

2018  
YOUTH  
PROGRAMS  
GUIDE  
January-August



Cooper Fitness Center™  
A COOPER AEROBICS COMPANY

get Cooperized!™

## ATHLETIC DEVELOPMENT

### IGNITE!

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

Ages 8-13

January 9-25 | February 6-22 | March 6-29

(off Spring Break, March 12-16)

April 10-26 | May 8-24 | June 5-21

July 10-26 | August 7-23

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

Cost: \$120 for Tuesday OR Thursday (3 classes)

\$220 for Tuesday and Thursday (6 classes)

## 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.



### Group Orienteering Session

Want to try Scavenger Hunt Orienteering but don't have enough participants for a private group? Join in with other kids and teens for a fun outdoor Group Orienteering Session that will exercise your body and mind. Get ready for team challenges and navigating the 30-acre Cooper Aerobics campus using just a compass, map and landmarks.

Ages 8+

Thursday, May 3, 5-6 p.m. | Cost: \$25/child  
(minimum of 10 kids per session required)

### 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. First team back to headquarters wins!

Ages 8+

Friday afternoons and evenings | Saturday mornings

Duration: 1 hour (estimated)

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

\$25/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 (estimated)

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

\$30/additional participant

## SPRING BREAK CAMPS

### "Get Your Game On" Spring Break Basketball Camp

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

March 12-14

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

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

Cost: Ages 5-7, \$100 | Ages 8-14, \$145

### Fit & Fun Camp

Give your kids a Spring Break they'll remember. With a combination of sports and camp-style games, kids will make new friends and stay active while having a blast!

March 13-15

Ages 5-7, Tuesday-Thursday, 1-5 p.m.

Ages 8-13, Tuesday-Thursday, 1-5 p.m.

Cost: \$150

SEE OUR  
CAMP VIDEO  
COOPERYOUTH.COM/DALLAS



Ages 8-15 | Sundays, March 18-April 29, 1-2:30 p.m.  
*Off Sunday, April 1* Cost: \$275

**Tennis Private Lessons**

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

Ages 4 & up

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

Assistant Tennis Pro Steve Wahl has 5+ years of coaching experience, including instruction at Northwood Club in Dallas. He trains all ages and levels, but especially appreciates the opportunity to develop juniors to play in college.

Contact: Steve Wahl, 972.233.4832, ext. 4404  
 swahl@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

Member, \$85/hour | Non-member, \$90/hour  
 Contact: Corey Noel, 972.233.4832, ext. 4311  
 cnoel@cooperfitnesscenter.com

**Junior Tennis Clinics**

Players ages 8 and under use Quick Start 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 9-16 are designed for kids who have played some but want to further their experience and become competitive players in middle or high school.

- Session 1: January 15-March 10 (8 weeks)
- Session 2: March 19-May 12 (8 weeks)
- Session 3: August 27-October 6 (6 weeks)
- Session 4: October 15-December 15 (8 weeks)

Ages 5-8, Tuesdays & Thursdays, 4-5 p.m.  
 Ages 9-12, 13-16, Mondays & Wednesdays, 4:30-5:30 p.m.

Session 1, 2, 4 Member, \$360/session  
 Non-Member, \$370/session  
 Session 3 Member, \$270 | Non-Member, \$280

**Summer Junior Tennis Camps**

See page 7

**EVENTS**

**Kids' Night Out**

**NEW EXTENDED HOURS!**

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!

February 16: Glow in the Dark | March 23: Games Galore  
 April 20: Jungle Safari

Ages 5-12 | Fridays, 5:30-9:30 p.m.

Cost: \$45 for the first child in a family  
 \$12 each additional child in a family

**NEW! Kids in the Kitchen**

Kids enjoy an afternoon of preparing yummy, yet nutritious foods, while learning healthy cooking skills. The classes are held inside Cedars Woodfire Grill at Cooper Fitness Center.

Ages 7-12 | Check the website for 2018 dates!  
 Cost: \$35

**Eggstravaganza**

Join us for our annual Eggstravaganza. It's fun for the whole family—egg hunt, pony rides, petting zoo, face painting and more!

Saturday, March 17, 9 a.m.-noon  
 Cost: FREE | Open to the public

**SPORT-SPECIFIC TRAINING**

**NEW! Volleyball Skills Clinic**

Ideal for beginner players, Cooper Fitness Center's Volleyball Clinics focus on the fundamentals: dynamic stretching, serving, passing, hitting and setting.

More details coming soon on website.

**NEW! Youth Triathlon Training Clinic**

Coached by Swim Pro Marni Kerner, an experienced triathlete, this seven-week training program focuses on improving participants' swimming, biking and running techniques and provides guidance in goal setting and nutrition in preparation for a triathlon race. The small group training also develops camaraderie among the participants.

### Basketball Private and Team 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 the strategy and proper techniques all while having fun. He works with teams and individual players to help them achieve their goals.

Ages 5+

Contact: Coleman Crawford, 972.233.4832, ext. 4337 | colemanacrawford@gmail.com

### Parent-Child Basketball Lessons

Parents and children can enjoy a workout together and break a sweat. This is a great way for parents to learn the skill techniques to help their child player develop through the years when practicing at home. One-hour session - Parent and child (ages 5-18) Member, \$120/hour | Non-member, \$130/hour

### Elevate Your Game Basketball Academy

Maximize your training between games with this seven-week winter academy. Players focus on improving their fundamentals through competition drills and scrimmage training.

Sundays, January 14-February 25 (7 weeks)

Future Stars, Ages 5-6, noon-1 p.m. \$290

Shooting Stars, Ages 7-8, 1-2 p.m. \$290

Juniors (co-ed), Ages 9-13, 2-3 p.m. \$290

Junior Shooting School

Ages 9-12, 3:30-4:45 p.m. \$325

Senior Shooting School,

Ages 13-16, 4:45-6 p.m. \$325

### Basketball 365 Academy

The off-season is where champions are made. In this six-week academy players develop their passion and commitment to the game and work on their footwork, passing, shooting, offensive and defensive skills.

Sundays, April 8-May 13 (6 weeks)

Future Stars, Ages 5-6, noon-1 p.m. \$250

Shooting Stars, Ages 7-8, 1-2 p.m. \$250

Juniors, Ages 9-13, 2-3 p.m. \$250

Junior Shooting School,

Ages 9-12, 3:30-4:45 p.m. \$280

Senior Shooting School,

Ages 13-16, 4:45-6 p.m. \$280



### Summer Basketball Fundamentals Camp

See page 8

### Summer Basketball Shooting School

See page 8

### Summer Basketball Boot Camp

See page 8

### Boxing Private Lessons

Boxing Pro Derrick James has more than 40 years of boxing experience including more than 15 years of coaching experience. Having trained multiple professional boxers, including two world champions, he helps youth, ages 8+, improve their fitness levels and build their stamina, self-esteem and confidence.

Ages 8+

30-minute private session

Member, \$65 | Non-member, \$75 Contact: Derrick

James, 972.233.4832, ext. 4430

foxx68sports@yahoo.com

### Small Group Boxing Lessons

Do you and a group of friends want to work out together? With agility drills, speed bag, heavy bag and glove work, you'll enjoy the challenge of a small group boxing lesson.

Ages 8+

30-minute session (2-3 people)

Member, \$50/person | Non-member, \$55/person

### Parent-Child Boxing Lessons

Parents, are you looking for a new activity to do with your child? Give cardio boxing with Derrick James a try. Fun, yet challenging, the parent-child lessons create a unique bonding experience.

30-minute session - Parent and child (ages 8-17)  
Member, \$90/half hour | Non-Member, \$100/half hour

### Martial Arts or Self-Defense 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  
Ages 5+

### Group Martial Arts Classes

Cooper Fitness Center offers monthly Group Martial Arts classes for children and adults led by Martial Arts Pro Mike Proctor. You may attend as many classes per week you would like (within your class level).

Ages 5+

Mondays			
4-4:45 p.m.	Juniors	Ages 5-12	Mind/Body Studio
Wednesdays			
4-4:45 p.m.	Juniors	Ages 5-12	Mind/Body Studio
6-7:30 p.m.	All Belts	All Ages	Gym Floor
Saturdays			
1-2:30 p.m.	All Belts	All Ages	Aerobics & Mind Body Studios
2:30-4 p.m.	Advanced Brown/Black Belts		Aerobics & Mind/ Body Studios

Member: \$100/month (individual)  
\$150/month (family)  
Non-Member: \$125/month (individual)  
\$165/month (family)

### Parent & Child Self-Defense Clinic

January is National Personal Self-Defense Awareness Month. Led by Martial Arts Pro Mike Proctor, together parents and children learn how to be prepared for various situations that could impact their personal safety.

Ages 12+ and adult  
Monday, February 5, 6:30-8 p.m.  
Cost: \$30 for parent/child duo

\$10 for each additional child/parent  
(Adult Clinic available Monday, January 29, 6:30-8 p.m.)  
See website for details.)

### Martial Arts Demo

If you have ever considered taking tai chi or martial arts, but weren't quite sure what it was all about, this demo is the perfect opportunity to learn. Watch demonstrations from current students and speak with Martial Arts Pro Mike Proctor.

Wednesday, April 18, 6-7:30 p.m.  
Cost: FREE

### Swimming

See page 8-10



- IGNITE!, ages 8-13
- Tennis Clinics, ages 5-16
- Group Orienteering, ages 8+
- "Get Your Game On" Basketball Camp, ages 5-14
- Fit & Fun Spring Break Camp, ages 5-13

- Basketball Academy, ages 5-16
- Kids' Night Out, ages 5-12
- Parent & Child Self-Defense Clinic, ages 12+ and adult
- Martial Arts Demo
- Youth Triathlon Training Clinic, ages 8-15
- Eggstravaganza, all ages

## January

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28	29	30	31			

## February

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25	26	27	28			

## March

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## April

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# May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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27	28	29	30	31		

## SUMMER FIT & FUN CAMPS

June 4-8 | June 11-15 | June 18-22 | June 25-29  
 July 9-13 | July 16-20 | July 23-27 | July 30-August 3  
 August 6-10

### Kids Camp

This day camp introduces various sports, physically active games and overall wellness through daily fitness or nutrition lessons. Each week has a different schedule of games and sports including soccer, volleyball, tennis, relay races, parachute games and water day on Fridays. Our goal is to help kids enhance their social interaction, agility, balance and coordination through free and structured play!

Ages 5-7

Monday-Friday | 9 a.m.-2:30 p.m.

Cost: By March 15, \$200 | After March 15, \$215

#### ADD-ON OPTIONS

##### 1. SPLASH CAMP

Following Kids Camp, campers can enjoy a special swim session. Splash Campers will be chaperoned to change into swim suits and enjoy time in the pool. Must be able to swim 30 feet and have no fear of the water. This is not a swim lesson.

Monday-Friday, 2:30-4 p.m. | Cost: \$115/session

##### 2. EXTENDED CARE

A.M. Extended Care 7:30-9 a.m. | Cost: \$40

P.M. Extended Care 4-5:30 p.m. | Cost: \$40

(for Splash Campers only)

### 3. LUNCH

Campers must bring their lunch or order a lunch from Cedars Woodfire Grill (\$6.75/lunch). Campers can place their lunch order each Monday by printing out a lunch order form and bringing it to carpool. The lunch order form is online on the Fit & Fun Camps page. All meals include a bottled water.

### Youth Camp

This action-packed day camp allows kids to try different sports and activities including swimming, tennis, basketball, soccer, volleyball and more! Campers also have a daily fitness/sport or nutrition lesson that helps empower them to make healthy choices and learn how fun fitness and wellness can be.

Ages 8-13 | Monday-Friday

Full Day: 9 a.m.-4 p.m.

Cost: By March 15, \$240 | After March 15, \$260

Half Day A.M.: 9 a.m.-noon

By March 15, \$175 | After March 15, \$190

Half Day P.M.: 1-4 p.m.

Cost: By March 15, \$175 | After March 15, \$190

#### ADD-ON OPTIONS

##### 1. EXTENDED CARE

7:30-9 a.m. AND 4-5:30 p.m.

Cost: \$80/week

##### 2. LUNCH

Cost: \$6.75/lunch | Campers must bring their lunch or order a lunch from Cedars Woodfire Grill. Campers can place their lunch order each Monday by printing out a lunch order form and bringing it to carpool. The lunch order form is online on the Fit & Fun Camps page. All meals include a bottled water.

## SUMMER SPORT CAMPS

### Summer Junior Tennis Camps

For beginner to intermediate players, Tennis Camp focuses on developing stroke and serving techniques while teaching players how to use the strokes in play appropriately. A racket can be provided. White sole shoes are required. When deciding which group to register for, ability should be considered first, then age.

June 4-8 | June 11-15 | June 18-22 | June 25-29

July 9-13 | July 16-20 | July 23-27 | July 30-August 3

August 6-10

Monday-Friday

Ages 5-8 | 8-9 a.m.

Cost: Member, \$125 | Non-member, \$135

Ages 9-12 and 13-16 | 9-11 a.m.

Cost: Member, \$190 | Non-member, \$200

### Summer Basketball Fundamentals

A player should start with learning the fundamentals of the game and never stop working on them. Through drills and practice games, players work on passing, dribbling, ball control, footwork and general knowledge of the game.

June 18-22 | July 9-13

Ages 5-7, 9-10:30 a.m., \$170/session

Ages 8-12, 10:30 a.m.-1 p.m., \$220/session

### Summer Basketball Shooting School

Making shots wins games. This program is designed to help players perfect their shot technique through drills and repetition. Players work on various types of shots including shooting off the dribble, pass and screen.

June 11-15 | July 16-20

Ages 10-14, 10 a.m.-noon, \$210/session

### Summer Basketball Boot Camp

Getting ready for tryouts or wanting a boost in your training? Basketball Boot Camp is for intermediate to advanced players looking to improve their strength, agility and footwork while also working on understanding the mental strategy of the game. Drills and scrimmage play included.

August 6-10

Ages 11-15, 9 a.m.-noon, \$250

## COOPER SWIM ACADEMY

### Swim Private and Semi-Private Lessons

Swim Pro Marni Kerner has more than 15 years of experience teaching swimmers of all ages and abilities—from infants' introduction to the pool to triathlon training to post-injury workouts to overall fitness in the pool. She enjoys helping children build their swimming skills and have fun in the water. Lesson packages are offered Monday-Friday to help swimmers see greater success in their development in the water through consecutive lessons.

Offered year-round | Ages 6 months+

Contact: Marni Kerner, 972.233.4832, ext. 5447

[mkerner@cooperfitnesscenter.com](mailto: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*





## Swim Lesson Instruction Level

### 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 5 to 10 feet to an instructor. Freestyle arms, front and back float, breathing techniques, kicking and ease and comfort in the water are taught.

### Yellow Level 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 years

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.

- IGNITE!, ages 8-13
- Summer Kids & Youth Camps, ages 5-13
- Summer Basketball Camps, ages 5-15
- Pre-Competitive Swim Team, ages 6-15
- Tennis Camps, ages 5-16

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July						
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### Parent-Child Swim Lessons

From training together for a triathlon to learning a new skill together, Parent-Child Swim Lessons offer a unique opportunity for families to build a deeper bond through sports and fitness.

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

### Cooper Swim Team

Cooper Swim Team teaches the necessary skills and strategies for swimming. We place an emphasis on self-improvement rather than tough competition. The practices focus on all competitive strokes, techniques, skill work and conditioning. It's also an opportunity for swimmers to prepare or stay conditioned for school swim season. For novice-level swimmers ages 6-15 who meet the Green Level description.

Ages 6-15  
June 4-8 | June 11-15 | June 18-22 | June 25-29  
July 9-13 | July 16-20 | July 23-27 | July 30-August 3  
August 6-10  
Monday-Friday, 4:30-5:30 p.m. | \$185/session

- IGNITE!, ages 8-13
- Tennis Clinics, ages 5-16
- Summer Kids & Youth Camps, ages 5-13
- Summer Basketball Camps, ages 5-15
- Pre-Competitive Swim Team, ages 6-15
- Tennis Camps, ages 5-16



### COOPERIZED KIDZ

#### **NEW!** Kids Pass for Cooper Fitness Center Members Only

To encourage families to be active together, Cooper Fitness Center offers a complimentary Kids Pass for members' children ages 12 and under. Under direct parental supervision, the Kids Pass allows members' children to use the basketball court, South Lawn, outdoor track, tennis courts and Cooper Fitness Center and Cooper Hotel pools during Children's Hours. (The facilities are available unless a program or lesson is underway.)

#### **Children's Hours**

Monday-Friday 1-4:30 p.m.  
Saturday 8:30 a.m.-8:30 p.m. | Sunday 11 a.m.-7 p.m.  
To register your child for a Kids Pass or for more information, contact the Membership Office at 972.560.6302 or membership@cooperfitnesscenter.com.

#### **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 972.392.6171.

CPR-certified and seasoned instructors with a 7:1 child-teacher ratio, and a nut-free policy, we are equipped to keep your children safe and having fun while they "play with a purpose." Children can improve gross motor

# August

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development through physical activity and fine motor projects in our playroom and active court.

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).

### **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, reservations are strongly recommended. Call 972.239.6171.

### **Parents' Day Out for Cooper Fitness Center Members Only**

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.

### **Family Locker Room**

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

### **Cooper Spa**

Patrons of Cooper Spa Dallas can arrange complimentary childcare during their spa services with advanced reservations. Please call Cooper Spa at 972.392.7729 to make your spa appointment and mention your need for complimentary childcare. [cooperspa.com/Dallas](http://cooperspa.com/Dallas)

### **Cedars Woodfire Grill at Cooper Aerobics**

Kid-sized meals are available in our healthy and fresh restaurant, open to the public. 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. For more information, contact the Membership Office at 972.560.6302 or [membership@cooperfitnesscenter.com](mailto:membership@cooperfitnesscenter.com).

# Want to feel like a kid again?

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

- 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
- Exclusive new-member package – including sessions with a trainer, a sports or nutrition pro, access to our member-only wellness program, and much more
- 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.**

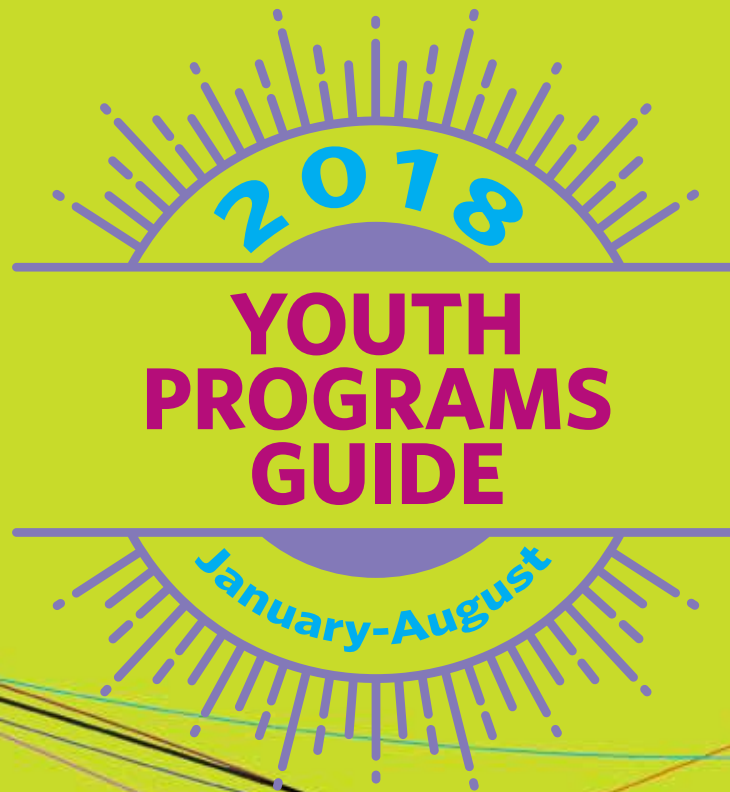


**PRIVATE AND SMALL GROUP CLASSES**  
OPEN TO THE PUBLIC  
[cooperfitnesscenter.com/Pilates](http://cooperfitnesscenter.com/Pilates)



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)