



PLAY

RULE THE POOL

WITH A PURPOSE

2019 YOUTH
PROGRAMS GUIDE



FIT & FUN CAMPS



An action-packed, exciting summer awaits your kids at Cooper Fit & Fun Camps. Campers explore interests in physical fitness and sports in a non-competitive environment and learn the importance of making healthy choices. Our experienced staff and ideal setting—Cooper Fitness Center’s expansive outdoor spaces and indoor facilities—provide the ultimate camp experience.

From lacrosse and volleyball to relay races and capture the flag—with fitness and nutrition lessons woven in—kids are introduced to thrilling activities to keep them active all day.

Kids Camp: ages 5-7
Youth Camp: ages 8-13

SPRING BREAK CAMPS

March 11-13; 1-5 p.m.
Three-day camp: \$150

SUMMER CAMPS

Kids Camp: \$220 (Early bird \$205), 9 a.m.-2:30 p.m.
Youth Camp: \$265 (Early bird \$245), 9 a.m.-4 p.m.

Early bird deadline: March 15

Add-ons (additional fees):

Splash Camp: 2:30-4 p.m., \$115 Kids Camp only
Extended Care: 7:30-9 a.m. and 4-5:30 p.m., \$80
Lunch is available for purchase from Cedars Woodfire Grill for \$6.75





**SUMMER CAMP
SESSION DATES:**

Week 1: June 3-7

Week 2: June 10-14

Week 3: June 17-21

Week 4: June 24-28

Week 5: no camp

Week 6: July 8-12

Week 7: July 15-19

Week 8: July 22-26

Week 9: July 29-August 2

Week 10: August 5-9

WINTER BREAK CAMPS

December 27-28 | January 2-3

Two-day camp: \$100

"Each day he looked forward to coming to camp! He had so much fun and the activities were so interesting that time flew by. At the end of the day, he didn't want to come home."

- Amy M., parent of Summer Fit & Fun Camp participant

TENNIS



Swing into action with Cooper's youth tennis program. To help young players, ages 5-16, gain confidence and build better playing skills, our Tennis Pros offer private lessons, weekly clinics and summer camps. Their passion for tennis and tailored programming motivate players—from beginners to advanced juniors—to achieve excellence on and off the tennis court.

Adult lessons, clinics, leagues and mixers for all levels are also offered.

"Cooper tennis camp was one of my favorite parts of the summer. The games we played were fun and helped us focus and develop the skills we needed to work on. I really enjoyed being able to test my abilities against my friends and not feel any pressure. I loved tennis camp and know that I have become a better tennis player because of it.

- Kemper L., Cooper tennis camp participant

JUNIOR CLINIC SESSION DATES:

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

Session 1 – January 13-March 9 (8 weeks): Member, \$360; Non-Member, \$370

Session 2 – March 17-May 11 (8 weeks): Member, \$360; Non-Member, \$370

Session 3 – August 25-October 5 (6 weeks): Member, \$270; Non-Member, \$280

Session 4 – October 13-December 7 (8 weeks): Member, \$360; Non-Member, \$370



COREY NOEL, HEAD TENNIS PRO

Tennis Pro Corey Noel has more than 15 years of teaching experience and is a certified U.S. Professional Tennis Association (USTA) Pro. He has served as the Captain and Coach for USTA, Tennis Competitors of Dallas (TCD) and Metroplex Tennis League (Metro) teams since 2004.



STEVE WAHL, ASSISTANT TENNIS PRO

Tennis Pro Steve Wahl is a Certified U.S. Professional Tennis Association Pro and has taught tennis for more than 14 years. Steve attended West Virginia Wesleyan on a tennis scholarship and graduated from West Virginia University.



ANDRE VAHDAT, ASSISTANT TENNIS PRO

Tennis Pro Andre Vahdat has 10-plus years of teaching experience and is a certified U.S. Professional Tennis Association Pro. In high school, Andre finished second place at the Texas UIL State Tennis Tournament, 4A division.

SUMMER JUNIOR TENNIS CAMPS

Ages 5-8, 8-9 a.m., \$135
Ages 9-16, 9-11 a.m., \$200
CFC Members receive \$10 off

June 3-7

June 10-14

June 17-21

June 24-28

July 8-12

July 15-19

July 22-26

July 29-August 2

August 5-9





SWIM

Make a splash year-round with Cooper. For more than 20 years, Cooper Fitness Center has taught children the lifelong and lifesaving sport of swimming. Our goal is to make strong and secure swimmers by teaching swim skills and water safety.

Swim Pro Marni Kerner provides private and semi-private lessons in a positive and nurturing environment. Lessons focus on helping each swimmer:

- Gain confidence and security in the water
- Build efficiency and endurance
- Learn proper skills and mechanics for all strokes
- Advance current swim skills

Year-round lessons are available for ages 6 months to adult.



MARNI KERNER, SWIM PRO

Swim Pro Marni Kerner has more than 15 years of aquatic coaching experience. Regardless of the season, she instructs all ages and all levels of swimmers from infant beginners to competitive adults. Marni has instructed triathletes, injured swimmers, special population swimmers and many others.

PRIVATE LESSONS

Ages 6 months +; 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

**From 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

**From start date*

PARENT-CHILD LESSONS

Year-round

30-minute session; children's age: 8-17
Member: \$70/half hour
Non-Member: \$80/half hour

SWIM TEAM SESSIONS

Cooper Swim Team is a pre-competitive group swim where participants practice competitive strokes and skills.

Ages 6-15 | 4:30-5:30 p.m.
Cost: \$195/session

June 3-7	July 15-19
June 10-14	July 22-26
June 17-21	July 29-August 2
June 24-28	August 5-9
July 8-12	



BASKETBALL



Dribble, pass, shoot and score with Cooper's youth basketball programs. From perfecting the fundamentals to understanding game strategy, Basketball Pro Coleman Crawford develops players to perform their best on the court.

Basketball programs for ages 5-16 are offered throughout the year, including private and small group lessons, summer and winter camps, clinics and more. Adult lessons are also available.

"I really was a lousy player last year. . . really! But I learned so much from Coach Crawford during the summer and got a lot from the three-day Holiday Shooting School. It has made a difference!"

- Jalen M., Cooper basketball participant



COLEMAN CRAWFORD, BASKETBALL PRO

Basketball Pro Coleman Crawford brings more than 40 years of experience coaching basketball—from NCAA to NBA Development League to international teams—to Cooper Fitness Center. Coleman graduated with a Bachelor of Science (with honors) from University of North Alabama and Master of Arts in Education from Delta State University. He was named Coach of the Year finalist, Mid-Continent Conference, 1992 and inducted into the Sports Hall of Fame at the University of North Alabama in 1993.

WINTER PROGRAMS

Elevate Your Game Academy: January 13-February 24

Ages 5-6, Noon-1 p.m., \$290 | Ages 7-8, 1-2 p.m., \$290

Ages 9-13, 2-3 p.m., \$290 | Shooting School: Ages 9-12, 3:30-4:45 p.m., \$325

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

SPRING PROGRAMS

Get Your Game On Spring Break Clinic: March 11-13

Ages 5-7, Noon-1 p.m., \$100 | Ages 8-14, 10:30 a.m.-1 p.m., \$145

Basketball 365 Academy: April 7-May 19 (off April 21)

Ages 5-6, Noon-1 p.m., \$250 | Ages 7-8, 1-2 p.m., \$250

Ages 9-13, 2-3 p.m., \$250 | Shooting School: Ages 9-12, 3:30-4:45 p.m., \$280

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

SUMMER PROGRAMS

Summer Fundamentals Camp: June 17-21 and July 15-19

Ages 5-7, 9-10:30 a.m., \$170 | Ages 8-12, 10:30 a.m.-1 p.m., \$220

Summer Shooting School: June 24-28 and July 22-26

Ages 10-14, 10 a.m.-Noon, \$210

Summer Basketball Boot Camp: July 29-Aug. 2

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

FALL PROGRAMS

Fall Fundamentals Academy: September 15-November 10

Ages 5-6, Noon-1 p.m., \$320 | Ages 7-8, 1-2 p.m., \$320

Ages 9-13, 2-3 p.m., \$320 | Ages 9-12, 3:30-4:45 p.m., \$360

Ages 13-16, 4:45-6 p.m., \$360

Get Your Game On Clinic: November 28, December 5, December 12

Ages 5-7, 4:15-5:30 p.m., \$80 | Ages 8-14, 5:30-7 p.m., \$90

Holiday Basketball Fundamentals Camp: December 26-28

Ages 5-7, 9-10:30 a.m., \$100 | Ages 8-14, 10:30 a.m.-1 p.m., \$155

Holiday Basketball Camps (Super Star and Shooting School): January 2-4, 2020

Ages 5-7, 9-10:30 a.m., \$100 | Ages 8-14, 10:30 a.m.-1 p.m., \$155



MARTIAL ARTS



Build discipline and confidence. Develop physical and mental self-defense skills. Improve your fitness. That's the power of martial arts training. From karate and jiu jitsu to self-defense, Martial Arts Pro Mike Proctor offers group and individual training for ages 5 and older.

GROUP MARTIAL ARTS CLASSES

Members: \$100/month

Non-Members: \$125/month

Family rates also available.

Attend unlimited number of classes per month.

PRIVATE LESSONS MARTIAL ARTS OR SELF-DEFENSE

\$100/hour



MIKE PROCTOR, MARTIAL ARTS PRO

Martial Arts Pro Mike Proctor has more than 50 years of martial arts experience. He is a 10th Degree Black Belt and founding member of the Texas Black Belt Commission. He also serves on the board of the Fellowship of Christian Martial Artists, Gospel Martial Arts Union and the American Karate and Tae Kwon Do Organization.

"Sensei Proctor is not only a teacher, but a mentor. He has helped my son develop the ability to focus, follow a complex series of instructions and grow as a person who shows respect and discipline. Being able to clearly analyze a problem and make a rational decision is a crucial life skill he will carry with him forever."

- Parent of Martial Arts participant

BOXING

Enjoy a sport with some punch—boxing. Focused on building confidence and self-esteem and teaching basic self-defense skills, Boxing Pro Derrick James provides a fun, active learning environment that improves your child's fitness and builds stamina. Not to mention it develops their hand-eye coordination. Private, semi-private and small group sessions—including parent-child lessons—are available for ages 8 and older.

PRIVATE & SMALL GROUP SESSIONS

Private 30-minute session

Member: \$65

Non-Member: \$75

Group 30-minute session

Member: \$50/person

Non-Member: \$55/person



DERRICK JAMES, BOXING PRO

Boxing Pro Derrick James brings 40+ years of boxing experience, including more than 15 years of coaching experience, to Cooper Fitness Center. In 2017, he was named Trainer of the Year by *The Ring* magazine for his work with world champion boxers Errol Spence Jr. and Jermell Charlo. His clients range from age 8 to 90.

"Knowing he is the best in his field makes me want to train more. I'm lucky to have him."

- Boxing participant

IGNITE!

IGNITE! your child's interest in physical activity and sports. Combining fitness, sports, movement and games, IGNITE! helps improve athletic performance. The exercises and activities focus on agility, coordination, endurance, balance, speed, power and strength while promoting a healthy lifestyle.

Ages 9-13

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

Tuesdays OR Thursdays: \$120/session

Tuesdays AND Thursdays: \$220/session

SESSION DATES

January 8-24

February 5-21

March 5-28

April 9-25

May 7-23

June 4-20

July 9-25

August 6-22

September 3-19

October 1-17

October 29-November 14

December 3-19



"My daughter was at a birthday party and spontaneously got a small group of kids together to play dodgeball. She never would've done that prior to her experiences at IGNITE! and Cooper Camp."

- Jessica G., parent of IGNITE! participant



SCAVENGER HUNT ORIENTEERING

A fun exercise for the body and mind—outdoor Orienteering Scavenger Hunt. Led by Professional Fitness Trainer Shannon Edwards, your child's group will navigate the 30-acre Cooper Aerobics campus using just a compass, map and landmarks. The challenge will develop teamwork, communication skills and trust. Ages 8+.

GROUP ORIENTEERING DATES

May 2

September 26

5-6 p.m. | \$25 per event

Private orienteering is available for children's birthday parties, teambuilding, Girl Scouts, Boy Scouts or church activities. For more information, contact Lexie McClelland at lmcclelland@cooperfitnesscenter.com.

BEAUTIFUL FIT ACADEMY

Girls spend the day learning from health, fitness and beauty professionals. The day includes an introduction to yoga, fitness and nutrition tips and skincare/beauty advice.

Ages 12-16
January 20, 11 a.m.-4 p.m.
\$195



KIDS IN THE KITCHEN

Come cook with us! Prepare delicious, nutritious foods while learning healthy cooking skills. Each class features different recipes—from kid-friendly entrees to snacks and desserts. The classes are held inside Cedars Woodfire Grill at Cooper Fitness Center.

Cost: \$40/class

Pasta Mania

Ages 6-8, Sunday, February 3, 11 a.m.-1 p.m.

Ages 9-12, Sunday, March 17, 11 a.m.-1 p.m.

Fiesta

Ages 6-8, Sunday, April 7, 11 a.m.-1 p.m.

Ages 9-12, Sunday, April 14, 11 a.m.-1 p.m.

Check website for fall dates.

"Our daughter insisted we run her to the grocery store so she could buy all of the ingredients to recreate her 'secret' recipe! You've inspired a healthy chef and eater."

- Lesli C., parent of Kids in the Kitchen participant

REGISTER TODAY AT COOPERYOUTH.COM/DALLAS

YOUTH TRIATHLON TRAINING

Swim, run, bike to the finish line. Prepare for triathlons in this six-week training program for ages 8-13, coached by Swim Pro Marni Kerner, an experienced triathlete. In addition to improving your child's swimming, biking and running techniques, the small group training helps participants set goals and build friendships.

March 24-May 5 (off April 21)
Sundays, 1-2:30 p.m.
\$285



SOCCER KICKERS

An introduction to soccer—the world's most popular sport! Kids ages 4-6 learn the fundamentals and develop skills through free play and interactive games. Skill focus includes learning the positions on the field, dribbling and shooting, throw-ins, passing and stopping the ball.

Wednesdays, 4:30-5:15 p.m.
Five-week session: \$125 | Full season: \$225

Spring Season:

Session 1 - February 6-March 6
Session 2 - March 27-April 24

Fall Season:

Session 1 - September 4-October 2
Session 2 - October 23-November 20

PARENT PERKS

EXERCISE COULDN'T BE EASIER! TENNIS, BOXING AND PILATES AVAILABLE FOR PARENTS.
VISIT COOPERFITNESSCENTER.COM FOR MORE INFORMATION.



COOPERIZED KIDZ CHILDCARE

Cooper Fitness Center members and Cooper Spa customers may use the on-site childcare service, Cooperized Kidz. Children ages 2 months to 12 years can stay for up to three hours a day. Reservations and a nominal fee required.

Call [972.239.6171](tel:972.239.6171)

WANTED: Passionate Camp Counselors to Lead and Learn

Know a high school or college-age student with a passion for health and wellness? Cooper Summer Camp Counselors develop valuable skills that help get their careers off to a great start, including:

- Leadership
- Program planning
- Collaboration
- Problem solving
- Communication

Cooper Counselors spend their summers making an impact, staying active, leading campers in fun games and physical activities. Contact Lexie McClelland at lmcclelland@cooperfitnesscenter.com | 972.341.3201. Apply online at: cooperaerobics.com/About/Join-Our-Team



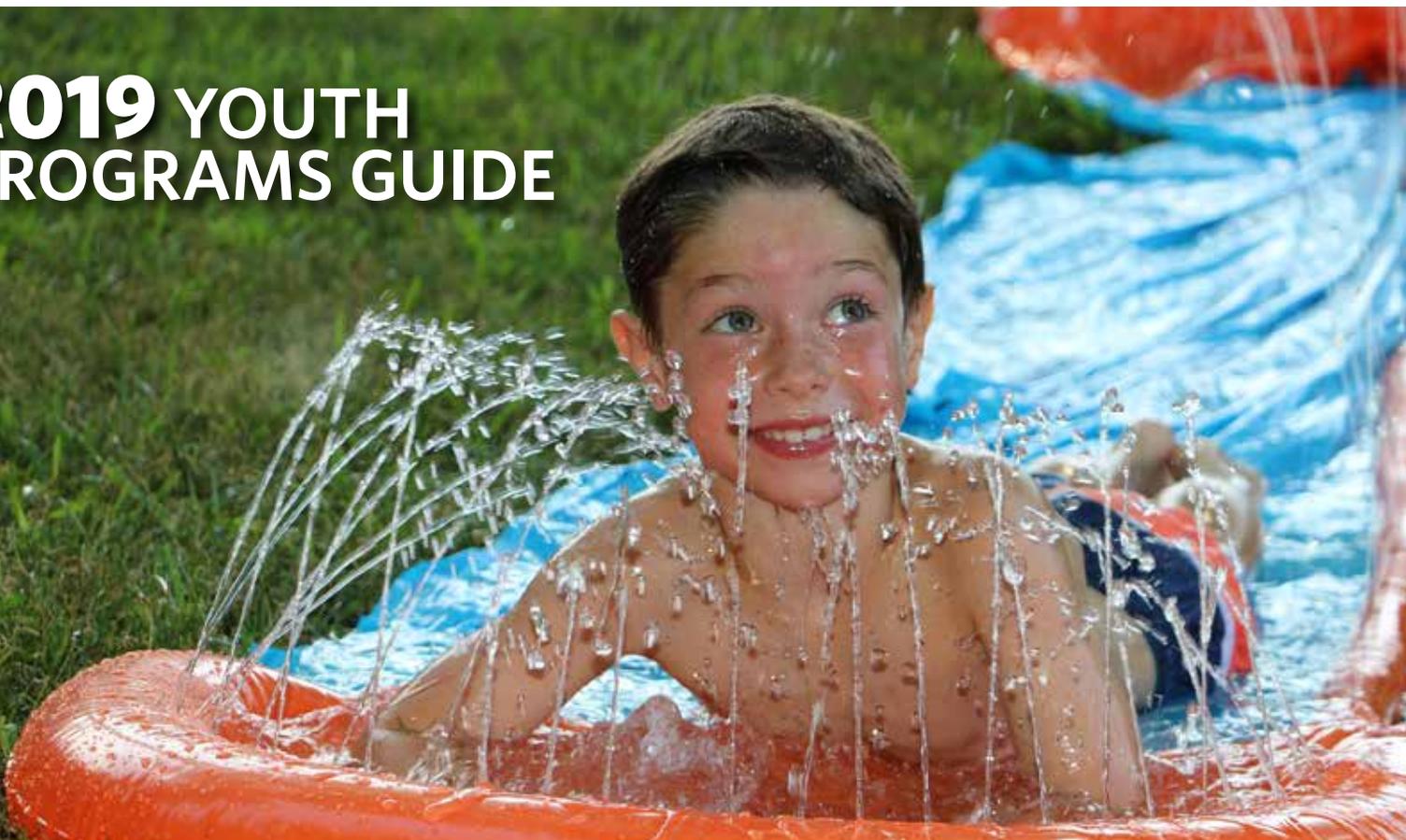
REGISTER TODAY AT COOPERYOUTH.COM/DALLAS



Cooper Fitness Center™
A COOPER AEROBICS COMPANY

12100 Preston Road | Dallas, Texas 75230

2019 YOUTH PROGRAMS GUIDE



Register today! cooperyouth.com/Dallas | 972.233.4832