



2017

# YOUTH PROGRAMS GUIDE



August-December



Cooper Fitness Center™  
A COOPER AEROBICS COMPANY

get Cooperized!™

## ATHLETIC DEVELOPMENT & FITNESS CLASSES

### IGNITE!

Combining fitness, sports, movement training and games, IGNITE! helps children improve their movement patterns, enhance their athletic performance and build self-esteem and confidence. Led by a Professional Fitness Trainer.

Ages 8-13

August 8-24 | September 5-21 | October 3-19

October 31- November 16 | November 28-December 14

Tuesdays & Thursdays, 4:30-5:30 p.m.

Cost: Tuesdays OR Thursdays (3 classes): \$120/session

Tuesdays AND Thursdays (6 classes): \$220/session

### Teen Personal Training

Trainer tested, teen approved. For athletes and non-athletes alike looking to improve their performance and build a foundation of fitness to last a lifetime, customized small group personal training is available.

Ages 8-13

30-minute sessions, 2-4 people

Contact: Ryan Sheppard, 972.233.4832, ext. 4405

rsheppard@cooperfitnesscenter.com

## ORIENTEERING

Looking for a unique idea for a children's birthday party, teambuilding, Girl/Boy Scouts or church activity? Try orienteering—a large scale scavenger hunt with a healthy spin.

### Scavenger Hunt Orienteering

Using a map and compass, teams must work together to locate each point on the map and get their passport stamped at each location. This is a great workout and loads of fun. First team back to headquarters wins!

Ages 8+

Friday afternoons and evenings | Saturday mornings

Duration: 1 hour

Cost: \$250 non-refundable deposit (up to 10 kids)

and \$25 per additional participant

### Blind Led Orienteering

The blind-led version of the scavenger hunt is a bit more challenging. Each team is divided into two groups—one group works indoors with a map while the other group is outdoors waiting for verbal commands from the indoor team via cell



phone. The indoor team has to be an effective communicator in order to lead their other half “blindly” to each point on the map. First team to reach all their points on the map wins!

Ages 12+ (recommended)

Friday afternoons and evenings | Saturday mornings

Duration: 1.5 hours

Cost: \$300 non-refundable deposit (up to 10 kids)

and \$30 per additional participant

### Group Orienteering Session

You want to try Scavenger Hunt Orienteering but don't have enough for a private group? Join us for a group session to try it out with others like yourself! Get ready for team challenges and navigating your way around the 30-acre Cooper campus.

Ages 8+

Thursday, September 28, 5-6 p.m.

Cost: \$25/child

(minimum of 10 kids per session required)

## WINTER BREAK CAMPS

### Fit & Fun Camp

Give your kids a Winter Break they'll remember! With everything from sports to non-traditional camp-style games, this camp will keep the kids off the couch and working on their social development. Each day is different and could include soccer, basketball, kickball, relay races and more!

Kids Camp, Ages 5-7 | Youth Camp, Ages 8-13

December 18-20 | December 27-29, 1-5 p.m.

Cost: \$150/three-day camp

## Holiday Basketball Camps

### Fundamentals Camp

To build the fundamentals that make a great player, the three-day basketball camp concentrates on passing, dribbling, shooting and position development in scrimmage situations.

Basketball Pro Coleman Crawford is the referee and coach, helping the players develop game strategy.

December 18-20

Ages 5-7, 9-10:30 a.m.

Cost: \$100/three-day camp

Ages 8-14, 10:30 a.m.-1 p.m.

Cost: \$155/three-day camp

### Super Star Camp

This program helps young players apply their fundamental skills in game scenarios.

Ages 5-7

December 27-29, 9-10:30 a.m.

Cost: \$100/three-day camp

### Shooting School

Designed to help players perfect their shot, Basketball Shooting School includes drills to learn how to shoot off the dribble, pass and screen. It's all about making baskets and scoring points!

Ages 9-14

December 27-29, 10:30 a.m.-1 p.m.

Cost: \$155/three-day camp

## SPORT-SPECIFIC TRAINING

Our Sports Pros offer basketball, boxing, martial arts, swimming and tennis instruction for improved skills and fitness. In addition to group clinics and camps, private lessons are available. To book a lesson, contact the Sports Pro by phone or email.

For bios on our pros, visit [cooperfitnesscenter.com/ProZone](http://cooperfitnesscenter.com/ProZone).

### Basketball Private Lessons

For 40 years, Basketball Pro Coleman Crawford has coached basketball, from NCAA to NBA Development League to international teams. He's passionate about the game and teaching youth game strategy and proper techniques all while having fun.

Contact: Coleman Crawford, 972.233.4832, ext. 4337  
[colemanacrawford@gmail.com](mailto:colemanacrawford@gmail.com)

## Parent-Child Basketball Lessons

One-hour session - Parent and child (ages 5-18)

Member, \$120/hour, Non-member, \$130/hour

## Basketball Academies

The Academy setting is ideal for beginner to advanced basketball players to learn and improve their skills on the court. For Future Stars, Shooting Stars and Junior groups, each session focuses on a different fundamental skill; including shooting, passing, dribbling, offense, defense, footwork and more. The Junior and Senior Shooting Schools focus on shot techniques, free throws, shot percentage and getting open for shots.

### Fall Academy

Sundays, September 17-November 12 (off October 1)

Future Stars, Ages 5-6, noon-1 p.m. \$320

Shooting Stars, Ages 7-8, 1-2 p.m. \$320

Junior Boys, Ages 9-13, 2-3 p.m. \$320

Junior Girls, Ages 9-13, 3-4 p.m. \$320

Junior Shooting School, Ages 10-13, 4:30-5:45 p.m. \$360

Senior Shooting School, Ages 14-17, 5:45-7 p.m. \$360

### "Get Your Game On" Clinics

Take your best shot and make it better. Rather than drills and fundamentals, the clinics focus on game playing to teach game strategy. Three-on-three team play.

Thursdays, November 30, December 7, December 14

Ages 5-7, 4:15-5:30 p.m., \$80 for all 3 or \$35/session

Ages 8-14, 5:30-7 p.m., \$90 for all 3 or \$40/session



SEE OUR  
CAMP VIDEO

[COOPERYOUTH.COM/DALLAS](http://COOPERYOUTH.COM/DALLAS)

REGISTER TODAY AT [COOPERYOUTH.COM/DALLAS](http://COOPERYOUTH.COM/DALLAS)





## MARTIAL ARTS

### Martial Arts Private Lessons

Martial Arts Pro Mike Proctor has more than 45 years of martial arts experience and is a 10th Degree Black Belt. To help children and adults get fit, build discipline and develop self-defense skills, Mike offers group and individual training in a variety of martial arts, from karate and jujitsu to tai chi and self-defense.

Contact: Mike Proctor, 972.233.4832, ext. 4428  
 mproctor@cooperfitnesscenter.com

### Group Martial Arts Classes

Cooper Fitness Center offers monthly Group Martial Arts classes for children and adults led by Martial Arts Pro Mike Proctor.

Mondays

4-4:45 p.m. Juniors Ages 5-12

Wednesdays

4-4:45 p.m. Juniors Ages 5-12

6-7:30 p.m. All Belts All Ages

Saturdays

1-2:30 p.m. All Belts All Ages

2:30-4 p.m. Advanced Brown/Black Belts

Member: \$100/month for individuals  
 \$150/month for family

Non-member: \$125/month for individuals  
 \$165/month for family

To register, contact Mike Proctor at 972.233.4832, ext. 4428.

## BOXING

### Boxing Private Lessons

Boxing Pro Derrick James has more than 35 years of boxing experience including more than 10 years of coaching. Having trained multiple professional champions, including a 2012 Olympian and 2017 IBF Welterweight World Champion, Derrick helps youth, ages 8+, improve their fitness and build stamina, self-esteem and confidence.

Contact: Derrick James, 972.233.4832, ext. 4430  
 djames@cooperfitnesscenter.com

### Small Group Boxing Lessons

Bring 2-3 friends for boxing cardio sessions led by Derrick James. With everything from bag work, speed/agility training and endurance improvement, this is guaranteed to make sweating more fun with friends!

Ages 8+, 2-3 people, \$55/person/half hour

### Parent-Child Boxing Lessons

30-minute session - Parent and child (ages 8-17)

Member, \$90/half hour | Non-member, \$100/half hour



## TENNIS

### Tennis Private Lessons

Tennis Pro Corey Noel has 10+ years of teaching experience. He's passionate about introducing kids to tennis and helping them improve their skills and develop an interest in a sport they can enjoy for a lifetime.

Contact: Corey Noel, 972.233.4832, ext. 4311  
cnoel@cooperfitnesscenter.com

Assistant Tennis Pro Andre Vahdat has 10+ years of coaching experience, including training a student to the U.S. Open Qualifying Finals. He previously coached at The Greenhill School.  
Contact: Andre Vahdat, 972.233.4832, ext. 4401  
avahdat@cooperfitnesscenter.com

### Parent-Child Tennis Lessons

One-hour session - Parent and child (ages 8-17)  
Member, \$80/hour | Non-member, \$90/hour

### Junior Tennis Clinics

Players ages 7 and under will use QuickStart Tennis—a way for kids to learn and play the game of tennis. The court size, racket sizes, balls, net and even the scoring system have been modified to ease kids' entry into the sport. The clinics for ages 12-16 are designed for kids who have played some but want to further their experience and become competitive players in middle school or high school.

Ages 5-7, Tuesdays & Thursdays, 4-5 p.m.  
Ages 8-11, Mondays & Wednesdays, 4:30-5:30 p.m.  
Ages 12-16, Mondays & Wednesdays, 4:30-5:30 p.m.

Session 3: August 28-October 7 (off Sept. 4)      \$265  
Session 4: October 16-December 16      \$355  
(off Thanksgiving week, November 20-24)

## COOPER SWIM ACADEMY

For more than 20 years, Cooper Swim Academy has taught youth swimming skills they can use and enjoy for the rest of their lives. Our lessons are categorized by primary colors, each representing a different skill level (see page 6). In a controlled and nurturing environment, Swim Pro Marni Kerner provides lessons year-round for swimmers starting at age 18 months.

### Swim Lessons

Marni has more than 15 years of experience teaching swimmers of all ages and abilities—from an infant's introduction to the pool to triathlon training to post-injury workouts to overall fitness. She enjoys helping children build their swimming skills and have fun in the water.

Contact: Marni Kerner, 972.233.4832, ext. 5447  
mkerner@cooperfitnesscenter.com

### Private Lessons

Year-round

#### Individual Lessons

30-minute lesson, \$65  
60-minute lesson, \$110

#### One-Week Package

Five, 30-minute lessons, (M-F), \$275  
Three, 60-minute lessons, (M-F), \$295

#### Package to be Completed within One Month\*

Five, 30-minute lessons, \$300  
Three, 60-minute lessons, \$315

*\*To be completed within one month of start date*

### Semi-Private Lessons

2-4 children; Year-round

#### Individual Lessons

30-minute lesson, \$45/swimmer  
60-minute lesson, \$75/swimmer

#### One-Week Package

Five, 30-minute lessons (M-F), \$175/swimmer  
Three, 60-minute lessons (M-F), \$195/swimmer

#### Package to be Completed within One Month\*

Five, 30-minute lessons, \$200/swimmer  
Three, 60-minute lessons, \$210/swimmer

*\*To be completed within one month of start date*

### Parent-Child Swim Lessons

Year-round, 30-minute session - Parent and child (ages 8-17)  
Member, \$70/half hour | Non-member, \$80/half hour



## SWIM LESSON INSTRUCTION LEVELS

### RED LEVEL

TYPICAL AGE IS 3 YEARS

Little or no previous instruction. This level introduces floating, gliding and using the arms to move through the water. The emphasis is on becoming more comfortable in the water. Children already comfortable under water might consider the orange level.

### ORANGE LEVEL

TYPICAL AGE IS 4-6 YEARS

The child must have little or no fear of the water and be able to swim five to 10 feet to an instructor. Kicking with ease and comfort in the water are taught, along with freestyle arms, front and back float and breathing techniques.

### TYPICAL AGE IS 4-7 YEARS

The child must have no fear of the water and be able to swim 30 to 50 feet. Proper freestyle mechanics in coordination with balance and breathing is emphasized. Backstroke and kneeling racing start from the side of the pool are introduced.

### GREEN LEVEL

TYPICAL AGE IS 6-9 YEARS

The child must be completely at ease in any depth of water and be able to swim 50 feet freestyle. The level focuses on increasing distance in freestyle while maintaining proper stroke mechanics and breathing to the side. Backstroke and racing start are also taught.

### BLUE LEVEL

TYPICAL AGE IS 7-12 YEARS

The child must be completely at ease in any depth of water and be able to swim 50 feet freestyle. The emphasis is on increased distance in freestyle while maintaining proper stroke mechanics and breathing to the side. Backstroke and racing start techniques are also taught. For stronger swimmers who have had previous instruction and are able to swim 50 feet repeatedly for 30 to 45 minutes.

### ADVANCED/TECHNICAL LEVEL

TYPICAL AGE IS 7-15

The focus is stroke technique for all four competitive racing strokes, training skills, starts and turns. Swimmers can expect drill swimming of all four strokes and preparation for swim team and race competition.



## EVENTS

### Kids' Night Out

Kids enjoy a fun-filled, action-packed evening at Cooper Fitness Center while parents enjoy an evening out. The night includes games, crafts, dinner and more.

Ages 4-12

October 6: Minute to Win It

November 3: Pajama Party

December 1: Winter Wonderland

5-8:30 p.m.

Cost: \$45/first child in a family

\$12 for each additional child from the same family

### Dive-In Movie Night

Join us at the pool for dinner and a movie under the stars. Members and their spouses, children and grandchildren are welcome.

Friday, Sept. 29, 6-9 p.m.

Cost: FREE

Members-only event

**COMING SOON!**

**FALL SPORTS CLINIC**

**Check our website for more details!**



## COOPERIZED KIDZ

### For Cooper Fitness Center members & Cooper Aerobics guests

It's easier to get to the gym with Cooperized Kidz childcare available for your children ages 2 months to 12 years. Members, while on campus, and guests utilizing our services may use the childcare for a nominal fee. Reservations may be made up to 24 hours in advance by calling 972.239.6171.

With access to a playroom and active court, children can improve gross motor development through physical activity and fine motor projects. With a 7:1 child-teacher ratio, CPR certified and seasoned instructors and a nut-free policy, we are equipped to keep your children safe and having fun—they "play with a purpose." Snacks are available for purchase.

Depending on their age, children can stay 2-3 hours in Cooperized Kidz with advanced reservations confirmed (children under the age of 3 may stay for up to 2 hours; 3 years or older may stay up to 3 hours).

**Parents' Day Out:** Every month from the 1st - 6th parents may select one day to utilize our childcare while they leave campus (only available to members). Call 972.239.6171 for more information.

### Cooperized Kidz Hours of Operation

Mondays-Thursdays, 8:30 a.m.-7:30 p.m.

Fridays, 8:30 a.m.-3 p.m.

Saturdays, 8 a.m.-2 p.m.

Please call in advance to ensure special hours are not being held due to holidays or other company events. Limited space available and reservations are strongly recommended.

Call 972.239.6171.

**EXTENDED  
CHILDREN'S HOURS  
COMING  
FALL 2017**





### Cooper Spa

Patrons of Cooper Spa Dallas can arrange complimentary childcare during their spa services with advanced reservations. Visit [bookcooperspa.com](http://bookcooperspa.com) to make your spa appointment and mention your need for complimentary childcare.

### Family Locker Room

With two private restrooms and a private changing room, families can enjoy the privacy of our Family Locker Rooms, conveniently located near the Cooper Fitness Center pool. Additional family lockers and towels are available as well.

### Cedars Woodfire Grill at Cooper Aerobics

Kid-sized meals are available in our restaurant, open to the public. Everything is made fresh daily—there are no freezers, fryers or microwaves. For a menu, visit [cooperaerobics.com/Cedars](http://cooperaerobics.com/Cedars).

### Membership Opportunities for Students

Teens and young adults, ages 13-24, can join Cooper Fitness Center even if their parents are not members. With student memberships and temporary student membership options, getting fit and staying fit does not have to wait until later on in life! We believe in starting young and preventing health risks early. Call 972.560.6302 to learn more and schedule a tour.

## Want to feel like a kid again?

Make fitness fun and achieve your goals at Cooper Fitness Center.

- Exclusive new-member package – including sessions with a trainer, a sports or nutrition pro, access to our member-only wellness program, Cooper Quest, and much more
- Top-tier fitness professionals – who have an in-depth understanding of the science behind health and fitness and a passion for making a difference in people’s lives
- World-class facility – leading edge cardio and strength training equipment, indoor and outdoor tracks, a full basketball court, two pools and spa-like amenities throughout
- 100+ weekly group classes – everything from indoor cycling, body sculpting and yoga to power dance, water aerobics and boot camp
- An all-access pass – to group exercise classes, fitness center facilities, nutrition lectures, cooking demos and more

So if you’re ready to get fit and feel like a kid again, **Get Cooperized™** today!

Call the Membership Office at 972.560.6302 and mention the Youth Programs Guide to receive a complimentary three-day pass.





- IGNITE!, ages 8-12
- Tennis Clinics, ages 5-16
- Group Orienteering, ages 8+

- Basketball Academy, ages 5-17
- Dive-In Movie Night, Members Only
- Group Martial Arts, ages 5+

# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

*Please note refund policy on online registration page.*

- IGNITE!, ages 8-12
- Tennis Clinics, ages 5-16
- "Get Your Game On" Clinics, ages 5-14

- Basketball Academy, ages 5-17
- Kids' Night Out, ages 4-12
- Group Martial Arts, ages 5+

# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

■ IGNITE!, ages 8-12  
■ Tennis Clinics, ages 5-16

■ Group Martial Arts, ages 5+  
■ Fit & Fun Camp, ages 5-13  
■ Holiday Basketball Camp, ages 5-14

■ "Get Your Game On" Clinics, ages 5-14  
■ Kids' Night Out, ages 4-12

<h1>December</h1>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Mark your  
 calendars now for  
**Winter Basketball Academy**  
**January 14-February 25, 2018**





**Cooper Fitness Center™**  
A COOPER AEROBICS COMPANY

12100 Preston Road | Dallas, Texas 75230



**Register today! [cooperyouth.com/Dallas](http://cooperyouth.com/Dallas) | 972.233.4832**

 [facebook.com/CooperFitnessCenter](https://facebook.com/CooperFitnessCenter)