

Teen Commission Meeting

January 14, 2026

Presentations

Item #1

Sports and Fitness Division
Presentation

Sports and Fitness Division

January 14, 2026



Overview

- Softball
- Athletic Fields
- Youth and Adult Sports and Fitness
- Sports Center Participation



Softball

2024

Spring

3 nights, 18 teams

Fall

3 nights, 19 teams

2025

Spring

3 nights, 19 teams, 281 players

Summer

3 nights, 17 teams, 217 players

Fall

4 nights, 24 teams, 324 players



Athletic Fields

2024	2025
Permit Hours	
7,408.5	6,018 (to Q3)



Quick Facts

- 6 parks and 9 school sites
- 27 fields
- 16 user groups
- Soccer, baseball, softball, cricket, volleyball

Youth and Adult Sports and Fitness

2024	2025
Adult Fitness Classes	
1,308	1,336 (+5.7% YTD)

Fitness Classes

- 131 class sessions offered
- 11 different classes
 - Balance, Core, and More, Core Strength Pilates, Hatha and Restorative Yoga, Line Dance 1, 2, and 3, Strength and Flow Pilates, Vinyasa Yoga, VivAsia Fitness Dance, Yogilates, Zumba



Youth and Adult Sports and Fitness

2024	2025
Youth Fitness and Dance Classes	
1,109	1,392 (+25.5% YTD)
Youth Fitness and Dance Camps	
370	329 (-11% YTD)

Highlights

- 425 class and camp sessions offered
- 40 different camps and classes
 - Archery, ballet, basketball, gymnastics, hip-hop, soccer, volleyball, and more



Youth and Adult Sports and Fitness

Gymnastics

- Sweet Peas Gymnastics
 - One Pea, Two Pea, Three, Four and Five
- Lil' Ninjas
 - Three, Four and Five
- Gymnastics
 - Beginner, Intermediate
- Cupertino Ninjas
 - Beginner, Intermediate
- Gymnastics and Ninjas

Dance

- Ballet
- Hip Hop
- Princess Pre-Ballet
- Elsa and Anna "Frozen" Dance Camp
- Princess Dance Camp – The Royal Ball

Sports

- Archery for Everyone
 - Try Archery, Beginner, Intermediate, Advanced, Competition Boot Camp
- All Sports Camp
- All Sports Camp: Junior Academy
- Basketball Camp
- Flag Football Camp
- Flag Football Development Clinic
- RSVP: Run, Speed, Vertical Power Camp
- Volleyball Camp
- Soccer
 - Parent & Me, Tot/Pre-Soccer, Soccer 1, Soccer 2, Street Soccer
- World Cup Soccer
 - Classic Skill Camps, Development Academy, Junior Academy, Skill Clinics

Youth and Adult Sports and Fitness

2024	2025
Lifetime Activities Classes and Camps	
7,000	6,132 (+0.1% YTD)

Youth Camps and Classes

- Tennis, badminton, table tennis, pickleball, basketball, chess, private lessons for tennis

Adult Classes

- Tennis, pickleball, private lessons for badminton and tennis



Sports Center



2024	2025
Active Members	
1,684	1,878 (+11.5%)
Unique Members	
2,910	3,010 (+9.2% YTD)
Member Check-Ins	
117,562	111,464 (+5.7% YTD)
Tennis Participation (Reservations)	
28,882	25,656 (-0.5% YTD)

Sports Center

2024	2025
Fitness Class Participation	
24,100	23,428 (+11.1% YTD)

Fitness Classes

- Over 20 fitness classes per week, over 1,000 per year
- Bombay Jam, Bootcamp, Cardio Pilates, Full Body Strength and HIIT, Strength and Conditioning, TRX, Yoga, Zumba, and more





December Fitness Schedule

Monday

11 a.m. to 12p.m. Zumba w/Li-Fen
6 to 7 p.m. Zumba w/ Jennifer
7:10 to 8:10 p.m. Flow Yoga w/ Dominique

Tuesday

8:45 to 9:30 a.m. Circuit Training w/ Raychel
9:35 to 10:35 a.m. Restorative Flow Yoga
w/ Raychel
6 to 7 p.m. TRX/Bootcamp w/ Raychel
7:10 to 8:10 p.m. Bombay Jam w/ Amit

Wednesday

9:45 to 10:45 a.m. Zumba w/ Li-Fen
11 a.m. to 12 p.m. Dynamic Stretch and
Balance w/Huichen
6 to 7 p.m. Zumba w/ Jennifer

Thursday

8:45 to 9:30 a.m. Circuit Training w/ Raychel
9:35 to 10:35 a.m. Restorative Flow Yoga
w/ Raychel
6 to 7 p.m. TRX/Bootcamp w/ Raychel
7:10 to 8:10 p.m. Bombay Jam w/ Pari

Friday

8:45 to 9:45 a.m. Functional Strength Training
w/ Aboli
11 a.m. to 12 p.m. Body Sculpting w/ Raychel
6 to 7 p.m. Bombay Jam w/ Sonia

Saturday

9:15-10:15 a.m. Zumba w/Valentina
10:30 to 11:30 a.m. Bombay Jam w/ Amit
Sunday
9 to 10 a.m. Bombay Jam w/ Sonia
10:15 to 11:15 a.m. Vinyasa Yoga w/ Jahara

Please bring a mat and a towel to class
Please call (408) 777-4844 to check on class cancellations
Please arrive on time, there is a five minute grace period
Classes are free for Sports Center members
Day Passes are \$15 for residents and \$25 for non residents

Sports Center



2024	2025
Personal Training Sessions	
1,408	1,890 (+52.4% YTD)

Personal Training Studio

- Large growth since pandemic
- Increased to 5 trainers
- Helps alleviate crowding in gym
- Quieter and more comfortable for clients
- Now offering semi-private training (2-3 people)

Meet our Personal Trainers!



GRACE

Specialties

High-energy training

Education and Certifications

NASM-Certified Personal Trainer

ACE-Certified Group Fitness Instructor and Functional Training Specialist

Zumba® Instructor



RACHEL

Specialties

BodySculpting, Bootcamp, Circuit Training, HIIT, Plyometrics, Strength & Conditioning

Education and Certifications

ISSA-Certified: Personal Trainer, Corrective Exercise, and Pilates Instructor

TRX Certified-Instructor

Breathe for Change Yoga Instructor



JIM

Specialties

Cardio conditioning, Injury rehab, Agility, Balance, Sport skills

Education and Certifications

AFTA-Certified Personal Trainer

B.S. Degree in Kinesiology

Master in Public Health Degree



TOM

Specialties

Corrective exercise, Weight loss, Injury Rehab, Nutrition

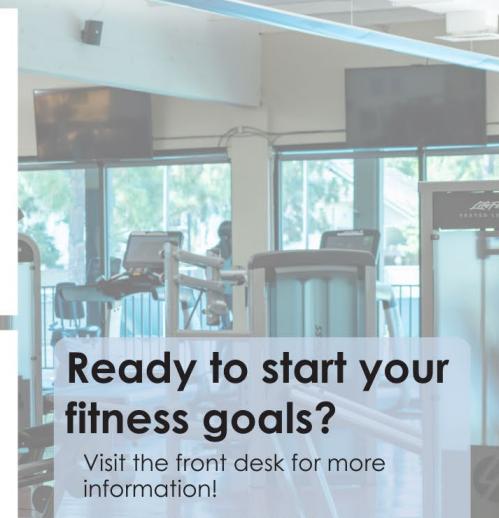
Education and Certifications

B.S. Degree in Human Kinetics

CSEP-Certified Personal Trainer

NASM-Certified Nutrition Coach

Board-Certified Chiropractor



Ready to start your fitness goals?

Visit the front desk for more information!

Call (408) 777-3160

Email sports@cupertino.gov

Personal Training Rates

Must be SportsCenter Member to purchase personal training.

One-on-One

5 Sessions \$375

10 Sessions \$700

1 Session \$80

NEW! Semi-Private Training (2 to 3 people)

4 Sessions \$150(per person)

NEW! Small Group Training (4 to 6 people)

4 Sessions \$70(per person)



Sports Center



Specialty Classes

- Began Fall 2025
- Groups of 4-10
- Classes are more focused and specialized



Barbell Bootcamp

Body Building 101

Strength and Agility

Brain-Body Boost

Burn and Sculpt Slimdown Athletic

Performance Training

Running Clinic

Morning Metabolizers

NEW!

Small Group Training

Speciality Classes

Cupertino Sports Center - Studio Room
21111 Stevens Creek Boulevard

STRENGTH

Barbell Bootcamp

Mondays, 1/5 to 3/23
Noon to 12:50 p.m. \$150R | \$180NR



Improve strength with
Olympic lifting, kettlebell
training, and powerlifting

Instructor: Raychel Cruz

Body Building 101

Mondays, 1/5 to 3/23
7 to 7:50 p.m. \$150R | \$180NR



Basic movement patterns in
compound lifts along with
supersets

Instructor: Aboli Ranade

Strength and Agility 13-16Y

Tuesdays, 1/6 to 3/24
4 to 4:50 p.m. \$150R | \$180NR
Thursdays, 1/8 to 3/26
4 to 4:50 p.m. \$150R | \$180NR



Next level of working your
muscles to your full potential
while having fun

Instructor: Raychel Cruz



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See more classes
on the back side!

cupertino.gov/sportscenter
sports@cupertino.gov | (408) 777-3160

CARDIO / HIIT

Brain Body Boost

Mondays, 1/5 to 3/23
5:30 to 6:20 p.m. \$150R | \$180NR



Blends cognitive challenges
with physical exercises

Instructor: Aboli Ranade

Burn and Sculpt Slimdown

Wednesdays, 1/7 to 3/25
Noon to 12:50 p.m. \$150R | \$180NR



Strengthen your abdominal
muscles with Pilates and
cardio power

Instructor: Raychel Cruz

Athletic Performance Training

Wednesdays, 1/7 to 3/25
5:30 to 6:20 p.m. \$150R | \$180NR



Improve performance using
strength, speed, agility,
coordination, and drills

Instructor: Aboli Ranade

Running Clinic

Fridays, 1/9 to 3/27
8:10 to 9 a.m. \$150R | \$180NR



Running stretches, form,
strides, cool downs
techniques, and more

Instructor: Tom Plesé

Morning Metabolizers

Mondays, 1/5 to 3/23
9:30 to 10:20 a.m. \$150R | \$180NR
Wednesdays, 1/7 to 3/25
9 to 9:50 a.m. \$150R | \$180NR



Fast paced conditioning to
maximize calorie burn and
boost metabolism

Instructor: Grace DuVal

See the full list of fitness
classes offered in the 2026
Winter Recreation Guide

Pages 24 to 25



Questions?



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Teen Commission Meeting

January 14, 2026

Presentations

Item #3

Youth Led Organization
Highlight Program

Parks and Recreation Department

Evaluation Criteria and Standard Questions for

YLO Highlight Program

January 14, 2026
Teen Commission



Agenda

- Review Youth Led Organization (YLO) Highlight Program
- Review Evaluation Criteria
- Feedback and Discussion on YLO Process

Why do we have a Highlight Program

- YLO Highlight Program offers a path to youth organizations to get the word out about what they do through both the presentation to the commission and the through the actual highlight.
- Teen Commissioners should assist in promoting resources available to the teens in the community.

Flyer

Youth Led Organization Application for Highlight Spot on City of Cupertino Social Media

City of Cupertino Teen Commission would like to hear from local Youth Led Organizations (YLOs) serving the residents and community in a unique way.

What is a YLO? YLOs are organizations that are led by youth in the community. The organizations may serve non-youth and teen populations. The Teen Commission has developed a process to highlight on social media those YLOs that are found to provide a unique, interesting, or important service to the community.

Eligibility requirements to apply 

- Organization must be organized and led by students currently enrolled in middle or high school
- Organization must serve primarily Cupertino residents and community
- Organization must have been active for at least six months
- Organization must present to Teen Commission to be considered

Evaluation 

Teen Commission members will evaluate the applications based on a set of criteria that will include but is not limited to:

- Community Impact
- Presence and Engagement
- Establishment and Longevity
- Originality

To Apply 

Contact Sonya lee, Teen Commission Liaison, to schedule a date to present at a Teen Commission meeting at sonyal@cupertino.org.

If chosen 

The City's Parks and Recreation Department will work with chosen YLOs to prepare an organization highlight on the City's social media channels.

Highlights on social media will be periodic. This application process does not guarantee that a YLO will be chosen to be highlighted. Teen Commission is not required to highlight a minimum number of YLOs.

 To apply scan QR code or visit bit.ly/46dVTwS.



Eligibility

- YLO must be organized and led by students currently in middle or high school.
- YLO must serve primarily Cupertino residents and community.
- YLO must have been active for at least six months.
- YLO must present to Teen Commission.

Evaluation Criteria

- Community Impact
- Presence and Engagement
- Establishment and Longevity
- Originality

General Process

- YLO organizer submits an application through Forms.
- Staff Liaison contacts the YLO organizer to schedule a presentation at a Teen Commission Meeting.
- The following meeting, Teen Commission evaluates the application and approves or disapproves for a highlight on social media.

Teen Commission Process

- Receive Presentations
 - Ask clarifying questions to determine if the YLO meets the criteria to be highlighted.
- Evaluate Applications
- Approve or Disapprove Application

Feedback and Discussion on Questions to Ask of YLO Presenter

- The presentation night is the Teen Commission's opportunity to gather information on the YLO.

Questions?



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