



YOUTH PROGRAMS GUIDE



Cooper Fitness Center™
A COOPER AEROBICS COMPANY

get Cooperized!™

FITNESS & WELLNESS

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 7-23 | September 4-20 | October 2-18

October 30- November 15 | November 27-December 13

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

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

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

Beautiful Fit Academy

Girls spend a day learning from health, fitness and beauty professionals to gain confidence in all elements of total wellness.

The day includes an introduction to yoga, boot camp fitness, nutrition, body image and skin care/beauty.

Ages 8-12 and 13-16

Check the website for dates.

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 8-15

30-minute sessions, 1-4 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)

\$25 per additional child



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 communicate effectively in order to lead the 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 child

Group Orienteering Session

Do you want to try Scavenger Hunt Orienteering but don't have enough for a group? Join us for a group session and get ready for team challenges and navigating your way around the 30-acre Cooper campus.

Ages 8+

Thursday, September 27, 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 17-19 | December 27-28, 1-5 p.m.

Cost: \$150/three-day camp, \$100/two-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 17-19

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 26-28, 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 26-28, 10:30 a.m.-1 p.m.

Cost: \$155/three-day camp

EVENTS

Kids in the Kitchen

Kids enjoy preparing yummy, yet nutritious foods, while learning healthy cooking skills. The classes are held inside Cedars Woodfire Grill at Cooper Fitness Center. New this fall, classes will be held on Fridays.

Ages 4-12

Ages 6-8: September 14 and November 9

Ages 9-12: October 5 and December 7

Cost: \$40

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.

Soccer Kickers

Soccer Kickers introduces kids ages 4-6 to the most popular sport in the world—soccer! Players learn the fundamentals and develop their skills through drills and fun games.

Ages 4-6

Wednesdays, 4:30-5:15 p.m.

September 12-October 10 | November 7-December 12

Cost: \$125/five-week session or \$225 for entire season

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



**SEE OUR
CAMP VIDEO**
COOPERYOUTH.COM/DALLAS



“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 29, December 6, December 13
 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

Holiday Basketball Camps

See page 3

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
 foxx68sports@yahoo.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

Parent-Child Basketball Lessons

One-hour session – Parent and child (ages 5-18)
 Member, \$120/hour, Non-member, \$130/hour

Fundamentals Basketball Academy

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.

Sundays, September 16-November 11 (off September 30)

Future Stars, Ages 5-6, noon-1 p.m.	\$320
Shooting Stars, Ages 7-8, 1-2 p.m.	\$320
Juniors Co-Ed, Ages 9-13, 2-3 p.m.	\$320
Junior Shooting School, Ages 10-13, 3:30-4:45 p.m.	\$360
Senior Shooting School, Ages 14-17, 4:45-6 p.m.	\$360



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.

TENNIS

Tennis Private Lessons

Tennis Pro Corey Noel has 15+ 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 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

Parent-Child Tennis Lessons

One-hour session - Parent and child (ages 8-17)

Member, \$85/hour | Non-member, \$90/hour

Junior Tennis Clinics

Players ages 8 and under 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 9-16 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 5-8, Tuesdays & Thursdays, 4-5 p.m.

Ages 9-12, Mondays & Wednesdays, 4:30-5:30 p.m.

Ages 13-16, Mondays & Wednesdays, 4:30-5:30 p.m.

Session 3: August 27-October 6 (*off September 3*)
\$270 (*Non-members add \$10/session*)

Session 4: October 15-December 15
\$360 (*Non-members add \$10/session*)
(*off Thanksgiving week, November 19-23*)

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 color, 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 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 while having 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.

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.



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. With 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 972.239.6171.

Having CPR-certified and seasoned instructors, 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 development through physical activity and fine motor projects in our playroom, active court and outdoor playground.

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.



PRIVATE AND SMALL GROUP PILATES CLASSES



OPEN TO THE PUBLIC
cooperfitnesscenter.com/Pilates

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.

Cooper Spa

Patrons of Cooper Spa Dallas can take advantage of 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.

Cedars Woodfire Grill at Cooper Aerobics

Kid-sized meals are available in our healthy in-facility restaurant, open to the public. For a menu, visit 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.

- IGNITE!, ages 8-13
- Tennis Clinics, ages 5-16
- Group Orienteering, ages 8+

- Basketball Academy, ages 5-17
- Group Martial Arts, ages 5+
- Kids in the Kitchen, ages 6-8

- Soccer Kickers, Ages 4-6

August

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

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
23/30	24	25	26	27	28	29

Please note refund policy on online registration page.

- IGNITE!, ages 8-13
- Tennis Clinics, ages 5-16
- "Get Your Game On" Clinics, ages 5-14

- Basketball Academy, ages 5-17
- Group Martial Arts, ages 5+
- Kids in the Kitchen, ages 9-12 (October), ages 6-8 (November)

- Soccer Kickers, Ages 4-6

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
					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 8-13
- Tennis Clinics, ages 5-16
- Soccer Kickers, Ages 4-6

- 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 in the Kitchen, ages 9-12

December						
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					

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 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!

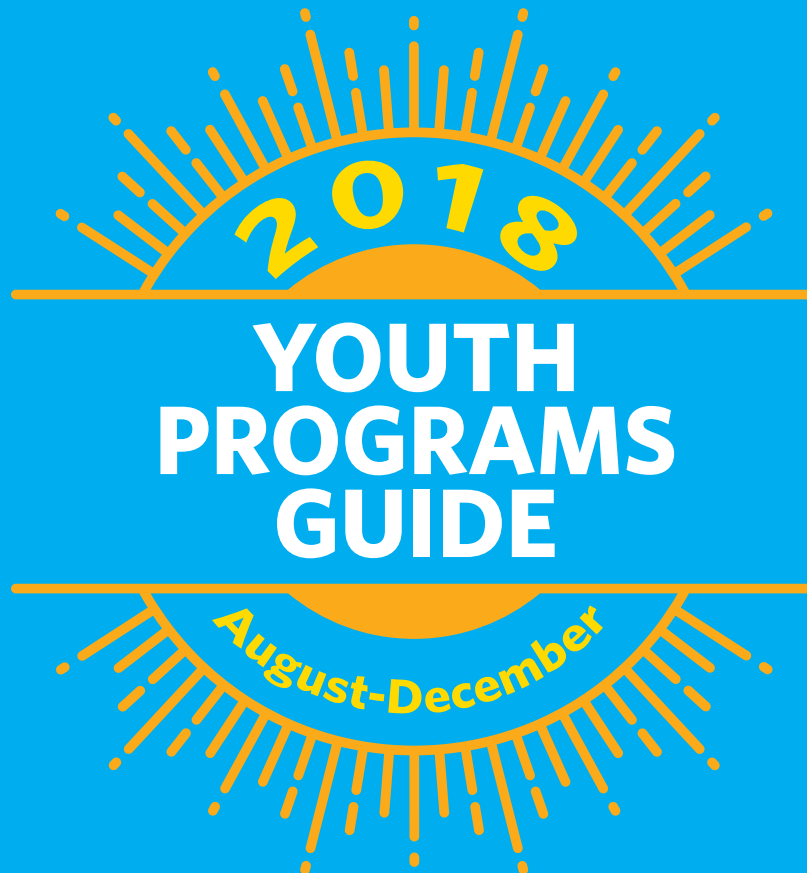
Call the Membership Office at 972.560.6302 and mention the Youth Programs Guide to receive a complimentary three-day pass.

Please note refund policy on online registration page.



Cooper Fitness Center™
A COOPER AEROBICS COMPANY

12100 Preston Road | Dallas, Texas 75230



Register today! cooperyouth.com/Dallas | 972.233.4832