



YOUTH PROGRAMS GUIDE

2014 FALL-WINTER

**FUN
FITNESS**
at Cooper
Fitness Center

get **coop**erized!™



ATHLETIC DEVELOPMENT

IGNITE!

Combining fitness, sports, movement training and games, IGNITE! helps children improve their movement patterns, enhance athletic performance and build self-esteem and confidence in future physical activities.

Ages 8-12

September 9-25 | October 7-23 | November 4-20

December 2-18

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

Cost: Tuesdays OR Thursdays (3 classes): \$105/session
Tuesdays AND Thursdays (6 classes): \$210/session

FITNESS CLASSES

Soccer Kickers

An introduction to soccer, players work on specific skills through drills and fun games to learn the fundamentals. Each practice focuses on a different skill set including learning about the positions and the field, goalie practice, dribbling, shooting, passing and trapping and more.

Ages 4-6

September 10-October 15 | October 22-November 25

Wednesdays, 4:45-5:30 p.m.

Cost: \$110/session for first child

\$60/session for every additional child of the same family

\$200/semester (Sept. 10-Nov. 25) for first child

\$120/semester for every additional child of the same family

Teen TRX Hybrid **NEW**

A fun and safe, yet challenging workout to improve teens' overall fitness. Led by a Professional Fitness Trainer, Teen TRX Hybrid incorporates a variety of equipment including TRX Suspension Training System, slide boards and kettle bells. Limited to six people per session.

Ages 13-18

September 9-25 | October 7-23 | November 4-20 | December 2-18

Tuesdays & Thursdays, 4:45-5:30 p.m.

Cost: Tuesdays OR Thursdays (3 classes), \$105/session

Tuesdays AND Thursdays (6 classes), \$210/session

BASKETBALL

with Basketball Pro Coleman Crawford

Fall Basketball Academy

Fall Basketball Academy will give your kids and teens an extra "edge" the rest of the team won't have! The drills help improve players' shooting, passing, offense/defense and more.

Sundays, September 21-November 16 (no Academy Oct. 5)

BEGINNER FUTURE STARS

Coed, Ages 5-6, noon-1 p.m.

Cost: \$320

SHOOTING STARS

Coed, Ages 7-8, 1-2 p.m.

Cost: \$320

JUNIOR ACADEMY

Boys, Ages 9-13, 2-3 p.m.

Girls, Ages 9-13, 3-4 p.m.

Cost: \$320

JUNIOR SHOOTING SCHOOL

Coed, Ages 10-14, 4:30-5:45 p.m.

Players work on shooting technique, free throws, getting open for shots and increasing their shot percentage.

Cost: \$360

BASKETBALL BOOT CAMP—NEW

Coed, Ages 12-16, 5:45-7 p.m.

Basketball Boot Camp includes basketball strength training drills, agility and footwork drills and scrimmage play to help players develop game strategy.

Cost: \$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.

Ages 5-7, 4:15-5:30 p.m.

Ages 8-14, 5:30-7 p.m.

December 4, 11, 18

Cost: \$30 per class/\$75 for all three classes

Holiday Basketball Camp

To build the fundamentals that make a great player, the two-day basketball camps concentrate on passing, dribbling, shooting and position development.

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

Ages 8-12, 10:30 a.m.-1 p.m.

December 22-23 | December 29-30

Cost: \$60 per two-day camp/Ages 5-7
\$90 per two-day camp/Ages 8-12

Private Lessons

For more than 30 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.

Private: \$90/hour

972.233.4832, ext. 4337

colemancrawford@yahoo.com



BOXING

with Boxing Pro Derrick James

Private Lessons

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

Private: \$65/half hour

Small Group (2-3 people): \$55 per person/half hour

972.233.4832, ext. 4430

foxx68sports@yahoo.com

MARTIAL ARTS

with Martial Arts Pro Mike Proctor

Group Martial Arts Classes

Cooper Fitness Center offers monthly Group Martial Arts classes for children and adults led by Martial Arts Pro Mike Proctor. He has more than 45 years of martial arts experience, is a 10th Degree Black Belt and a founding member of the Texas Black Belt Commission.

Mondays

4-4:45 p.m.	Juniors	Ages 5-12
7-7:45 p.m.	Basics	Ages 12+

Tuesdays

7:30-9 p.m.	Advanced	Black Belts
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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

Cooper Fitness Center

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

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

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

TENNIS

with Tennis Pros Steve Franklin & Corey Noel

Junior Tennis Clinics

The goal is to help young players gain confidence and build better playing skills. Players ages 10 and under use Quick Start Tennis—a new 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 11-14 are designed typically for kids who have played some but want to further their experience and become competitive players in middle school or high school.

September 8–October 17 | October 27–December 12
(off the week of Thanksgiving)

Tuesdays & Thursdays
Ages 5-7, 4:30–5:15 p.m.
Cost: \$210

Mondays & Wednesdays
Ages 8-10, 4:30–5:30 p.m.
Ages 11-14, 5:30–6:30 p.m.
Cost: \$275



Private Lessons

Voted “Tennis Professional of the Year” by two Dallas tennis associations, Tennis Pro Steve Franklin enjoys sharing his love for tennis with kids and teens. From beginners to national level junior players, Steve works with players to cultivate proper technique and strategy.

Private: \$80/hour
972.233.4832, ext. 2187
sfranklin@cooperfitnesscenter.com

Assistant 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.

Private: \$65/hour
972.233.4832, ext. 4311
cnoel@cooperfitnesscenter.com

HOLIDAY CAMPS

Kids & Youth Camps

The Cooper day camps are filled with physically-active games and sports. The activities vary by age group but include soccer, tennis, relay races, tag games, parachute games, capture the flag, pilo polo and more.

Kids Camp, Ages 5-7

Youth Camp, Ages 8-13

December 22 | December 23 | December 29 | December 30
9 a.m.–3 p.m.

Cost: \$60/day or \$210 for all four days

Holiday Basketball Camp

To build the fundamentals that make a great player, the two-day basketball camps concentrate on passing, dribbling, shooting and position development.

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

Ages 8-12, 10:30 a.m.–1 p.m.

December 22-23 | December 29-30

Cost: \$60 per two-day camp/Ages 5-7
\$90 per two-day camp/Ages 8-12



ORIENTEERING

Looking for a unique idea for a children's birthday party, teambuilding, girl/boy scouts or church activity? Try orienteering—a huge scavenger hunt with a healthy spin.

Scavenger Hunt

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, 1 hour

Cost: \$250 for 10 participants

For larger groups, please call for pricing:

Meredith Rosson, 972.233.4832, ext. 6402

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 good at communicating 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+

Friday afternoons and evenings & Saturday mornings, 1.5 hours

Cost: \$300 for 10 participants

For larger groups, please call for pricing:

Meredith Rosson, 972.233.4832, ext. 6402

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

Cost: \$45 for the first child, \$10 for each additional child

September 26, 5-8:30 p.m.

Theme: Splash Night

October 25, 5-8:30 p.m.

Theme: Costume Party & Board Game Night

December 13, 5-8:30 p.m.

Theme: Holiday Cheer

Dive In Movie Night MEMBERS ONLY

Join us at the pool for food, fun and a movie under the stars.

Members and their spouses, children and grandchildren are welcome.

September 19, 6-9 p.m.

6-7:30 p.m. Dinner, snacks, swimming, games, crafts

Dinner (optional): \$6 per person

Chicken Alfredo Pasta, Salad, Garlic Bread & Drinks

Provided by Cedars Woodfire Grill

7:30-9 p.m. Movie: Lilo & Stitch

Cost: FREE

RSVP by Sept. 16 at cooperfitnesscenter.com/Members

Cooperized Kidz Parties MEMBERS ONLY

HALLOWEEN PARTY

October 31, 10:30 a.m.-noon

Ages 12 & under *(accompanied by an adult)*

Cost: FREE

WINTER PARTY

December 19, 11-12:30 p.m.

Ages 12 & under *(accompanied by an adult)*

Cost: FREE

COOPER FALL YOUTH PROGRAMS CALENDAR

- Tennis Clinics, ages 5-14
- Soccer Kickers, ages 4-6
- Kids' Night Out, ages 4-12
- Basketball Academy, ages 5-16
- IGNITE!, ages 8-12
- Member Only Events, ages vary
- "Get Your Game On" Clinic, ages 5-14
- Teen TRX Hybrid, ages 13-18
- Holiday Kids & Youth Camps, ages 5-13
- Holiday Basketball Camp, ages 5-12

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Tennis Clinics	9 IGNITE! Teen TRX Hybrid	10 Soccer Kickers	11 IGNITE! Teen TRX Hybrid	12	13
14	15 Tennis Clinics	16 IGNITE! Teen TRX Hybrid	17 Soccer Kickers	18 IGNITE! Teen TRX Hybrid	19 Dive-In Movie Night	20
21 Basketball Academy	22 Tennis Clinics	23 IGNITE! Teen TRX Hybrid	24 Soccer Kickers	25 IGNITE! Teen TRX Hybrid	26 Kids' Night Out	27

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER 28 Basketball Academy	SEPTEMBER 29 Tennis Clinics	SEPTEMBER 30	1	2	3	4
			Soccer Kickers			
5	6 Tennis Clinics	7 IGNITE! Teen TRX Hybrid	8 Soccer Kickers	9 IGNITE! Teen TRX Hybrid	10	11
12 Basketball Academy	13 Tennis Clinics	14 IGNITE! Teen TRX Hybrid	15 Soccer Kickers	16 IGNITE! Teen TRX Hybrid	17	18
19 Basketball Academy	20	21 IGNITE! Teen TRX Hybrid	22 Soccer Kickers	23 IGNITE! Teen TRX Hybrid	24	25 Kids' Night Out
26 Basketball Academy	27 Tennis Clinics	28	29 Soccer Kickers	30	31 Halloween Party	NOVEMBER 1

COOPER FALL YOUTH PROGRAMS CALENDAR

- Tennis Clinics, ages 5-14
- Soccer Kickers, ages 4-6
- Kids' Night Out, ages 4-12
- Basketball Academy, ages 5-16
- IGNITE!, ages 8-12
- Member Only Events, ages vary
- "Get Your Game On" Clinic, ages 5-14
- Teen TRX Hybrid, ages 13-18
- Holiday Basketball Camp, ages 5-12
- Holiday Kids & Youth Camps, ages 5-13

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Basketball Academy	Tennis Clinics	IGNITE! Teen TRX Hybrid	Soccer Kickers	IGNITE! Teen TRX Hybrid		
9	10	11	12	13	14	15
Basketball Academy	Tennis Clinics	IGNITE! Teen TRX Hybrid	Soccer Kickers	IGNITE! Teen TRX Hybrid		
16	17	18	19	20	21	22
Basketball Academy	Tennis Clinics	IGNITE! Teen TRX Hybrid	Soccer Kickers	IGNITE! Teen TRX Hybrid		
23	24	25	26	27	28	29
		Soccer Kickers				

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER 30	1	2	3	4	5	6
	Tennis Clinics	IGNITE! Teen TRX Hybrid		IGNITE! Teen TRX Hybrid "Get Your Game On" Clinic		
7	8	9	10	11	12	13
	Tennis Clinics	IGNITE! Teen TRX Hybrid		IGNITE! Teen TRX Hybrid "Get Your Game On" Clinic		Kids' Night Out
14	15	16	17	18	19	20
		IGNITE! Teen TRX Hybrid		IGNITE! Teen TRX Hybrid "Get Your Game On" Clinic	Winter Party	
21	22	23	24	25	26	27
	Holiday Kids & Youth Camp Holiday Basketball Camp					
28	29	30	31			
	Holiday Kids & Youth Camp Holiday Basketball Camp					