

**2010-2011**

**Home School Fitness Program**

- Curriculum to include Badminton, Table Tennis, Basketball, Volleyball; with components of Stretching, Agility and Core Strengthening
- Class sizes of 8 - 12 students per 1 Lifetime Sports & Fitness Specialist
- 8 week program for only \$80
- Classes held at the Cupertino Sports Center (across from DeAnza College)
  - 21111 Stevens Creek Blvd, Cupertino 95014
- No refunds or credits for missed classes

*Class options include:*

**Thursdays from 11:15am – 12:15pm**

- 1<sup>st</sup> session begins September 2<sup>nd</sup> and ends October 21<sup>st</sup>

**Fridays from 2:00 – 3:00pm**

- 1<sup>st</sup> session begins September 3<sup>rd</sup> and ends October 22<sup>nd</sup>

*To register:*

- 1) Stop by in person at the Cupertino Sports Center (M-F 8am – 5pm)
  - a. See Jennie Shem in the Tennis Shop / (408) 777-3169
- 2) Checks made payable to City of Cupertino; except Ocean Grove enrollees\*
  - a. Credit cards and cash accepted as well

\* The City of Cupertino is an approved vendor for the Ocean Grove Charter School