgs	R	NR
5642	T	3:00p-4:30p	2/26-3/19	4	\$35	\$42

Instructor: Recreation Staff

## Ice Skating: Snowball Saturdays

3-5Y

Discover the ice through toys, bubbles, imaginative games, and ice drawings. You will learn how to fall, get up, perform a two-foot glide, dip, swizzle, and stop.

### Rink at Ice Center Cupertino

Codes	Days	Times	Dates	Mtgs	R	NR
5225	Sa	11:15a-11:45a	1/19-3/9	8	\$112	\$134
5226	Sa	11:15a-11:45a	3/16-5/4	8	\$112	\$134

Instructor: Ice Center Staff

**S**PORTS

Kidz Love Soccer Weather Hotline 888-372-5803

**Twisters Sports Center** 

1165 N. Fair Oaks, Sunnyvale, CA 94089 408-734-3547 | www.twisterssportscenter.com

# Mommy/Daddy & Me Soccer

2-3.5Y

Jump in for a fun and positive introduction to soccer for our youngest players and their parents! Our age-appropriate and field-tested curriculum engages youngsters with entertaining activities that promote motor skill development and cognitive ability.

#### Soccer Field at Eaton Elementary School

Codes	Days	Times	Dates	Mtgs	R	NR
5319	Sa	11:40a-12:10p	1/19-3/9	8	\$106	\$127
		Staff				

### Ice Skating for Parents & Kids

3-5Y

Discover the ice together through toys, bubbles, imaginative games, and ice drawings. You will learn how to fall, get up, perform a two-foot glide, dip, swizzle, and stop. Adult (18+) participation is required.

### Rink at Ice Center Cupertino

Codes	Days	Times	Dates	Mtgs	R	NR
5227	Sa	11:15a-11:45a	1/19-3/9	8	\$112	\$134
5234	Sa	11:15a-11:45a	3/16-5/4	8	\$112	\$134

Instructor: Ice Center Staff

### **Pre Soccer**

3.5-5Y

Kick and pass! Pre-Soccer helps youngsters develop a lifelong love of soccer while they begin to learn how to play on a team. Our curriculum includes energetic, all-inclusive games that teach young kids the basics of playing with a group.

### Soccer Field at Wilson Park

Codes	Days	Times	Dates	Mtgs	R	NR				
5325	T	3:15p-3:45p	1/15-3/5	8	\$106	\$127				
	Soccer Field at Jollyman Park									
Codes	Days	Times	Dates	Mtgs	R	NR				
5326	F	5:00p-5:30p	1/18-3/8	8	\$106	\$127				
	Sc	ccer Field at Eat	on Element	tary Scho	ol					
Codes	Days	Times	Dates	Mtgs	R	NR				
5328	Sa	9:15a-9:45a	1/19-3/9	8	\$106	\$127				
5329	Sa	3:00p-3:30p	1/19-3/9	8	\$106	\$127				

Instructor: Kidz Love Soccer Staff

### Soccer 1: Techniques & Teamwork

5-6Y

Time to scrimmage! Soccer 1 teaches all the basics of soccer - dribbling, passing, receiving, shooting and everything in between. Soccer 1 is well-suited to the first-time player, while still being fun and engaging for kids who already have soccer experience.

### Soccer Field at Wilson Park

Codes	Days	Times	Dates	Mtgs	R	NR			
5330	T	3:45p-4:30p	1/15-3/5	8	\$122	\$146			
Soccer Field at Jollyman Park									
Codes	Days	Times	Dates	Mtgs	R	NR			
5331	F	3:15p-4:00p	1/18-3/8	8	\$122	\$146			
	So	ccer Field at Eat	on Element	ary Schoo	ol				
Codes	Days	Times	Dates	Mtgs	R	NR			
5332	Sa	9:45a-10:30a	1/19-3/9	8	\$122	\$146			
5333	Sa	3:30p-4:15p	1/19-3/9	8	\$122	\$146			

Instructor: Kidz Love Soccer Staff

# Ice Skating for Kids

### 5-14Y

Discover the ice as you learn basic skating skills that include two-foot glides, dips, swizzles, back wiggles, stops, and spins. Develop and build your skills to enjoy the pleasure of skating for a lifetime.

### Rink at Ice Center Cupertino

Codes	Days	Times	Dates	Mtgs	R	NR
5228	Sa	9:45a-10:15a	1/19-3/9	8	\$112	\$134
5230	M	5:00p-5:30p	2/25-4/15	8	\$112	\$134
5229	Sa	9:45a-10:15a	3/16-5/4	8	\$112	\$134

Instructor: Ice Center Staff

# Skyhawks Soccer and Basketball

Pass, kick, and dribble as you experience multiple sports in a safe and fun environment. You will learn the rules and essentials of each sport through skill-based instruction and scrimmages. *No class* 2/20.

### Soccer Field at Jollyman Park

Codes	Days	Times	Dates	Mtgs	R	NR
5584	W	3:30p-4:30p	2/13-3/27	6	\$120	\$144

Instructor: Skyhawks Staff

### Soccer 2: Skillz & Scrimmages

### 7-10Y

A great introduction to competitive soccer. Skillz and Scrimmages teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goal-tending. Kids will scrimmage and learn to play together as a team.

### Soccer Field at Wilson Park

Codes	Days	Times	Dates	Mtgs	R	NR			
5344	T	4:30p-5:30p	1/15-3/5	8	\$138	\$166			
Soccer Field at Jollyman Park									
Codes	Days	Times	Dates	Mtgs	R	NR			
5345	F	4:00p-5:00p	1/18-3/8	8	\$138	\$166			
	So	occer Field at Eato	n Elementa	ary Scho	ol				
Codes	Days	Times	Dates	Mtgs	R	NR			
5346	Sa	10:30a-11:30a	1/19-3/9	8	\$138	\$166			
5347	Sa	4:15p-5:15p	1/19-3/9	8	\$138	\$166			

Instructor: Kidz Love Soccer Staff

# Basketball League Outdoor

8-15Y

7-12Y

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!

### Sports Court at Cupertino Sports Center

8-11Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5432	M,W	4:00p-5:00p	1/7-3/27	24	\$120	\$144
9-12Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5433	M,W	5:30p-6:30p	1/7-3/27	24	\$120	\$144
11-15Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5434	M,W	6:45p-7:45p	1/7-3/27	24	\$120	\$144

Instructor: Raychel Cruz



















# **Teen Center Rental**

Rental Fee: \$210/3 hours with a refundable \$750 security deposit to hold the date.

For reservation information, contact Daniel Mestizo at Danielm@cupertino.org or (408) 777-3120

FREE for all Cupertino Residents and Sports Center Members in 6th to 12th Grade.

Non resident fee is \$5/day or purchase a 10-day pass at Quinlan Community Center for \$40.

HOURS: Monday-Friday: 3pm-7pm | Saturday: 12pm - 6pm | CLOSED SUNDAY 21111 Stevens Creek Blvd | www.cupertino.com/teens



# **A**RT

# **Clay Handbuilding for Teens**

11-17Y

New students along with those with some experience are welcome to join us in this open studio format where your ideas are turned into a 3D reality. Come in and join Lisa to learn the basics and beyond of handbuilding.

### Ceramics Center at Wilson Park

Codes	Days	Times	Dates	Mtgs	R	NR
5651	W	5:30p-7:00p	1/9-2/13	6	\$288	\$346
5652	W	5:30p-7:00p	2/27-4/10	6	\$288	\$346

Instructor: Lisa Molaro

# COMMUNICATION

## Confident Debate & Homework Help

9-14Y

Experience two classes, back-to-back, at a discounted price! Students attend two engaging classes from Communication Academy that explore two enrichment subjects at one convenient time-frame. Max of 12 students per age group. *No class*: 2/22. *Material fee \$50* 

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5647	F	3:30p-6:30p	1/11-3/22	10	\$535	\$642

Instructor: Communication Academy Staff

### Teen Potter's Wheel

11-17Y

Adding the A to STEAM!! Students will work at their own pace learning the components of working at the potters wheel.

### Ceramics Center at Wilson Park

Codes	Days	Times	Dates	Mtgs	R	NR
5617	W	3:30p-5:30p	1/9-2/13	6	\$288	\$346
5621	F	3:30p-5:30p	1/11-2/15	6	\$288	\$346
5620	W	3:30p-5:30p	2/27-4/10	6	\$288	\$346
5622	F	3:30p-5:30p	3/1-4/12	6	\$288	\$346

Instructor: Lisa Molaro

# Confident Debate & Public Speaking 9-14Y

Experience two classes, back-to-back, at a discounted price! Students attend two engaging classes from Communication Academy that explore two enrichment subjects at one convenient time-frame. Max of 12 students per age group. *Material fee \$50. No class 2/16.* 

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5641	Sa	11:30a-4:15p	1/12-3/23	10	\$555	\$667

Instructor: Communication Academy Staff

### Confident Debate: SPAR

9-14Y

Do you want your child to deliver clear arguments? SPAR is a quick paced one-on-one debate that allows students to debate simple, yet fun topics. Students learn to manage time, craft arguments, and ask questions! Max 12 students per age group. *No class* 2/16, 2/22. *Material fe* \$25

### Classroom at Communication Academy

Codes	Days	Times	Dates	Mtgs	R	NR
5635	F	4:00p-5:30p	1/11-3/22	10	\$370	\$444
5636	Sa	1:30p-3:00p	1/12-3/23	11	\$370	\$444

Instructor: Communication Academy Staff

# **NEW!** AMC8 Math

11-14Y

This is a specialized math program that covers advanced math concepts and strategies to solve challenging, out of the box AMC8 problems with ease and efficiency. It helps sharpen critical thinking, logical reasoning and problem solving skills. *Materials fee* \$25. *No class* 2/19.

### Craft Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5688	T	5:50p-7:00p	1/15-3/26	10	\$280	\$336

Instructor: Madhu Marathe

# EDUCATION

# Intro to Video Production

9-13Y

Students will use KMVT's studio and equipment to gain basic skills in screenwriting, camera work, lighting, directing, acting, and editing. By the end of the week, students will produce an entire production, which will be broadcast on KMVT 15! Students will each receive a DVD copy of the program they produce. Bring a sack lunch and drink.

### **KMVT Studio**

Codes	Days	Times	Dates	Mtgs	R	NR
5184	M-F	10:00a-4:00p	2/18-2/22	5	\$429	\$515

Instructor: KMVT Staff

# NATURE ACTIVITIES

# **Young Naturalists**

7-8G

The Young Naturalist Program is an opportunity for 7th and 8th grade students to explore the natural world in the company of others who also like being outdoors. The program will be challenging, but fun, and will encourage students to think like scientists as they learn about local plants and animals and conducting citizen scientist projects. *No class:* 2/1.

#### McClellan Ranch Preserve EEC

Codes	Days	Times	Dates	Mtgs	R	NR
5660	F	3:30p-5:00p	1/18-2/15	4	\$42	\$48

Instructor: Recreation Staff

# POLICE ACADEMY

### **Teen Community Academy**

13Y⊦

The Sheriff's Office is hosting a free 12 week Police Academy for teens and adults, giving students an inside look at law enforcement. Topics will include traffic laws and enforcement, criminal law, SERT, Dive team, K9, bomb squad, a county jail tour, and more. For more information email so\_sro@shf.sccgov.org. To Apply, pick up an application at your local high school, Quinlan Community Center, or the Sheriff's Office West Valley Substation at 1601 S. De Anza Blvd, Cupertino. You can also apply online at <a href="https://www.sccgov.org/sites/sheriff/pages/teen-community-academy.aspx">https://www.sccgov.org/sites/sheriff/pages/teen-community-academy.aspx</a>.

### Monta Vista High School

Apply	Days	Times	Dates	Mtgs	R	NR
Online	W	6:00p-9:00p	1/30-4/24	TBD	FREE	FREE

Instructor: Sheriff's Office

# Music

### **Group Guitar**

## 13-18Y

Ever wanted to learn how to play your favorite song on the guitar but have no idea where to begin? Here is your chance to play like a real rockstar! In this class you'll learn everything you need to know about how to become a great guitar player. No experience necessary. Students must bring their own guitars.

# Joyful Melodies Music School

Codes	Days	Times	Dates	Mtgs	R	NR
5235	W	7:00p-7:50p	1/23-3/27	10	\$340	\$408

Instructor: Joyful Melodies Staff

# **S**PORTS

### Basketball League Outdoor

11-15Y

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!

# Sports Court at Cupertino Sports Center

11-15Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5434	M,W	6:45p-7:45p	1/7-3/27	24	\$120	\$144

Instructor: Raychel Cruz



# **A**RT

# **TGIF Open Studio**

13Y+

Join Trudi and Lisa every Friday for TGIF Open Studio at Wilson Ceramics Studio. Turn your creative ideas into works of art! Supplies to make clay, silk, jewelry, mosaics, and more will be provided. Experienced wheel students have access to the potter's wheels. Materials fee includes clay glaze and firing.

\$7/hr + materials cost, payable to the instructor upon checking out.

Every Friday\* from 7pm - 10pm at the Wilson Ceramics Studio, 10298 S. Portal Ave., Cupertino, CA 95014.

\*Contact Trudi at tab01@sbcglobal.net for more information.

# **Beginning Potter's Wheel**

18Y+

Join us for this hands-on two-hour class covering the mechanics of wheel throwing. We have just seven wheels so you'll get the attention you need to learn this relaxing medium. All pieces will be glazed and fired by the last class.

#### Ceramics Center at Wilson Park

Codes	Days	Times	Dates	Mtgs	R	NR
5626	M	10:30a-12:30p	1/7-2/11	5	\$215	\$258
5689	M	7:00p-9:00p	1/7-2/11	5	\$215	\$258
5627	M	7:00p-9:00p	2/25-3/25	5	\$215	\$258
5690	M	10:30a-12:30p	2/25-3/25	5	\$215	\$258

Instructor: Trudi Burney

### **Sculpting Clay Masks**

16Y+

Let's develop your inner artist (we all have one) in this one day workshop. Join us in the beautiful park setting of Wilson Park Ceramics studio for a four hour workshop on clay mask making. Instruction, tools, clay and a return visit to the studio included.

### Ceramics Center at Wilson Park

Codes	Days	Times	Dates	Mtgs	R	NR
5628	Sa	10:00a-2:00p	2/9	1	\$70	\$84

Instructor: Trudi Burney

# **Beginning Watercolor**

18Y+

This class is designed for watercolor beginners. Watercolor is one of the most difficult media to handle, but also one of the most beautiful transparent painting material as well. We will learn many different painting techniques, step by step from the basics. If you love watercolor but have never tried before, or are just beginning and want to improve your technique, this is the perfect first step towards becoming a watercolor artist!

### Craft Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5686	W	9:00a-12:00p	1/16-3/27	11	\$154	\$185

Instructor: Mami Webber

# **Ikebana Expressions**

18Y+

Come to learn Ikebana, the Japanese art of flower arrangement, using seasonal flower material to create your ikebana expressions in class. Please bring ikebana scissors/pruners, a pin frog flower holder, and a shallow vase to the first class. Material fee of \$96 for 8 lessons is payable to the instructor in the first meeting.

### Craft Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5551	T	10:00a-12:00p	1/15-3/19	8	\$104	\$125
5555	T	7:00p-9:00p	1/15-3/19	8	\$104	\$125

Instructor: Gloria Lee

### Intermediate Potter's Wheel

18Y+

18Y+

For students with one year of throwing experience. This two hour weekly class will further develop your wheel skills as we experiment with various shapes and delve into alternative surface decorating techniques.

#### Ceramics Center at Wilson Park

Codes	Days	Times	Dates	Mtgs	R	NR
5624	W	10:30a-12:30p	1/9-2/13	6	\$258	\$310
5625	W	7:00p-9:00p	1/9-2/13	6	\$258	\$310
5691	W	10:30a-12:30p	2/20-3/27	6	\$258	\$310
5692	W	7:00p-9:00p	2/20-3/27	6	\$258	\$310

Instructor: Trudi Burney

## Watercolor

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. *No class* 2/22

### Craft Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5687	F	9:00a-12:00p	1/18-3/29	10	<b>\$140</b>	\$168

Instructor: Mami Webber

# COMMUNITY



**DEVELOPING & EDUCATING EMERGING ADULT LEADERS** 

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 for details.

# DANCE

### Contemporary & Classical Chinese Dance-Level 2 18Y+

Ready to continue learning contemporary dance integrated with classical Chinese dance? This class will teach you a creative dance style with western and eastern elements. Class includes barre work and dance practice. At the end of each session, you will know and be able to perform a new dance.

### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5412	T	8:00p-9:30p	1/22-3/26	10	\$180	\$216

Instructor: Jenny (Juan) He

# Hip Hop 18Y+

You will dance to current Hip-Hop music and learn current styles and steps, introduced in an upbeat environment. We will help hone your Hip Hop dance skills while developing your own unique dance style. Have fun, get some exercise, and leave with some moves you can show off to family and friends.

### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5242	Sa	12:00p-1:00p	1/19-3/9	8	\$104	\$125

Instructor: Kenyatta Ali

### Intro to Contemporary & Classical Chinese Dance 18Y-

Interested in learning contemporary dance integrated with classical Chinese dance? This beginner level class will teach you a creative dance style with western and eastern elements. Class includes barre work and dance practice.

### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5410	T	7:00p-8:00p	1/22-3/26	10	\$150	\$180

Instructor: Jenny (Juan) He

# **Aerobics for Everyone**

PASS

18Y+

This class will focus on improving your overall fitness and health through low impact aerobics, step, strengthening and toning exercises, and flexibility exercises.

### Activity Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR			
5201	Th	7:00p-8:00p	1/17-3/28	11	\$50	\$60			
	Instructor: Janice Wright								
Codes	Days	Times	Dates	Mtgs	R	NR			
5148	F	9:30a-10:30a	1/18-3/29	11	\$50	\$60			

Instructor: Jill Haff

# RETIREMENT PLANNING

## Retirement Planning, Today

18Y+

You will 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, plan your estate, and more!

### Social Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5528	T	6:30p-9:30p	3/12-3/19	2	\$49	\$59
5685	Th	6:30p-9:30p	3/21-3/28	2	\$49	\$59

Instructor: Robert Ostenberg

## Balance, Core, & 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!

#### Activity Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5149	Th	10:40a-11:40a	1/17-3/28	11	\$55	\$66

Instructor: Rebbeca McCormick

# **FITNESS**

# **Drop-in Passes**

### **Aerobics Passes**

РАЗЗ

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

Hoop Series 2/ Zumba + Stretch Passes \$9 each. Passes for Hula Hoop Series 2 & Zumba + Stretch. Passes may be purchased in the Recreation Office.

### Yoga & 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.

### **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* 1/21, 2/18.

### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5150	M	12:00p-1:30p	1/14-3/25	9	\$72	\$86

Instructor: Lou Thurman

## Body by Barre



18Y+

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.

### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5151	T	5:30p-6:30p	1/15-3/26	11	\$83	\$100

Instructor: Jia Thompson

#### **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* 2/13.

#### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5152	W	7:00p-8:00p	1/16-3/27	10	\$45	\$54

Instructor: Malika Thoppay

#### 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.

#### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5157	Th	7:30p-8:30p	1/17-3/28	11	\$50	\$60

Instructor: Polly Hu

#### Cardio Sculpt



This class offers a great aerobic workout, followed by body sculpting and stretching. This total body workout will increase your cardio-vascular endurance as well as your upper, lower, and core body strength.

#### **Activity Room at Quinlan Community Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5153	T	9:40a-10:40a	1/15-3/26	11	\$50	\$60

Instructor: Janice Wright

#### Line Dancercise Level 1



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. This beginner level class is great for newcomers to line dance or for those who prefer a more laid-back class. *No class* 2/22.

#### **Activity Room at Quinlan Community Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5158	F	10:45a-11:45a	1/18-3/22	9	<b>\$41</b>	\$49

Instructor: Jenny Tsai

#### **Hula Hoop Dance Fitness** Series 1



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!

#### **Activity Room at Quinlan Community Center**

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Codes	Days	Times	Dates	Mtgs	R	NR		
5155	F	12:00p-1:00p	1/18-3/29	11	\$55	\$66		
	Social Room at Quinlan Community Center							
Codes	Days	Times	Dates	Mtgs	R	NR		
5154	W	6:00p-7:00p	1/23-3/27	10	\$50	\$60		

Instructor: Nessia Starr

#### Line Dancercise Level 2



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. This class is for students who know the basics and are ready to learn more complex step combinations. *No class* 2/22.

#### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5159	F	1:15p-2:15p	1/18-3/22	9	\$41	\$49

Instructor: Jenny Tsai

#### Hula Hoop Movement & Flow Series 2



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*.

#### Social Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5156	W	7:00p-8:30p	1/23-3/27	10	\$70	\$84

Instructor: Nessia Starr

#### **Low Impact Aerobics**



18Y+

Get a great workout with this low impact class. Class includes a warm-up, 25-30 minutes of low impact aerobics, followed by upper body strength exercises, abdominal work, core strengthening exercises, and stretching. *No class* 1/21, 2/18.

#### **Activity Room at Quinlan Community Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5160	M,W	7:00p-8:00p	1/14-3/27	20	\$90	<b>\$108</b>

Instructor: William Rassieur

#### **Mixed Level Pilates**

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 1/21, 2/18.

#### **Activity Room at Quinlan Community Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5161	M	9:30a-10:30a	1/14-3/25	9	\$68	\$82
5162	W	9:30a-10:30a	1/16-3/27	11	\$83	\$100

Instructor: Jill Haff

# PiYo!

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.

#### Activity Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5202	Th	8:00p-9:00p	1/17-3/28	11	\$50	\$60

Instructor: Janice Wright

#### Qigong



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.

#### Activity Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5163	W	1:15p-2:15p	3/6-3/27	4	\$20	\$24

Instructor: Anya Kroth

#### Sculpt & Stretch



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 1/21, 2/18.

#### **Activity Room at Quinlan Community Center**

		-				
Codes	Days	Times	Dates	Mtgs	R	NR
5164	M,W	10:40a-11:40a	1/14-3/27	20	\$90	\$108
5165	M	10:40a-11:40a	1/14-3/25	9	\$41	\$49
5166	W	10:40a-11:40a	1/16-3/27	11	\$50	\$60

Instructor: Rebbeca McCormick

#### Strengthen & Stretch



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!

#### **Activity Room at Quinlan Community Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5167	T	10:40a-11:40a	1/15-3/26	11	\$50	\$60

Instructor: Janice Wright

#### Strong by Zumba



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.

#### Activity Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5168	W	12:00p-1:00p	1/16-3/27	11	\$50	\$60

Instructor: Grace DuVal

#### Therapeutic Breathing Methods Qigong



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.

#### Social Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5169	Sa	9:00a-10:15a	2/2-3/30	9	\$41	\$49

Instructor: Mau Truong

#### Therapeutic Stretching & Breathing



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.

#### Activity Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5170	Sa	10:30a-11:45a	1/19-3/30	11	\$50	\$60

Instructor: Mau Truong

#### Total Body



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.

#### Activity Room at Quinlan Community Center

		-				
Codes	Days	Times	Dates	Mtgs	R	NR
5171	T	7:10p-8:10p	1/15-3/26	11	\$50	\$60
5172	W	8:15p-9:15p	1/16-3/27	11	\$50	\$60

Instructor: Polly Hu

#### 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.

#### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR		
5174	W	12:00p-1:15p	2/6-3/27	8	\$62	\$74		
Activity Room at Quinlan Community Center								
Codes	Days	Times	Dates	Mtgs	R	NR		
5175	Sa	8:45a-10:15a	2/9-3/30	8	\$64	\$77		

Instructor: Sa-ad Kongboon

#### VivAsia Fitness Dance



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

#### Activity Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5176	Th	12:00p-1:00p	1/17-3/28	11	\$50	\$60

Instructor: Ruby Chen

#### Walk 15



18Y+

Walk 15 takes group fitness to a new level. It is a low impact, multi muscle, calorie torching, walking based workout with very effective results! Anyone at any fitness level can do it! The music is paced so 15 minutes signifies the time (speed/pace) of most miles, an average of 4 mph. Move in many different directions, add resistance bands and the result is a high calorie, health enhancing fun workout!

#### **Activity Room at Quinlan Community Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5203	T	8:15a-9:15a	1/15-3/26	11	\$50	\$60

Instructor: Suzanne Besler

#### Yoga Level 1 & 2



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* 1/21, 2/18.

#### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5177	M	7:00p-8:15p	1/14-3/25	9	\$70	\$85
5178	Th	9:15a-10:30a	1/17-3/28	11	\$85	\$102

Instructor: Sara Frazier

#### Zumba



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* 1/21, 2/18.

#### Dance Room at Quinlan Community Center

		~ .		- ,				
Codes	Days	Times	Dates	Mtgs	R	NR		
5180	T	12:00p-1:00p	1/15-3/26	11	\$50	\$60		
Instructor:Grace DuVal								
Activity Room at Quinlan Community Center								
Codes	Days	Times	Dates	Mtgs	R	NR		
5183	M	12:00p-1:00p	1/14-3/25	9	\$41	\$49		
5182	F	12:00p-1:00p	1/18-3/29	11	\$50	\$60		
		Instruc	tor:Polly Hu					
Zumba	Plus!							
	Daı	nce Room at Qui	nlan Commu	ınity Cer	iter			
Codes	Days	Times	Dates	Mtgs	R	NR		

Instructor: Polly Hu

9:30a-10:45a

1/16-3/27

11

#### Zumba + Stretching

W

5181



\$55

18Y-

\$66

Enjoy an hour of Zumba with 30 minutes of full-body stretching at the end!

#### Dance Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5419	T	12:00p-1:30p	1/15-3/26	11	\$75	\$90

Instructor: Grace DuVal

#### **Zumba Toning**



8Y+

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!

#### **Activity Room at Quinlan Community Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5179	Th	9:15a-10:15a	1/17-3/28	11	\$50	\$60

Instructor: Grace DuVal

## NUTRITION

#### **Healthy Resolutions**

18Y+

Looking for ways to improve your health in the new year? Want simple tips to feel fit, increase energy, and lose weight? In this workshop, we'll discuss key ways to optimize your health that aren't time consuming, keeping in mind budget and great taste. Create realistic resolutions that will get results. *Material fee: \$5 due to instructor.* 

#### Craft Room at Quinlan Community Center

Co	des	Days	Times	Dates	Mtgs	R	NR
52	204	W	6:30p-8:30p	1/23-1/23	1	\$25	\$30

Instructor: Jen Oh

#### **How to Read Nutrition Labels**

18Y+

Nutrition labels can be confusing and deceiving. Join us for an informative discussion on how to read and understand and nutrition labels and how they relate to you and your health. Workshop will include food samples, so you can taste and try what we discuss. *Material fee \$5 due to instructor*.

#### Craft Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5205	W	6:30p-8:30p	2/20	1	\$25	\$30

Instructor: Jen Oh

#### **Sweet Valentine Treats**

18Y+

Learn to make sweet treats that are good for you, taste great, and perfect for sharing. We will utilize natural sweeteners, different flours, and discuss ways to boost the nutritional value of items commonly thought of as not good for you. All attendees will make and take home all 3 treats. All diets/preferences can be accommodated. *Material fee:* \$15 due to instructor.

#### Kitchen at Senior Center

Codes	Days	Times	Dates	Mtgs	R	NR
5209	W	6:30p-8:30p	2/6	1	\$40	\$48

Instructor: Jen Oh

#### **Smoothie Sensations**

18Y+

Start the new year with smoothies! Looking for a delicious way to add more veggies and fruit to your diet? Join us as we discuss the benefits of smoothies and taste test a variety of smoothie recipes - both non-dairy and dairy options available. Participants will make and take home 3 smoothies. All diets/preferences can be accommodated. *Material fee \$15 due to instructor*.

#### Kitchen at Senior Center

Codes	Days	Times	Dates	Mtgs	R	NR
5208	W	6:30p-8:30p	1/30	1	\$40	\$48

Instructor: Jen Oh

## Music

#### **Group Keyboard**

18Y+

It is never too late to learn how to play the piano! Our Adult Group Keyboard Class is designed for adults who have no or little experience in piano playing. 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.

#### Classroom at Joyful Melodies Music School

Codes	Days	Times	Dates	Mtgs	R	NR
5236	Th	7:00p-7:50p	1/24-3/28	10	\$340	\$408

Instructor: Joyful Melodies Staff

#### Spring Into a Healthier You

18Y

Spring into action and start healthy new habits. In this workshop, attendees will gain a deeper understanding of what to eat and how to create balanced meals that are delicious and good for them. Workshop will include food samples, so you can taste and try what we discuss. *Material feE \$5 due to instructor*.

#### Craft Room at Quinlan Community Center

Codes	Days	Times	Dates	Mtgs	R	NR
5206	W	6:30p-8:30p	3/20	1	\$25	\$30

Instructor: Jen Oh

# **S**PORTS

#### Ice Skating for Adults

16Y+

Discover the ice as you learn basic skating skills that include two-foot glides, dips, swizzles, back wiggles, stops, and spins. Develop and build your skills so you can enjoy the pleasure of skating for a lifetime.

#### Spring Into Flavor 18Y+

Tis the season for vibrant colors and fresh ingredients. In this workshop, we'll make 3 simple, delicious, and healthy dishes that incorporate the flavors of the season and are bound to put some spring in your step. All attendees will make and take home all 3 dishes. All diets/preferences can be accommodated. *Material fee: \$15 due to instructor.* 

#### Kitchen at Senior Center

Codes	Days	Times	Dates	Mtgs	R	NR
5207	W	6:30p-8:30p	3/13	1	\$40	\$48

Instructor: Jen Oh

#### Rink at Ice Center Cupertino

Codes	Days	Times	Dates	Mtgs	R	NR
5231	Sa	12:15p-12:45p	1/19-3/9	8	\$112	\$134
5233	Th	7:00p-7:30p	2/21-4/11	8	\$112	\$134
5232	Sa	12:15p-12:45p	3/16-5/4	8	\$112	\$134

Instructor: Ice Center Staff

#### Golf 18Y+

Introduce yourself to a sport that you will enjoy for a lifetime as you learn basic golf skills, etiquette, and common rules.

#### Golf Course at Deep Cliff Golf Course

Codes	Days	Times	Dates	Mtgs	R	NR
5222	Sa	1:00p-2:30p	2/16-3/9	4	\$180	\$216
5224	Sa	1:00p-2:30p	3/23-4/13	4	\$180	\$216

Instructor: Deep Cliff Staff



#### How to Register for Adult 50+ Programs

Four different organizations provide classes for the Adult 50+ program. They are:

Cupertino Senior Center (CSC)

To register, visit the Senior Center's front desk, or call 408-777-3150.

Fremont Union High School District (FUHSD) Active Adult Classes

To register with FUHSD before the first class, call 408-522-2700 or go to fuhsdadultschool.com. Senior Center membership is required.

De Anza College Exercise (DAC) For inquiries and to register, call instructor Casey Regehr at 408-864-5409. Senior Center membership is required.

American Association of Retired Persons Smart Driver Program (AARP) For information and to register, call Ina Checkman at 408-257-6940.

#### Location

Adult 50+ Programs and Classes:

Cupertino Senior Center 21251 Stevens Creek Boulevard Cupertino, CA 95014

Telephone: 408-777-3150

FAX: 408-777-3156

Email: <u>SeniorCntr@cupertino.org</u>
Web site: <u>www.cupertino.org/senior</u>

www.cupertino.org/50plus

Facebook: <a href="https://www.cupertino.org/seniorcenterfacebook">www.cupertino.org/seniorcenterfacebook</a> Yelp: <a href="https://www.yelp.com/biz/cupertino-senior-center-">www.yelp.com/biz/cupertino-senior-center-</a>

<u>cupertino</u>

#### **Center Hours**

We are open 8am-9pm Monday-Thursday, 8am-5pm on Friday, and 8:30am-4:30pm on Saturday. Visit the Senior Center to learn more about our expanded program offerings.

#### Adult 50+ Membership

Membership includes access to Adult 50+ programs, trips, services, classes, socials, volunteer opportunities, and mailing of the bimonthly newsletter. Membership is on a calendar-year basis.

#### It's easy to become an Adult 50+ member:

- Be 50 years or older
- Complete a "New Member Application" form (available at the Senior Center or online)
- Resident fee \$23, Non-Resident fee \$28

#### **Day Pass**

Thinking about becoming a member? Adults 50+ are welcome to spend the day as a guest with a \$5 Day Pass. Guests may sign up for any social or luncheon for the day, on a space available basis, and will receive a temporary parking permit.

## Stay Active Program

The Stay Active Fund helps Cupertino residents 50 years or older to remain active and engaged at the Cupertino Senior Center. This fund provides assistance to offset the cost of a Senior Center membership, class registration, and events. The fund is available beginning in November through June 30, or until the fund is depleted. Please contact the Senior Center staff for more details.

www.cupertino.org/senior 40

#### **Exercise Flex Pass**



Flex Pass can be used for select fitness classes if space is available. Members can purchase Flex Passes at the senior center front desk for \$6 each. Look for the Flex Pass logo on select classes in the Senior Center newsletter, *The 50+ Scene*. Passes are non-transferable. Please note: Flex Pass use subject to space availability and classes may be cancelled if minimum registration is not met. Senior Center membership required.

#### Class Pass

The Class Pass allows non-member seniors to register for a Senior Center course with an additional pass fee of \$10. The Class Pass is not applicable to Adult Community Education classes or De Anza College classes held at the Senior Center.

#### Trip Pass

A Day Trip Pass permits a non-member senior to sign up for a day trip with an additional pass fee of \$20. Non-members are eligible to register for a day trip one week after the member sign up date.

#### Senior Center Information Online

View what is happening at the Cupertino Senior Center online at www.cupertino.org/senior.

# **ADULT 50+ CLASSES**

FOR ADDITIONAL INFORMATION REGARDING CLASSES (INCLUDING CURRENT DATES), VISIT: www.cupertino.org/senior OR CALL 408-777-3150

ARTS & CRAFTS					
Activity	Time	Day	Fee	Mtgs	
Beading	1:30-3:30	Th	\$25	4	
Chinese Calligraphy	3-5	Tu	\$15	8	
Chinese Brush Painting	8:30-10:30	M	\$55	8	
Chinese Brush Painting	10:40-12:40	M	\$55	8	
Kumihimo	3:30-5:30	Th	\$25	4	
DANCE & MUSIC					
Accordion	1:35-3:10	Tu	\$20	8	
Guitar and Bass Jam Band	3-4:30	W	\$22	10	
HarmoniKatz Band	3:45-5:15	M	\$15	7	
Hula Dance Class	11:45-12:40	M	\$15	6	
Hula Performance Group	12:55-1:55	M	\$15	6	
Ukulele Beginning	1:30-3	Tu	\$22	8	
Ukulele Advanced Begin	3:15-4:45	Tu	\$22	8	
Ukulele Strum & Sing	1:30-3:15	M	\$22	8	
Yuan Chih Dance	10-11:30	F	\$15	8	

LANGUAGE & SPECIAL INTEREST           Activity         Time         Day         Fee         Mtgs           Brain Club         3-4:30         M         \$15         6           Bridge - Advanced Beg.         10-12         Sa         \$22         4           Citizenship Class         8:15-9:45         MTu         \$20         8           Conversational English         10-11:45         MTu         \$20         8           Cribbage - Beg./Int.         1:30-3:30         W         \$10         6           ESL-Basic & Easy         10-12         W         \$25         8           ESL-Adv. Beginning         10-12         W         \$25         8           ESL-Int. Conversation         1:30-3         Tu         \$20         8           Humanities         10:30-12:30         T         \$40         8           Japanese - Beg. Level II         8:30-9:30         Th         \$35         8           Japanese - Beg. Level II         9:45-10:45         Th         \$35         8           Mandarin - Beginning         9-10:30         Th         \$40         8           Mandarin - Advanced         9-10:30         Th         \$40         8      <					
Brain Club         3-4:30         M         \$15         6           Bridge - Advanced Beg.         10-12         Sa         \$22         4           Citizenship Class         8:15-9:45         M Tu F         \$20         8           Conversational English         10-11:45         M Tu F         \$20         8           Cribbage - Beg./Int.         1:30-3:30         W         \$10         6           ESL-Basic & Easy         10-12         M         \$25         8           ESL-Adv. Beginning         10-12         W         \$25         8           ESL-Int. Conversation         1:30-3         Tu         \$20         8           Humanities         10:30-12:30         T         \$40         8           Japanese - Beg. Level I         8:30-9:30         Th         \$35         8           Japanese - Beg Level II         9:45-10:45         Th         \$35         8           Mandarin - Beginning         9-10:30         Th         \$40         8           Mandarin - Advanced         9-10:30         Th         \$40         8           US History Seminar         12:35-1:35         Tu         \$15         4           Fill         FIL	LANGUAGE & S	SPECIAL II	NTERE	ST	
Bridge - Advanced Beg.         10-12         Sa         \$22         4           Citizenship Class         8:15-9:45         M Tu F         \$20         8           Conversational English         10-11:45         M Tu F         \$20         8           Cribbage - Beg./Int.         1:30-3:30         W         \$10         6           ESL-Basic & Easy         10-12         M         \$25         8           ESL-Adv. Beginning         10-12         W         \$25         8           ESL-Int. Conversation         1:30-3         Tu         \$20         8           Humanities         10:30-12:30         T         \$40         8           Japanese - Beg. Level I         8:30-9:30         Th         \$35         8           Japanese - Beg Level II         9:45-10:45         Th         \$35         8           Mandarin - Beginning         9-10:30         Th         \$40         8           Mandarin - Intermediate         10-11:30         F         \$40         8           Mandarin - Advanced         9-10:30         Th         \$40         8           US History Seminar         12:35-1:35         Tu         \$15         4           FITNESS         Tu </td <td>Activity</td> <td>Time</td> <td>Day</td> <td>Fee</td> <td>Mtgs</td>	Activity	Time	Day	Fee	Mtgs
Citizenship Class         8:15-9:45         M Tu F         \$20         8           Conversational English         10-11:45         M Tu F         \$20         8           Cribbage - Beg./Int.         1:30-3:30         W \$10         6           ESL-Basic & Easy         10-12         M \$25         8           ESL-Adv. Beginning         10-12         W \$25         8           ESL-Int. Conversation         1:30-3         Tu \$20         8           Humanities         10:30-12:30         T \$40         8           Japanese - Beg. Level I         8:30-9:30         Th \$35         8           Japanese - Beg Level II         9:45-10:45         Th \$35         8           Mandarin - Beginning         9-10:30         Th \$40         8           Mandarin - Advanced         9-10:30         Th \$40         8           US History Seminar         12:35-1:35         Tu \$15         4           FEIDNESS         Chair Exercise         10:15-11:15         M Th \$40         8	Brain Club	3-4:30	M	\$15	6
Conversational English         10-11:45         M Tu         \$20         8           Cribbage - Beg./Int.         1:30-3:30         W         \$10         6           ESL-Basic & Easy         10-12         M         \$25         8           ESL-Adv. Beginning         10-12         W         \$25         8           ESL-Int. Conversation         1:30-3         Tu         \$20         8           Humanities         10:30-12:30         T         \$40         8           Japanese - Beg. Level I         8:30-9:30         Th         \$35         8           Japanese - Beg Level II         9:45-10:45         Th         \$35         8           Mandarin - Beginning         9-10:30         Th         \$40         8           Mandarin - Advanced         9-10:30         Th         \$40         8           Mandarin - Advanced         9-10:30         Th         \$40         8           Mandarin - Advanced         9-10:30         Th         \$40         8           US History Seminar         12:35-1:35         Tu         \$15         4           FITNESS         Chair Exercise         10:15-11:15         M Th         \$40         8           Hatha Yoga <td>Bridge - Advanced Beg.</td> <td>10-12</td> <td>Sa</td> <td>\$22</td> <td>4</td>	Bridge - Advanced Beg.	10-12	Sa	\$22	4
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Mandarin - Beginning         9-10:30         Th         \$40         8           Mandarin - Intermediate         10-11:30         F         \$40         8           Mandarin - Advanced         9-10:30         Th         \$40         8           US History Seminar         12:35-1:35         Tu         \$15         4           FITNESS           Chair Exercise         10:15-11:15         M Th         \$45         12           Feldenkrais         9:30-10:30         Tu         \$40         8           Hatha Yoga         2:30-3:30         Th         \$50         8           Line Dancing - Beginning         2-3:30         Sa         \$42         8           Tai-Chi - Level I         8:30-9:25         Th         \$68         12           Tai-Chi - Level III         10:40-11:35         Th         \$68         12           Tai-Chi - Level III         10:40-11:35         Th         \$68         12           Tai-Chi - Qigong @ QCC         TBD         Th         \$96         12           Total Body @ QCC         8:30-9:30         Tu         \$37         8           VivAsia Lotus         10-11         Sa         \$25	Japanese - Beg. Level I	8:30-9:30	Th	\$35	8
Mandarin - Intermediate         10-11:30         F         \$40         8           Mandarin - Advanced         9-10:30         Th         \$40         8           US History Seminar         12:35-1:35         Tu         \$15         4           FITNESS           Chair Exercise         10:15-11:15         M Th         \$45         12           Feldenkrais         9:30-10:30         Tu         \$40         8           Hatha Yoga         2:30-3:30         Th         \$50         8           Line Dancing - Beginning         2-3:30         Sa         \$42         8           Tai-Chi - Level I         8:30-9:25         Th         \$68         12           Tai-Chi - Level III         10:40-11:35         Th         \$68         12           Tai-Chi - Level III         10:40-11:35         Th         \$68         12           Tai Chi - Qigong @ QCC         TBD         Th         \$96         12           Total Body @ QCC         8:30-9:30         Tu         \$37         8           VivAsia Lotus         10-11         Sa         \$25         8           Yoga for 50+         4-5         Tu         \$35         8           Zu	Japanese - Beg Level II	9:45-10:45	Th	\$35	8
Mandarin - Advanced         9-10:30         Th         \$40         8           US History Seminar         12:35-1:35         Tu         \$15         4           FITNESS           Chair Exercise         10:15-11:15         M Th         \$45         12           Feldenkrais         9:30-10:30         Tu         \$40         8           Hatha Yoga         2:30-3:30         Th         \$50         8           Line Dancing - Beginning         2-3:30         Sa         \$42         8           Tai-Chi - Level I         8:30-9:25         Th         \$68         12           Tai-Chi - Level III         10:40-11:35         Th         \$68         12           Tai-Chi - Level III         10:40-11:35         Th         \$68         12           Tai Chi - Qigong @ QCC         TBD         Th         \$96         12           Total Body @ QCC         8:30-9:30         Tu         \$37         8           VivAsia Lotus         10-11         Sa         \$25         8           VivAsia Chair Lotus         11:15-12:15         Sa         \$25         8           Yoga for 50+         4-5         Tu         \$35         8           Zu	Mandarin - Beginning	9-10:30	Th	\$40	8
US History Seminar   12:35-1:35   Tu   \$15   4     FITNESS	Mandarin - Intermediate	10-11:30	F	\$40	8
FITNESS	Mandarin - Advanced	9-10:30	Th	\$40	8
Chair Exercise         10:15-11:15         M Th         \$45         12           Feldenkrais         9:30-10:30         Tu         \$40         8           Hatha Yoga         2:30-3:30         Th         \$50         8           Line Dancing - Beginning         2-3:30         Sa         \$42         8           Tai-Chi - Level II         8:30-9:25         Th         \$68         12           Tai-Chi - Level III         10:40-11:35         Th         \$68         12           Tai-Chi - Level III         10:40-11:35         Th         \$68         12           Tai-Chi - Qigong @ QCC         TBD         Th         \$96         12           Total Body @ QCC         8:30-9:30         Tu         \$37         8           Viv Asia Lotus         10-11         Sa         \$25         8           Viv Asia Chair Lotus         11:15-12:15         Sa         \$25         8           Yoga for 50+         4-5         Tu         \$35         8           Zumba Gold @ QCC         2:30-3:30         M         \$37         8           Zumba Gold @ QCC         2:30-3:30         F         \$37         8           Chinese Painting w/May S.         5:30-8	US History Seminar	12:35-1:35	Tu	\$15	4
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# FUHSD CLASSES

Painting, Fitness, Aerobics, Strength Training, Tai Chi, Line Dancing, and Writing.

For class descriptions, information, and to register, go to <a href="https://www.fuhsdadultschool.com">www.fuhsdadultschool.com</a> or call 408-522-2700. Cupertino Senior Center membership is required to participate. Classes are held at the Senior Center.

# DAC EXERCISE CLASS

#### **Adapted Total Fitness**

*M/W/F, 9am-9:50am; Th, 12:30pm-4:25pm*This class is geared for seniors with a variety of physical challenges. To register or for more information, call Casey Regehr at 408-864-5409 or go online to <a href="www.deanza.edu/pe/">www.deanza.edu/pe/</a>. Cupertino Senior Center membership is required to participate.

# AARP PROGRAMS

#### **AARP Smart Driver Safety Class**

Full 8-hour class, for those who have never taken the course before, and 4-hour renewal class are both available. For more information and to register, call Ina Checkman at 408-257-6940. Must be 50+. Open to the public.

# ADULT 50+ SOCIALS

Most social activities are free for members, except those activities that specify otherwise; senior guests pay a \$5 day pass. For more information visit us at <a href="https://www.cupertino.org/50plus.">www.cupertino.org/50plus.</a>

#### Card Playing

Monday-Wednesday, 12-4pm; Thursday, 12-2pm Six tables available.

#### **Ballroom Dance Social**

2nd and 4th Monday, 2:05-3:35pm Drop in for fun and dancing.

#### Ping Pong Social

Tuesday, 8:30-11:30am; Friday, 1-4:30pm Two ping pong tables are available for play. Non-competitive environment for all levels. First come, first-served. Limited to 25 players for safety.

#### Book Discussion with Cupertino Library

1st Tuesday, 10:30-11:30am

Cupertino librarians will host a book discussion.

#### Monthly Movie

Last Wednesday of the month, 1:30-3:30pm Lemonade and popcorn provided. Check *The 50+ Scene* for movie selection.

#### Cribbage

Wednesday, 1:30-3:30pm Drop in to learn and play the popular game of cribbage.

#### Let's Talk Current Events

*Third Wednesday of the month, 1-2:30pm* Group discussion on events that affect adults 50+.

#### Karaoke Weekly Social

*Thursday, 1:30-4:30pm* Join this group every Thursday for fun and singing.

#### Open Bridge

*Thursday, 2-4pm* Form your own groups.

#### Rhythmaires Band

Friday, 9:30-11:30am

A 50+ Dixieland band practices and performs throughout the community. Come listen or audition to join. Visit the band online at <a href="mailto:tinyurl.com/rhythmaires">tinyurl.com/rhythmaires</a>.

#### **Book Review**

*1st Friday, 1:30-3pm* Discuss and learn about new bool

Discuss and learn about new books and meet new people.

#### Mah Jongg

Friday, 12-4pm

Different styles are available, or bring your own.

#### Bingo

Friday, 1-3:30pm

Come join us for an afternoon of bingo with light refreshments served. Bingo cards \$4-\$7.



# **ADULT 50+ EVENTS**

#### SimplyE Workshop

Wednesday, January 9, 10am-11am
Presented by Cupertino Library, SimplyE provides onthe-go access to numerous e-books to browse, borrow,
and read. SimplyE has integrated the OverDrive,
Cloud Library, and Odilo eBooks in a single app so
you do not need to switch between apps. Members
free, senior guests pay \$5 day pass. Space is limited.
Preregistration required.

#### January Birthday Bash

Wednesday, January 16, 12pm
Come celebrate and roar in the new year 1920s style as we honor January Birthdays! Enjoy salad, chicken pesto pasta, and dessert while being entertained with 20s music that will have you tapping your feet. Vegetarian option available when registering. Members fee \$10, senior guests add \$5 day pass. Space is limited. Preregistration required.

#### Karaoke New Years Party

Thursday, January 24, 12pm Join the Karaoke group in celebrating the new year with a Chinese lunch, singing, and dancing. Member fee \$10, senior guests add \$5 day pass. Space is limited. Preregistration required.

#### Chinese New Year Birthday Bash

Wednesday, February 6, 12pm
Join in celebrating the Year of the Pig with a delicious
Chinese meal, lion dancers, and more! Members
with February birthdays will be honored. Vegetarian
option available when registering. Member fee \$12,
senior guests add \$5 day pass. Space is limited.
Preregistration required.

#### RBdigital Workshop

Wednesday, February 13, 10am-11am
Enjoy listening to audiobooks and watching TV series for free? Learn how you may borrow e-audiobooks and access unlimited streaming of 80+ TV series using RBdigital. In addition, you can access a variety of magazines ranging in topic from business and finance, entertainment, food and cooking, and more! Presented by the Cupertino Library. Members free, senior guests pay \$5 day pass. Space is limited. Preregistration required.

#### Mardi Gras Travel Party

Tuesday, March 5, 1:30pm Join us for a New Orelans-style party and learn about what's new in our exciting travel program of day trips, overnight, and extended tours. Members free, senior guests pay \$5 day pass. Space is limited. Preregistration required.

#### Age Well Drive Smart

Wednesday, March 6, 9am-1pm
Presented by the California Highway Patrol. Topics covered: myths about older drivers, compensating for age-related changes, rules of the road, safe driving tips, and much more. Certificate awarded upon completion, which some insurance companies may accept for discounts (Check with your insurance carrier). Members free, senior guest pay \$5 day pass. Sign up at the lobby table.

#### March Birthday Bash

Wednesday, March 13, 12pm
Join us for the Irish tradition of St. Patrick's Day
featuring Irish entertainment plus a full meal of corned
beef and cabbage, carrots, potatoes, and dessert.
Members with March birthdays will be honored.
Vegetarian option available when registering. Members
\$12, senior guests add \$5 day pass. Space is limited.
Preregistration required.



# ADULT 50+ SPORTS

#### 50+ Golf

Monday, 10am at Blackberry Farm Golf Course Tee it up with fellow Cupertino Senior Center members on Monday mornings at the Blackberry Farm Golf Course. Course fees apply (\$16-\$17). Sign up in the ProShop.

#### 50+ Tennis

Tuesday, 9am at Memorial Park Tennis Courts #5 & #6 Drop in and play to be social and exercise with other Cupertino Senior Center members.

#### 50+ Bocce Ball

Wednesday, March-October, 9am at Blackberry Farm Enjoy the outdoors at Blackberry Farm alongside the Stevens Creek Trail while teaming up with fellow Cupertino Senior Center members playing bocce ball. First time players welcome, instructions are available. Free for members.

#### 50+ Softball

Thursday, March-December, 9am Memorial Park is the home of the Cupertino Geezers who warm-up and take batting practice beginning at 9am. A pick-up game starts promptly at 10am each week. Fee is \$43 for the season. Senior Center membership is required.

# **ADULT 50+ SERVICES**

#### Case Management Program

This program helps seniors obtain resources enabling them to remain independent and safe in their home. Case Managers provide assessments to determine the needs for services and coordinate to ensure all services are in place. Home visits will be provided to homebound seniors living in Cupertino. This service is free and available in English, Mandarin, and Cantonese. Senior Center membership required. For more information, please call 408-777-3150.

#### **Drop-in Consultation**

Every Wednesday, 10am-12pm Case Managers are available to discuss community resources, benefits, and care options during the drop-in hours. Case Managers are also available by appointment. Mandarin/Cantonese available.

#### **Blood Pressure Screening**

1st and 3rd Tuesday, 12:15–1:15pm 2nd and 4th Monday, 1:30–2:30pm Volunteer nurses provide free blood pressure screenings. Sign up at front desk on blood pressure day.

#### **BART** and VTA

65+ BART tickets are \$9, and on sale at the front desk. VTA bus line 81 stops right outside the Senior Center's door. VTA Tickets are not available at the Senior Center. For a VTA Clipper Card, please check with <a href="https://www.vta.org">www.vta.org</a>.

#### Caregiver Support Group

Second Thursday, 3-4:30pm

For family caregivers who are providing care for a loved one. Caregivers can share their experiences and challenges and seek support from others on the same journey. Open to the public.

#### **Housing Consultation**

By appointment only, 408-777-3150

Cupertino Senior Center provides lists of housing as a resource, as well as a one-on-one appointment to explore options.

#### Senior Adult Legal Aid (SALA)

By appointment only, 408-777-3150

Provides assistance for legal matters in public benefits, long-term care, elder abuse, housing, consumer issues, incapacity planning, probate alternative, and simple wills. Must be 60 or older and a Santa Clara County resident.

#### Health Insurance Counseling (HICAP)

By appointment only, 408-777-3150 Free, individual, unbiased counseling on Medicare, supplemental insurance, and other health insurance issues.

# VOLUNTEERING

#### Volunteering at the Cupertino Senior Center

There are many different types of volunteer positions behind the scenes, interacting with members, teaching courses, and even out in our community. Cupertino Senior Center volunteers play a pivotal role in creating a positive, healthy, connected community.

#### How to Apply

Prospective Senior Center volunteers must be current members of the Senior Center and 50+ in age. Apply for Senior Center opportunities and all City of Cupertino volunteer opportunities at www.cupertino.org/volunteer.

# **GIFT CARDS**

Cupertino Senior Center offers gift cards redeemable toward trips, special events, membership, or CSC classes. Gift cards make great gifts for those 50+. Call 408-777-3150 for complete details.

www.cupertino.org/senior 44



# From Ireland's Ancient East to the Wild Atlantic Way

10 days, June 8-17, 2019

Dublin - Galway - Garinish Island Kinsale - Blarney - Killarney Cliffs of Moher - Waterford Kilmeadan - Rathburn Farm



# Laguna Arts Festival and Pageant of the Masters

4 days, August 4-7, 2019

Reagan Presidential Library Queen Mary Dinner - Sawdust Festival San Juan Capistrano - Catalina Island LA City Tour - Space Shuttle Endeavor



## Classic Fall Foliage

9 days, October 12-20, 2019

Boston - Bar Harbor - Killington Acadia National Park Woodstock - Portland - Newport Mystic Seaport - Stockbridge



For more information, call 408-777-3150 or email alexc@cupertino.org



# Blackberry Farm Golf Course

22100 Stevens Creek Blvd, Cupertino • 408-253-9200







**Golf Lessons** Jeff Piserchio, PGA Lessons available by appointment Email Jeff at jpiserchio@cupertino.org

Green	Fees

0.00							
Weekday	Adult	Senior	Junior	Replay			
Resident	\$16	\$15	\$15	\$12			
Non-Resident	\$18	\$17	\$27	\$14			
Weekend							
Resident	\$18	\$18	\$15	\$12			
Non-Resident	\$20	\$20	\$17	\$14			

	Single Lesson	3 Lessons	6 Lessons
Adult 18Y+	\$50R/\$55N	\$129R/\$141N	\$252R/\$276N
Juniors	\$35R/\$38N	\$90R/\$99N	\$174R/\$192N
Adult Semi-Private	\$38R/\$41N	\$96R/\$105N	\$192R/\$216R
Junior Semi-Private	\$26R/\$29N	\$69R/\$75N	\$132R/\$144N
Adult Playing Lesson	\$150		
Junior Playing Lesson	\$105		

Additional charges for extra students per package deal.



# Family Special

Blackberry Farm Golf Course

#### Cupertino Residents \$28 | Non-Residents \$32

One Adult & One Junior (under 17) play for the discounted rate. Valid every day of the week, except holidays, after 11 am. Must present coupon upon check-in.
22100 Stevens Creek Blvd, Cupertino • 408-253-9200. Expires 2/15/2019.



Blackberry Farm Golf Course

\$8.00 Foot Golf after 12:00 PM

Valid every day of the week, except holidays, after 12 pm. Must present coupon upon check-in. 22100 Stevens Creek Blvd, Cupertino • 408-253-9200. Expires 2/15/2019.

# **CUPERTINO SPORTS CENTER**

SATURDAY JANUARY 12, 2019 8:30 am - 11:30 am

Tennis Games • Yoga • Power ABS • Zumba







Open House Membership Specials

\$345/ Single Membership \$845/ Family Membership

21111 Stevens Creek Blvd, Cupertino, CA 95014





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

Tennis, Table Tennis, & Badminton Camps & Classes	
Registration will be accepted at the Sports Center, Quinlan	
Community Center, online at www.cupertino.org/register, fax at	
408-777-1305, or mail. More information, call 408-777-3160.	

#### Private Tennis Instruction

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

#### Cupertino Tennis Club

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

Yearly Fee: Resident Family \$25,

Nonresident Family \$30, Resident Single \$20,

Non-resident Single \$25.

For more information please visit www.cupertinotennisclub.org

	MEMBERSHIP FE	EES
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
C 11.6	411 11 12 1	1 1

Call for monthly specials. Prices are subject to change.

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

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



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

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

Hours of Operation Monday-Friday 6am-10pm Saturday 8am-10pm Sunday 8am-8pm

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



# 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 <a href="https://www.lifetimeactivities.com">www.lifetimeactivities.com</a> for make-up days and times.

#### Rain Policy

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

#### Bring Your Own Equipment

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

#### **Ball Machine Rental**

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

#### Tennis Pro Shop

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

#### **Locations of Classes**

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

#### Refund Policy See page 62.

Check-in/out for Children 14 Years 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.





# YOUTH CAMPS

#### **Extended Care**

6-15Y

Students enrolled in the ALL DAY camps can be part of our extended care from 8 - 9 am and from 5:30 - 6 pm.

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

Codes	Days	Times	Dates	Mtgs	R	NR
5401	M-F	AM & PM	2/18-2/22	5	\$75	\$90

 $Instructor: Lifetime\ Activities\ Staff$ 

#### Little Tennis & Rallyers Camp

4-6Y

Our friendly coaches make learning fun through a variety of games, drills and skill challenges. Students are grouped by age and experience level. No prior experience is necessary to play. Students and parents alike will be impressed by the dynamic range of equipment, games and activities used throughout these program.

#### Tennis Court at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5402	M-F	9:00a-10:30a	2/18-2/22	5	\$195	\$234

Instructor: Lifetime Activities Staff

#### 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.

#### **Tennis Court at Cupertino Sports Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5403	M-F	10:45a-12:00p	2/18-2/22	5	\$163	\$196

 $Instructor: Lifetime\ Activities\ Staff$ 

#### Badminton Camp

6-15Y

Badminton is the fastest racket sport! Experience the speed and excitement in our popular badminton skills camp! Badminton-specific footwork and stroke fundamentals will be emphasized. Point play style drills and games keep learning fun. Students are grouped by age and ability level.

#### Multi-purpose Room at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5406	M-F	2:30p-4:00p	2/18-2/22	5	\$113	\$136

Instructor: Lifetime Activities Staff

#### Little Tennis & Ballers Camp

4-6Y

Twice the fun as students participate in both Little Tennis and Little Ballers at a discounted rate. Bring a snack and water bottle.

#### Tennis Court at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5420	M-F	9:00a-12:00p	2/18-2/22	5	\$323	\$387

#### **Basketball Camp**

6-15Y

Hoop it up! Students will learn passing, dribbling and shooting techniques needed to play on a team. They will also learn the roles of the guard, forward and center positions. Ratio is 8:1.

Multi-purpose Room at Cupertino Sports Center

		* *						
Indoor								
Codes	Days	Times	Dates	Mtgs	R	NR		
5409	M-F	1:00p-2:30p	2/18-2/22	5	\$150	\$180		
Outdoor	ŗ							
Sports Court at Cupertino Sports Center								
Codes	Days	Times	Dates	Mtgs	R	NR		
5408	M-F	9:00a-11:30a	2/18-2/22	5	\$250	\$300		

Instructor: Lifetime Activities Staff

#### Pickleball Camp

Learn to play this exciting paddle sport that combines the fun of ping pong with the action of tennis.

**Sports Court at Cupertino Sports Center** 

Codes	Days	Times	Dates	Mtgs	R	NR
5417	M-F	12:00p-1:00p	2/18-2/22	5	\$100	\$120

Instructor: Lifetime Activities Staff

#### Table Tennis Camp

6-15Y

An exciting week of fun and skill building. Students work on fundamentals, patterns and strategies including offense and defense modes. Students are grouped by age and ability for fun point and match play activities. Players are asked to bring a paddle.

#### Multi-purpose Room at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5407	M-F	4:15p-5:45p	2/18-2/22	5	\$113	\$136

Instructor: Lifetime Activities Staff

#### **Chess Camp**

6-15Y

Chess is the fun game of strategy which improves focus and problem-solving skills! Both our class and camp offerings utilize puzzles, timed play, chess notation, and alternative play formats in order to create a diverse and fun learning environment. Players are grouped based on level of play.

#### Conference Room at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5413	M-F	12:00p-1:00p	2/18-2/22	5	\$100	\$120
5414	M-F	1:00p-2:30p	2/18-2/22	5	\$150	\$180
5415	M-F	2:30p-4:00p	2/18-2/22	5	\$150	\$180
5416	M-F	4:15p-5:45p	2/18-2/22	5	\$150	\$180

Instructor: Lifetime Activities Staff

#### Volleyball Camp Outdoor

6-15Y

Volleyball is a great game which improves communication, teamwork and motor skills! Players will develop underhand serving techniques, basic vertical passes and setting skills. Footwork practice and

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

The improvement camp is tailored for beginning to intermediate level players interested in experiencing tennis in a non-competitive atmosphere. No previous experience is required for this camp. Students will be evaluated on the first day and then grouped by age and level of experience. The match play camp is designed for junior players who wish to push their game to the next level. Players participate in fast paced drills and games designed to challenge and develop their skills. Instructors focus on developing point and match skills through encouragement and positive coaching. Players should bring: Water (large jug or thermos), hat, tennis racquet, sunscreen and a light snack.

#### Tennis Court at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5404	M-F	9:00a-12:00p	2/18-2/22	5	\$225	\$270
5405	M-F	1:00p-2:30p	2/18-2/22	5	\$113	\$136

Instructor: Lifetime Activities Staff

ball-tracking exercises will be combined to accelerate performance.

#### Sports Court at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5411	M-F	2:30p-4:00p	2/18-2/22	5	\$150	\$180

4-6Y

#### **Combo Sports Camps**

6-15Y

A full day of exercise and social interaction. These camps give players the ability to learn a variety of different sports. There is a supervised lunch break, please bring water, hat, sunscreen, lunch/snacks, and sports equipment.

Sports Court at Cupertino Sports Cente	Sports	Court at	Cupertino	Sports	Center
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	10	oris court at c	aperuno opo	ito centr	-1			
Basketk	all, Che	ss, Tennis, Badr	ninton, & Tal	ole Tenn	is			
Codes	Days	Times	Dates	Mtgs	R	NR		
5427	M-F	9:00a-5:45p	2/18-2/22	5	\$499	\$599		
Tennis Court at Cupertino Sports Center								
Basketball, Badminton, & Table Tennis								
Codes	Days	Times	Dates	Mtgs	R	NR		
5426	M-F	1:00p-5:45p	2/18-2/22	5	\$320	\$385		
Sports Court at Cupertino Sports Center								
Basketball & Chess								
Codes	Days	Times	Dates	Mtgs	R	NR		
5422	M-F	9:00a-1:00p	2/18-2/22	5	\$324	\$387		
Conference Room at Cupertino Sports Center								
Chess, I	Badminto	on, & Table Ten	nis					
Codes	Days	Times	Dates	Mtgs	R	NR		
5425	M-F	1:00p-5:45p	2/18-2/22	5	\$320	\$385		
Tennis Court at Cupertino Sports Center								
Tennis,	Basketba	all, Volleyball, 8	& Chess					
Codes	Days	Times	Dates	Mtgs	R	NR		
5430	M-F	9:00a-5:45p	2/18-2/22	5	\$499	\$599		
	Te	nnis Court at C	upertino Spo	rts Cent	er			
Tennis,	BBall, Ba	dminton, & Tab	le Tennis					
Codes	Days	Times	Dates	Mtgs	R	NR		
5428	M-F	9:00a-5:45p	2/18-2/22	5	\$499	\$599		
	Te	nnis Court at C	upertino Spo	rts Cent	er			
Tennis,	Chess, B	adminton, & Ta	ble Tennis					
Codes	Days	Times	Dates	Mtgs	R	NR		
5429	M-F	9:00a-5:45p	2/18-2/22	5	\$499	\$599		
	Te	nnis Court at C	upertino Spo	rts Cent	er			
Tennis &	& Basketb	oall						
Codes	Days	Times	Dates	Mtgs	R	NR		
5423	M-F	9:00a-2:30p	2/18-2/22	5	\$347	\$414		
	Te	nnis Court at C	upertino Spo	rts Cent	er			
Tennis &	& Chess							
Codes	Days	Times	Dates	Mtgs	R	NR		
5421	M-F	9:00a-2:30p	2/18-2/22	5	\$347	\$414		

Instructor: Lifetime Activities Staff

# YOUTH TENNIS

#### **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.

#### Little Tennis

Little Tennis is the ideal introduction to the game for young players. Our team of enthusiastic and friendly coaches help students have fun developing the footwork, motor skills and basic strokes needed to play tennis. Correct sized equipment can be purchased from an expert in the Lifetime Pro-Shop.

**Tennis Court at Cupertino Sports Center** 

Codes	Days	Times	Dates	Mtgs	R	NR
5256	F	5:00p-6:00p	1/4-2/1	5	\$130	\$156
5257	Sa	10:30a-11:30a	1/5-2/2	5	\$130	\$156
5258	Sa	11:30a-12:30p	1/5-2/2	5	\$130	\$156
5259	Su	10:30a-11:30a	1/6-2/3	5	\$130	\$156
5260	Su	11:30a-12:30p	1/6-2/3	5	\$130	\$156
5240	T	3:00p-4:00p	1/8-2/5	5	\$130	\$156
5254	W	6:00p-7:00p	1/9-2/6	5	\$130	\$156
5532	F	5:00p-6:00p	2/8-3/8	5	\$130	\$156
5533	Sa	10:30a-11:30a	2/9-3/9	5	\$130	\$156
5534	Sa	11:30a-12:30p	2/9-3/9	5	\$130	\$156
5535	Su	10:30a-11:30a	2/10-3/10	5	\$130	\$156
5536	Su	11:30a-12:30p	2/10-3/10	5	\$130	\$156
5530	T	3:00p-4:00p	2/12-3/12	5	\$130	\$156
5531	W	6:00p-7:00p	2/13-3/13	5	\$130	\$156

Little Rallyers

#### 5-8Y Ready! Rally! Play!

Rally! Play! 7-15Y

Graduates from Little Tennis or new students with prior experience and instructor approval. The Little Rallyers program further develops students' technique to get them rallying fast! Students love our games that mimic real tennis and our coaches are experts at keeping it fun and engaging. To be eligible for this class players must demonstrate the ability to switch strokes correctly and make contact consistently.

Tennis Court at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR	
5264	F	5:00p-6:00p	1/4-2/1	5	\$130	\$156	
5265	F	6:00p-7:00p	1/4-2/1	5	\$130	\$156	
5266	Sa	10:30a-11:30a	1/5-2/2	5	\$130	\$156	
5268	Sa	11:30a-12:30p	1/5-2/2	5	\$130	\$156	
5269	Su	10:30a-11:30a	1/6-2/3	5	\$130	\$156	
5270	Su	11:30a-12:30p	1/6-2/3	5	\$130	\$156	
5261	M	6:00p-7:00p	1/7-2/4	5	\$130	\$156	
5262	W	3:00p-4:00p	1/9-2/6	5	\$130	\$156	
5263	Th	6:00p-7:00p	1/10-2/7	5	\$130	\$156	
5512	F	5:00p-6:00p	2/8-3/8	5	\$130	\$156	
5513	F	6:00p-7:00p	2/8-3/8	5	\$130	\$156	
5514	Sa	10:30a-11:30a	2/9-3/9	5	\$130	\$156	
5515	Sa	11:30a-12:30p	2/9-3/9	5	\$130	\$156	
5516	Su	10:30a-11:30a	2/10-3/10	5	\$130	\$156	
5517	Su	11:30a-12:30p	2/10-3/10	5	\$130	\$156	
5509	M	6:00p-7:00p	2/11-3/11	5	\$130	\$156	
5510	W	3:00p-4:00p	2/13-3/13	5	\$130	\$156	
5511	Th	6:00p-7:00p	2/14-3/14	5	\$130	\$156	

Instructor: Lifetime Activities Staff

#### Little Champs

6-8Y

Little Champs is designed to get our young players playing points and real games while emphasizing technique and motor skills needed to compete at higher levels. Our fun approach includes drills, point play, foot work, and other challenging activities. Correct sized performance rackets are recommended for this level and are available in the pro shop. Students are strongly encouraged to attend twice a week. Graduates from this program may enter our Competition Training Program.

Tennis Court at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR			
5276	F	6:00p-7:00p	1/4-2/1	5	\$130	\$156			
5277	Sa	11:30a-12:30p	1/5-2/2	5	\$130	\$156			
5279	Su	11:30a-12:30p	1/6-2/3	5	\$130	\$156			
5273	M	6:00p-7:00p	1/7-2/4	5	\$130	\$156			
5274	W	6:00p-7:00p	1/9-2/6	5	\$130	\$156			
5505	F	6:00p-7:00p	2/8-3/8	5	\$130	\$156			
5507	Sa	11:30a-12:30p	2/9-3/9	5	\$130	\$156			
5508	Su	11:30a-12:30p	2/10-3/10	5	\$130	\$156			
5503	M	6:00p-7:00p	2/11-3/11	5	\$130	\$156			
5504	W	6:00p-7:00p	2/13-3/13	5	\$130	\$156			

Instructor: Lifetime Activities Staff

READY! Our entry level is focused on developing the skills necessary to play the sport of tennis. We focus on fun activities that develop technique, ball striking, tracking, racket control and footwork. RALLY! This level continues the tennis journey by focusing on rallying and ball control. Players will continue to develop technique using the ball and court size appropriate for their age and level. Players should be able to hold a simple rally and get their serve in consistently before moving on to PLAY! PLAY! level places an emphasis on the skills necessary to play a real match. Coaches will continue to develop modern swing techniques as players focus on movement and ball control. Players graduating from the PLAY! level can demonstrate the skills necessary to play a match at the Orange or Green Ball level and are ready to move into our Junior Development family of classes or try-out for the Competition Training program.

#### **Tennis Court at Cupertino Sports Center**

<b>7-10Y</b> 4:	1 ratio					
Codes	Days	Times	Dates	Mtgs	R	NR
5284	Sa	9:00a-10:30a	1/5-2/2	5	\$195	\$234
5287	Su	9:00a-10:30a	1/6-2/3	5	\$195	\$234
5540	Sa	9:00a-10:30a	2/9-3/9	5	\$195	\$234
5543	Su	9:00a-10:30a	2/10-3/10	5	\$195	\$234
<b>7-15Y</b> 4:	1 ratio					
Codes	Days	Times	Dates	Mtgs	R	NR
5283	F	3:30p-5:00p	1/4-2/1	5	\$195	\$234
5286	Sa	4:30p-6:00p	1/5-2/2	5	\$195	\$234
5290	Su	4:30p-6:00p	1/6-2/3	5	\$195	\$234
5281	T	4:30p-6:00p	1/8-2/5	5	\$195	\$234
5282	Th	4:30p-6:00p	1/10-2/7	5	\$195	\$234
5539	F	3:30p-5:00p	2/8-3/8	5	\$195	\$234
5542	Sa	4:30p-6:00p	2/9-3/9	5	\$195	\$234
5545	Su	4:30p-6:00p	2/10-3/10	5	\$195	\$234
5537	T	4:30p-6:00p	2/12-3/12	5	\$195	\$234
5538	Th	4:30p-6:00p	2/14-3/14	5	\$195	\$234
<b>7-15Y</b> 8:	1 ratio					
Codes	Days	Times	Dates	Mtgs	R	NR
5291	F	3:30p-5:00p	1/4-2/1	5	\$113	\$136
5292	F	6:00p-7:30p	1/4-2/1	5	\$113	\$136
5293	Sa	3:00p-4:30p	1/5-2/2	5	\$113	\$136
5294	Su	3:00p-4:30p	1/6-2/3	5	\$113	\$136
5546	F	3:30p-5:00p	2/8-3/8	5	\$113	\$136
5547	F	6:00p-7:30p	2/8-3/8	5	\$113	\$136
5548	Sa	3:00p-4:30p	2/9-3/9	5	\$113	\$136
5549	Su	3:00p-4:30p	2/10-3/10	5	\$113	\$136
10-15Y 4	:1 ratio					
Codes	Days	Times	Dates	Mtgs	R	NR
5285	Sa	10:30a-12:00p	1/5-2/2	5	\$195	\$234
5288	Su	10:30a-12:00p	1/6-2/3	5	\$195	\$234
5541	Sa	10:30a-12:00p	2/9-3/9	5	\$195	\$234
5544	Su	10:30a-12:00p	2/10-3/10	5	\$195	\$234

**Bronze** 

8-16Y

Y Shoggy's Match Play

8-16Y

For graduates of the PLAY! Program or those who can demonstrate a rally and can get a serve in the correct service box consistently. Students will be introduced to modern playing techniques, spins and footwork. Strokes will be refined to encourage a full court game.

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.

**Tennis Court at Cupertino Sports Center** 

Codes	Days	Times	Dates	Mtgs	R	NR
5296	F	5:30p-7:30p	1/4-2/1	5	\$150	\$180
5297	Sa	3:30p-5:30p	1/5-2/2	5	\$150	\$180
5299	Su	3:30p-5:30p	1/6-2/3	5	\$150	\$180
5295	M	4:00p-6:00p	1/7-2/4	5	\$150	\$180
5472	F	5:30p-7:30p	2/8-3/8	5	\$150	\$180
5473	Sa	3:30p-5:30p	2/9-3/9	5	\$150	\$180
5474	Su	3:30p-5:30p	2/10-3/10	5	\$150	\$180
5471	M	4:00p-6:00p	2/11-3/11	5	\$150	\$180

Instructor: Lifetime Activities Staff

**Tennis Court at Cupertino Sports Center** 

Codes	Days	Times	Dates	Mtgs	R	NR
5318	Sa	8:00p-9:30p	1/5-3/9	10	\$120	\$144

Instructor: Lifetime Activities Staff

#### Silver/Gold 8-16Y

Silver team students are capable players who can rally consistently from the baseline and demonstrate basic left and right ball control. Players should also be able to demonstrate a proper serve and have topspin on at least one stroke. More advanced footwork technique will be introduced to improve court coverage. Gold team players build the skills necessary to be an advanced all-court player. Players at this level have advanced ball control and the ability to apply spin on all shots. A consistent serve with spin and proper grip is also required. Players at this level often compete for their school teams or play USTA Tournaments.

#### Tennis Court at Cupertino Sports Center

		minio comit at ci	aperumo opo	210 00210		
Codes	Days	Times	Dates	Mtgs	R	NR
5301	F	7:30p-9:30p	1/4-2/1	5	\$150	\$180
5302	Sa	3:30p-5:30p	1/5-2/2	5	\$150	\$180
5304	Su	3:30p-5:30p	1/6-2/3	5	\$150	\$180
5300	W	4:00p-6:00p	1/9-2/6	5	\$150	\$180
5552	F	7:30p-9:30p	2/8-3/8	5	\$150	\$180
5553	Sa	3:30p-5:30p	2/9-3/9	5	\$150	\$180
5554	Su	3:30p-5:30p	2/10-3/10	5	\$150	\$180
5550	W	4:00p-6:00p	2/13-3/13	5	\$150	\$180



# ADULT FRIDAY NIGHT TENNIS

#### FRIDAYS 7 PM - 9:40 PM

\$3 for members \$8 for non-members

Non-Competitive Format All Levels Welcome New Players Welcome!

#### **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.

#### **Tennis Court at Cupertino Sports Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5364	Sa	8:00a-9:00a	1/5-2/2	5	\$110	\$132
5365	Su	8:00a-9:00a	1/6-2/3	5	\$110	\$132
5360	M	9:00a-10:30a	1/7-2/4	5	\$165	\$198
5361	M	7:00p-8:30p	1/7-2/4	5	\$165	\$198
5362	W	9:00a-10:30a	1/9-2/6	5	\$165	\$198
5363	W	7:00p-8:30p	1/9-2/6	5	\$165	\$198
5469	Sa	8:00a-9:00a	2/9-3/9	5	\$110	\$132
5470	Su	8:00a-9:00a	2/10-3/10	5	\$110	\$132
5465	M	9:00a-10:30a	2/11-3/11	5	\$165	\$198
5466	M	7:00p-8:30p	2/11-3/11	5	\$165	\$198
5467	W	9:00a-10:30a	2/13-3/13	5	\$165	\$198
5468	W	7:00p-8:30p	2/13-3/13	5	\$165	\$198

Instructor: Lifetime Activities Staff

#### **Advanced Beginning Tennis**

16Y+

For students completing at least two sessions of the Beginning Tennis program or has instructor approval. In this level, we will be adding movement to groundstroke rallying and improving the serving technique. 6:1 Ratio.

**Tennis Court at Cupertino Sports Center** 

Codes	Days	Times	Dates	Mtgs	R	NR
5369	Sa	8:00a-9:00a	1/5-2/2	5	\$110	\$132
5371	Su	9:00a-10:30a	1/6-2/3	5	\$165	\$198
5367	M	10:30a-12:00p	1/7-2/4	5	\$165	\$198
5368	W	10:30a-12:00p	1/9-2/6	5	\$165	\$198
5444	Sa	8:00a-9:00a	2/9-3/9	5	\$110	\$132
5446	Su	9:00a-10:30a	2/10-3/10	5	\$165	\$198
5441	M	10:30a-12:00p	2/11-3/11	5	\$165	\$198
5442	W	10:30a-12:00p	2/13-3/13	5	\$165	\$198

Instructor: Lifetime Activities Staff

#### **Intermediate Tennis**

16Y+

For students who have completed at least two sessions of the Adv. Beginning tennis program or has instructor approval. Students will be introduced 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.

#### **Tennis Court at Cupertino Sports Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5375	Sa	9:00a-10:30a	1/5-2/2	5	\$165	\$198
5372	M	7:00p-8:30p	1/7-2/4	5	\$165	\$198
5373	W	7:00p-8:30p	1/9-2/6	5	\$165	\$198
5374	Th	9:00a-10:30a	1/10-2/7	5	\$165	\$198
5497	Sa	9:00a-10:30a	2/9-3/9	5	\$165	\$198
5493	M	7:00p-8:30p	2/11-3/11	5	\$165	\$198
5495	W	7:00p-8:30p	2/13-3/13	5	\$165	\$198
5496	Th	9:00a-10:30a	2/14-3/14	5	\$165	\$198

Instructor: Lifetime Activities Staff

#### **Advanced Drill**

16Y+

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!

#### Tennis Court at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5383	T	7:00p-8:00p	1/8-2/5	5	\$110	\$132
5521	T	7:00p-8:00p	2/12-3/12	5	\$110	\$132

#### Tennis Drills 16Y+

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!

#### **Tennis Court at Cupertino Sports Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5385	Sa	8:00a-9:00a	1/5-2/2	5	\$110	\$132
5489	Sa	8:00a-9:00a	2/9-3/9	5	\$110	\$132

Instructor: Lifetime Activities Staff

#### Academy 3.0 - 3.5

Academy classes focus on helping players improve the skills necessary to compete at their current level and beyond. You will hit a lot of balls and get the practice you need! *Prerequisite: Intermediate level students and above.* 

#### **Tennis Court at Cupertino Sports Center**

Codes	Days	Times	Dates	Mtgs	R	NR
5519	Sa	10:30a-12:00p	1/5-2/2	5	\$165	\$198
5380	T	9:00a-10:30a	1/8-2/5	5	\$165	\$198
5381	T	7:00p-8:30p	1/8-2/5	5	\$165	\$198
5520	Sa	10:30a-12:00p	2/9-3/9	5	\$165	\$198
5436	T	9:00a-10:30a	2/12-3/12	5	\$165	\$198
5437	Т	7:00p-8:30p	2/12-3/12	5	\$165	\$198

 $Instructor: Lifetime\ Activities\ Staff$ 

# Youth Sports



Designed for our future NBA superstars, this class combines learning and fun with unique games, equipment, and enthusiastic coaches. Little Ballers is the perfect complement to any Little Tennis program for faster motor skill development. 4:1 ratio.

Tennis Court at Cupertino Sports Center								
Codes	Days	Times	Dates	Mtgs	R	NR		
5578	Sa	11:00a-12:00p	1/5-2/2	5	<b>\$130</b>	<b>\$156</b>		
5313	M	4:00p-5:00p	1/7-2/4	5	<b>\$130</b>	\$156		
5575	W	4:00p-5:00p	1/9-2/6	5	<b>\$130</b>	\$156		
5579	Sa	11:00a-12:00p	2/9-3/9	5	<b>\$130</b>	\$156		
5499	M	4:00p-5:00p	2/11-3/11	5	<b>\$130</b>	\$156		
5577	W	4:00p-5:00p	2/13-3/13	5	\$130	<b>\$156</b>		
		Instructor: Life	time Activitie	s Staff				

#### Academy 3.5+

16Y+

Academy classes focus on helping players improve the skills necessary to compete at their current level and beyond. You will hit a lot of balls and get the practice you need! *Prerequisite: Intermediate level students and above.* 

#### Tennis Court at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5379	Th	7:00p-8:30p	1/10-2/7	5	\$165	\$198
5440	Th	7:00p-8:30p	2/14-3/14	5	\$165	\$198



Chess 6-12Y

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

#### Conference Room at Cupertino Sports Center

				1		
Codes	Days	Times	Dates	Mtgs	R	NR
5337	F	5:00p-6:00p	1/4-2/1	5	\$100	\$120
5338	F	6:00p-7:00p	1/4-2/1	5	\$100	\$120
5339	Sa	10:30a-11:30a	1/5-2/2	5	\$100	\$120
5340	Sa	1:30p-3:00p	1/5-2/2	5	\$150	\$180
5341	Sa	3:00p-4:30p	1/5-2/2	5	\$150	\$180
5342	Su	12:00p-1:00p	1/6-2/3	5	\$100	\$120
5343	Su	1:00p-2:30p	1/6-2/3	5	\$150	\$180
5335	T	6:00p-7:00p	1/8-2/5	5	\$100	\$120
5336	Th	6:00p-7:00p	1/10-2/7	5	\$100	\$120
5477	F	5:00p-6:00p	2/8-3/8	5	\$100	\$120
5478	F	6:00p-7:00p	2/8-3/8	5	\$100	\$120
5479	Sa	10:30a-11:30a	2/9-3/9	5	\$100	\$120
5480	Sa	1:30p-3:00p	2/9-3/9	5	\$150	\$180
5481	Sa	3:00p-4:30p	2/9-3/9	5	\$150	\$180
5482	Su	12:00p-1:00p	2/10-3/10	5	\$100	\$120
5483	Su	1:00p-2:30p	2/10-3/10	5	\$150	\$180
5475	T	6:00p-7:00p	2/12-3/12	5	\$100	\$120
5476	Th	6:00p-7:00p	2/14-3/14	5	\$100	\$120

Instructor: Lifetime Activities Staff

#### Badminton Beg.-Int.

7-15

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.

#### Multi-purpose Room at Cupertino Sports Center

		1 1				
4:1						
Codes	Days	Times	Dates	Mtgs	R	NR
5349	Sa	1:30p-3:00p	1/5-2/2	5	\$195	\$234
5350	Sa	3:00p-4:30p	1/5-2/2	5	\$195	\$234
5447	Sa	1:30p-3:00p	2/9-3/9	5	\$195	\$234
5448	Sa	3:00p-4:30p	2/9-3/9	5	\$195	\$234
8:1						
Codes	Days	Times	Dates	Mtgs	R	NR
5351	Sa	4:30p-6:00p	1/5-2/2	5	\$113	\$136
5348	M	4:05p-5:50p	1/7-2/4	5	\$132	\$159
5451	Sa	4:30p-6:00p	2/9-3/9	5	\$113	\$136
5450	M	4:05p-5:50p	2/11-3/11	5	\$132	\$159

Instructor: Lifetime Activities Staff

#### **Badminton Advanced 8:1**

7-15Y

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.

#### Multi-purpose Room at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5352	Sa	6:00p-7:30p	1/5-2/2	5	\$113	\$136
5353	Sa	7:30p-9:00p	1/5-2/2	5	\$113	\$136
5452	Sa	6:00p-7:30p	2/9-3/9	5	\$113	\$136
5454	Sa	7:30p-9:00p	2/9-3/9	5	\$113	\$136

Instructor: Lifetime Activities Staff

#### Basketball

7-15Y

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

#### Multi-purpose Room at Cupertino Sports Center

Indoor						
Codes	Days	Times	Dates	Mtgs	R	NR
5322	F	4:05p-5:50p	1/4-2/1	5	\$175	\$210
5323	F	7:00p-8:45p	1/4-2/1	5	\$175	\$210
5320	T	4:05p-5:50p	1/8-2/5	5	\$175	\$210
5321	Th	4:05p-5:50p	1/10-2/7	5	\$175	\$210
5458	F	4:05p-5:50p	2/8-3/8	5	\$175	\$210
5459	F	7:00p-8:45p	2/8-3/8	5	\$175	\$210
5456	T	4:05p-5:50p	2/12-3/12	5	\$175	\$210
5457	Th	4:05p-5:50p	2/14-3/14	5	\$175	\$210
Outdoor						

	$\mathbf{s}_{\mathbf{I}}$	orts Court at Cu	pertino Spo	rts Cente	er	
Codes	Days	Times	Dates	Mtgs	R	NR
5324	Sa	12:00p-1:30p	1/5-2/2	5	\$150	\$180
5461	Sa	12:00p-1:30p	2/9-3/9	5	\$150	\$180

## Combo Classes 7-15Y Volleyball Outdoor 7-15Y

Twice the fun! Combo Classes are twice as much fun as a single focus class. Your child will

#### **Cupertino Sports Center**

Badn	ninton	4:1 & Ches	ss 8:1			
Codes	Days	Times	Dates	Mtgs	R	NR
5399	Sa	1:30p-4:30p	1/5-2/2	5	\$311	\$364
5449	Sa	1:30p-4:30p	2/9-3/9	5	\$311	\$364
		Cupertir	ıo Sports Cei	nter		
Baske	etball	<b>&amp; Chess</b> 8:	1			
Codes	Days	Times	Dates	Mtgs	R	NR
5388	F	4:05p-7:00p	1/4-2/1	5	\$248	\$297
5389	F	6:00p-8:45p	1/4-2/1	5	\$248	\$297
5386	T	4:05p-7:00p	1/8-2/5	5	\$248	\$297
5387	Th	4:05p-7:00p	1/10-2/7	5	\$248	\$297
5464	F	4:05p-7:00p	2/8-3/8	5	\$248	\$297
5486	F	6:00p-8:45p	2/8-3/8	5	\$248	\$297
5462	T	4:05p-7:00p	2/12-3/12	5	\$248	\$297
5463	Th	4:05p-7:00p	2/14-3/14	5	\$248	\$297
		Cupertin	ıo Sports Cer	nter		
Ches	s & Ta	ble Tennis	8:1			
Codes	Days	Times	Dates	Mtgs	R	NR
5400	Su	1:00p-4:00p	1/6-2/3	5	\$237	\$276
5487	Su	1:00p-4:00p	2/10-3/10	5	\$237	\$276
		Cupertir	ıo Sports Cer	nter		
Ches	s & Te	<b>nnis</b> 8:1				
Codes	Days	Times	Dates	Mtgs	R	NR
5397	F	5:00p-7:30p	1/4-2/1	5	\$192	\$231
5488	F	5:00p-7:30p	2/8-3/8	5	\$192	\$231
		Cupertir	ıo Sports Cer	nter		
Outd	oor V	olleyball &	Chess 8:	1		
Codes	Days	Times	Dates	Mtgs	R	NR
5390	Th	4:05p-7:00p	1/10-2/7	5	\$248	\$297
5564	Th	4:05p-7:00p	2/14-3/14	5	\$248	\$297

Instructor: Lifetime Activities Staff

#### Table Tennis Beg. - Int. 8:1

7-15Y

Table Tennis is a great activity to develop fine motor skills and quick reactions! Students will learn the basic serve, forehand, backhand, and defensive techniques. All level classes integrate both training and rally elements. Paddles are available to borrow for class use. Appropriate athletic attire/footwear required.

#### Multi-purpose Room at Cupertino Sports Center

Codes	Days	Times	Dates	Mtgs	R	NR
5356	Su	2:30p-4:00p	1/6-2/3	5	\$113	\$136
5357	Su	4:00p-5:30p	1/6-2/3	5	\$113	\$136
5355	W	4:05p-5:50p	1/9-2/6	5	\$132	\$159
5561	Su	2:30p-4:00p	2/10-3/10	5	\$113	\$136
5562	Su	4:00p-5:30p	2/10-3/10	5	\$113	\$136
5560	W	4:05p-5:50p	2/13-3/13	5	\$132	\$159

Instructor: Lifetime Activities Staff

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.

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

Codes	Days	Times	Dates	Mtgs	R	NR
5334	Su	1:00p-2:30p	1/6-2/3	5	\$175	\$210
5327	Th	4:05p-5:50p	1/10-2/7	5	\$175	\$210
5559	Su	1:00p-2:30p	2/10-3/10	5	\$175	\$210
5558	Th	4:05p-5:50p	2/14-3/14	5	\$175	\$210

Instructor: Lifetime Activities Staff

#### **Tennis** 4:1 & Chess 8:1

7-15Y

Students will be able to participate in multiple programs at a discounted rate.

#### Conference Room at Cupertino Sports Center

			•	•		
7-15Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5393	Sa	9:00a-11:30a	1/5-2/2	5	\$266	\$319
5391	T	4:30p-7:00p	1/8-2/5	5	\$266	\$319
5392	Th	4:30p-7:00p	1/10-2/7	5	\$266	\$319
5570	Sa	9:00a-11:30a	2/9-3/9	5	\$266	\$319
5568	T	4:30p-7:00p	2/12-3/12	5	\$266	\$319
5569	Th	4:30p-7:00p	2/14-3/14	5	\$266	\$319
10-15Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5394	Sa	10:30a-1:00p	1/5-2/2	5	\$266	\$319
5395	Su	10:30a-1:00p	1/6-2/3	5	\$266	\$319
5571	Sa	10:30a-1:00p	2/9-3/9	5	\$266	\$319
5572	Su	10:30a-1:00p	2/10-3/10	5	\$266	\$319

Instructor: Lifetime Activities Staff

#### **Basketball League**

8-15Y

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!

#### Sports Court at Cupertino Sports Center

8-11Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5432	M,W	4:00p-5:00p	1/7-3/27	24	\$120	\$144
9-12Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5433	M,W	5:30p-6:30p	1/7-3/27	24	\$120	\$144
11-15Y						
Codes	Days	Times	Dates	Mtgs	R	NR
5434	M,W	6:45p-7:45p	1/7-3/27	24	\$120	\$144

Instructor: Raychel Cruz

# Cupertino Parks

City Parks & Locations	Play Structure	Grass Area	Picnic Area	BBQ	Tennis Court	Basketball Court	Sport Feilds	Restroom
Blackberry Farm* 21979 San Fernando Ave.		1	<del>八</del>	<u>"</u>				<b>†</b>
Canyon Oak Park 21150 Canyon Oak Way		•						
Creekside 10455 Miller Ave.		•	<del>八</del>	<u>"</u>				<b>†</b>
Franco Park 10981 Franco Court		•	<del>八</del>					
Hoover Park Leeds Ave.		•	云	<u>"</u>				
Jollyman Park 1000 S. Stelling Road		•	7	<u>"</u>				<b>†</b>
Library Field Pacifica Drive		•					The state of the s	
Linda Vista Park* 11111 Linda Vista Drive		1	云	<u>"</u>				<b>†</b>
Mary Avenue Dog Park 10309 Mary Ave								
Memorial Park* 21121 Stevens Creek Blvd.		•	<del>八</del>	<del>"</del>				<b>†</b>
Monta Vista Park 22601 Voss Ave.		•						<b>†</b>
Portal Park* 10225 N. Portal Ave.		1	7	<u>"</u>				<b>†</b>
Somerset Park 10798 Stokes Ave.		•	7	<u>"</u>				
Sterling Barnhart Park 10486 Sterling Blvd.		•	<del>八</del>					
Three Oaks Park Candlelight Way		•	7	<u>"</u>				
Varian Park Varian Way		•	7	<u>"</u>				
Wilson Park 19784 Wintergreen Drive		•	7	<u>"</u>				<b>†</b>

Cupertino offers many beautiful parks for your enjoyment, from large areas with expansive lawns to smaller neighborhood parks. \*Blackberry Farm, Linda Vista, Memorial, and Portal, offer picnic/barbecue areas that can be reserved. Reservations for Linda Vista, Memorial, and Portal must be made in person at the Quinlan Community Center at 10185 N. Stelling Rd., Cupertino, CA 95014. Reservation hours are Monday-Thursday from 8 am-10 pm, Friday from 8 am-5 pm, and Saturday from 8:30 am-4:30 pm. Reservations for Blackberry Farm can be made by calling 408-777-3140, online at www.blackberryfarm.org/reservation, or in person at Blackberry Farm. See www.cupertino.org for current office hours.

# School, Facility, & Park Locations



- Cupertino High School 10100 Finch Ave.
- Eaton Elementary 20220 Suisun Drive
- Faria Elementary 10155 Barbara Lane
- Garden Gate Elementary 10500 Ann Arbor Ave.
- Hyde Middle School 19325 Bollinger Road
- Kennedy Middle School 821 Bubb Rd.
- Lawson Middle School 10401 Vista Drive
- Lincoln Elementary 21710 McClellan Rd.
- Regnart Elementary 1170 Yorkshire Dr.
- Stevens Creek Elementary 10300 Ainsworth Dr.

- Sedgwick Elementary 19200 Phil Ln.

- Cupertino Square Ice Center 10123 N. Wolfe Road
- Cupertino Teen Center 21111 Stevens Creek Blvd.
- Deep Cliff Golf Course
- 10700 Clubhouse Ln. Joyful Melodies Music School 10455 Bandley Drive, Suite 300
- McClellan Ranch Preserve & EEC 22221 McClellan Road
- Monta Vista Recreation Center 22601 Voss Ave.
- **Quinlan Community Center** 10185 N. Stelling Road
- Senior Center 21251 Stevens Creek Blvd.
- Service Center 10555 Mary Ave.
- West Valley Community Services 30 10104 Vista Drive

Varian Park Varian Way.

Linda Vista Park 11111 Linda Vista Drive

Mary Avenue Dog Park 10309 Mary Ave.

Memorial Park 21121 Stevens Creek Blvd.

Sterling Barnhart Park 10486 Sterling Blvd.

Monta Vista Park 22601 Voss Ave.

Portal Park 10225 N. Portal Ave.

Somerset Park 10798 Stokes Ave.

Three Oaks Park Candlelight Way

Wilson Park 19784 Wintergreen Drive

# **Important Information**

- Registration for Cupertino Residents begins October 30, 2018
- Registration for Non-Residents begins **November 6, 2018**
- Correctly completed registrations will have priority. Registration with incorrect or incomplete information or fees will not be processed.
- If requested, proof of age or proof of Cupertino residency may be required.
- Recreation Schedules will be available for pick-up at the Quinlan Community Center, Sports Center, Senior Center, and City Hall or may be found online at www.cupertino.org.
- Math Olympiads, College Prep, LIT, and Preschool are subject to random processing.

# **General Information**

Creating an account	Call the Recreation Office at 408-777-3120 to create an account.
Retrieving a forgotten password with a current email address	If you have an account but have forgotten your account PIN/password and the email address on your account is current, you can use the "Forgot My Password" feature on www.reg4rec.org.
Retrieving account information without a current email address	To protect the sensitive information in our customers' accounts, we will not disseminate information over the phone, or without identification in person.
Wait lists	If the class you requested is filled, you may be placed on a wait list, free of charge. If the class becomes available, we will call you. Payment is due within 24 hours.
Age requirement	Where an age is indicated, the participant must be that age by the first day of class. Proof of age may be required.
Class attendance	Class attendance is limited to the registered participants ONLY. Sorry, no children in parent's classes and no parents in children's classes.
Make-up classes	There are no make-ups for classes you don't attend. On occasion, a class/activity will be canceled due to weather, instructor availability or unforeseen emergencies. If Recreation and Community Services cancel a class meeting, a refund will be issued or a make-up class will be offered if schedule permits.
Class check-in/check-out	All children 0-14 years of age must be checked in and out of classes and activities by a parent or guardian. Please come into the classroom and see the instructor to check your child in and out.
Declined credit card	If your credit card is declined, Recreation and Community Services staff will contact you to request payment. If your payment is not received within 24 hours, your registration will be canceled.
Returned check	There is a \$27.85 fee for each returned check.
Paying with Cash	Exact amount required for cash payment.
Scholarships	Limited scholarship grants are available for youth recreation programs/classes. Our scholarships program is administered by the West Valley Community Services. To apply, contact WVCS or call 408-255-8033 for more information.
Disabilities	If you have any disability that requires special accommodations in order to participate, please let us know when you register.

# **Refund Policy**

Activity withdrawals	Withdrawals must be requested in writing at least 8 calendar days prior to the start of the activity for a full refund.
	Withdrawals requested <b>4-7 calendar days</b> prior to the first activity meeting will incur a 10% processing fee.
	Refunds will not be issued <b>3 calendar days or less</b> before the start of the activity.
1-day Classes/Events	Refunds must be requested in writing at least 8 calendar days prior to start of 1-day class/event.
Aquatics Policy	Request for course withdrawals from aquatics classes must be submitted at least <b>14 calendar days</b> prior to the start of the first class meeting. No refunds will be issued for aquatics classes if the request is made less than 14 days prior to the first class meeting.
	Transfers will not be allowed once the class has begun.
Course Cancellations	Refunds will be issued if a course is canceled by Recreation and Community Services.
	Courses not reaching their minimum enrollment will be canceled.
Refunds by Check	Refunds by check take up to six weeks to process. Original payments made in cash will be refunded as a check.
Refunds by Credit Card	If you paid by credit card, your refund will be applied to your credit card.
Refund Request	Requests must be submitted in writing and must include: participant's name, address, phone number, name and activity number of the class, and reason for withdrawal.
	Three easy ways to submit your refund request:
	1) Email to refunds@cupertino.org
	2) Mail to or Walk-in
	Quinlan Community Center 10185 N Stelling Road
	Cupertino, CA 95014
	<b>3)</b> Fax to 408-777-1305
Separate Policies	There are no refunds for: Fitness Passes, Camp Cupertino, and Private Music Lessons. Separate policies apply to Preschool.

Please inquire before registering.

Online Registration • reg4rec.org

# 4 Ways to Register!

#### Resident registration begins October 30, 2018

#### Non-resident registration and walk-in registration begins November 6, 2018

NOTE: A "resident" is anyone living in the Cupertino city limits (i.e., zip code 95014). A "nonresident" is a Cupertino P.O. box address or anyone living outside the Cupertino city limits.

## **1** Online Registration

- Visit www.reg4rec.org
- Have your client number and account PIN ready
- Pay with Visa, Mastercard, American Express, or Discover
- Receipts mailed within 10 working days

## **7** Fax (Held for Random Processing\*)

- Complete a registration form
  - Pay with Visa, Mastercard, American Express, or Discover
  - Fax to 408-777-1305
  - Receipts mailed within 10 working days

## **2** Walk-in

• Visit our office at the **Quinlan Community Center at 10185 N. Stelling Road, Cupertino**, during these times:

Monday-Thursday 8:00am - 10:00pm Friday 8:00am - 5:00pm Saturday 8:30am - 4:30pm

## Mail-in (Held for Random Processing\*)

- Complete registration form
- Include method of payment:
- By check payable to CITY OF CUPERTINO or by Visa, Mastercard, American Express, or Discover. There will be a \$27.85 service charge for all returned checks.
- Mail to: Registration 10185 N. Stelling Road Cupertino, CA 95014
- Receipts mailed within 10 working days

<sup>\*</sup> Random processing means that every piece in that day's registration by mail or fax has an equal chance of being selected.



# **REGISTRATION FORM**

**City of Cupertino Recreation and Community Services Department** 

Section I - Parent/ Le	gai Guai ulaii		ilation (F	riease Fi					
Last Name				First Nam	ie	-			
☐ I confirm my conta	act informatio	n has n	ot change	d since r	ny last	registrati	ion. (Skip t	o <b>S</b> ection 2)	
Email Address						Alternate Ph	none		
Home Address					City			Zip Code	
Emergency Contact Name			Relationship				Phone		
Section 2 - Liability W	/aiver								
I understand that my participation in the eve and I agree to assume such risks, including ipating, I hereby RELEASE, DISCHARGE Clara, the Fremont Union High School Dist or loss to personal property arising out of, o the event or class. I understand that City doe In consideration for being permitted to parti	risk of personal injury, do, AND AGREE NOT TO rict, or any of their empl r in connection with, my es not guarantee the cons cipate in the event or cla	eath, or damage O SUE, the Cit loyees, contra- participation struction, cond	ge to property. In c ty of Cupertino, the ctors, volunteers, c in the event/class lition, or safety of gree, for myself, m	consideration on the Cupertino U or agents ("col from whatever the facilities v my heirs, admin	of acceptance (nion School llectively, Circause, included where the evenistrators, ex-	e of my application District, the Cupety") to the fullest adding the active or ent or class is taking ecutors, and assig	on to participate in to ertino Public Faciliti extent legally possi r passive negligence ng place. ens, that I shall inder	he event or class for whees Corporation, the Couble from any injury, dea of City or any other pa	ich I am partic inty of Santa ith, or damage rticipants in harmless City
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IF PARTICIPANT IS UNDER 18: I AM TI HARMLESS, AND AGREEMENT NOT T HEIRS, ADMINISTRATORS, AND ASSION	O SUE. I HAVE THE I								
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Online Registration • reg4rec.org



Are You Prepared? Learn simple, basic safety skills to keep your home and family safe!

- When and how to turn off the gas
- How to use a fire extinguisher
- What to do when phones don't work
- Earthquake emergency supplies
- Medical aid for the first five minutes after event
- Community Emergency Response information
- What's the City's plan and what is your role

2019 Schedule



Jan. 12, 2019 8 am - 11 am Feb. 6, 2019 6 pm - 9 pm Mar. 23, 2019 8 am - 11 am Apr. 10, 2019 6 pm - 9 pm May 19, 2019 1 pm - 3 pm



RSVP to Ken at KennethE@cupertino.org or 408-777-3176





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