

2020 YOUTH PROGRAMS GUIDE



PLAY
WITH A PURPOSE



Cooper Fitness Center
A COOPER AEROBICS COMPANY

get Cooperized!™

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

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 1-5

Week 2: June 8-12

Week 3: June 15-19

Week 4: June 22-26

Week 5: No Camp

Week 6: July 6-10

Week 7: July 13-17

Week 8: July 20-24

Week 9: July 27-July 31

Week 10: August 3-7

WINTER BREAK CAMPS

December 21-23 | December 28-30

Three-day camp: \$150

"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

REGISTER TODAY AT [COOPERYOUTH.COM/DALLAS](https://cooper youth.com/dallas)

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, ages 9-12 and 13-16 4:30-5:30 p.m.

Tuesdays & Thursdays, ages 5-8, 4-5 p.m.

Session 1 – January 12-March 8 (8 weeks): Non-Member: \$370, Member: \$360

Session 2 – March 16-May 10 (8 weeks): Non-Member: \$370, Member: \$360

Session 3 – September 6-October 17 (6 weeks): Non-Member: \$280, Member: \$270

Session 4 – October 25-December 12 (6 weeks) : Non-Member: \$280, Member: \$270



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.



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.

2020 SUMMER JUNIOR TENNIS CAMPS

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

\$135/session

Ages 9-16, 9-11 a.m.

\$200/session

CFC Members receive \$10 off

June 1-5

June 8-12

June 15-19

June 22-26

July 6-July 10

July 13-17

July 20-24

July 27-31

August 3-7



SWIM

A young girl with long brown hair, wearing a colorful patterned swimsuit, is captured mid-jump into a swimming pool. Her arms are raised high in the air, and her mouth is open in a joyful expression. The background shows a white pool fence and a white car parked nearby, with lush green trees in the distance.

Make a splash in swim lessons. For more than 20 years, Cooper Fitness Center has taught children the lifelong and lifesaving sport of swimming. Our goal is to help improve the quality and quantity of every swimmer's life through water safety skills and improved fitness.

Swim Pro Marni Kerner provides private and semi-private lessons in a controlled and positive environment. The lessons focus on helping each child:

- Develop stroke mechanics and efficiency
- Learn proper breathing mechanics
- Build stamina and confidence in the water
- Overcome fear of water

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

Year-round (M-F); ages 6 months and older

Individual Lessons

30-minute lesson: \$65

60-minute lesson: \$110

One-Week Package

Five, 30-minute lessons in one week (M-F): \$275

Three, 60-minute lessons in one week (M-F): \$295

Package to be Completed within One Month*

Five, 30-minute lessons in one month: \$300

Three, 60-minute lessons in one month: \$315

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

SEMI-PRIVATE LESSONS

2-4 children ; Year-round (M-F);
ages 6 months and older

Individual Lessons

30-minute lesson: \$45/swimmer

60-minute lesson: \$75/swimmer

One-Week Package

Five, 30-minute lessons in one week (M-F): \$175/swimmer

Three, 60-minute lessons in one week (M-F): \$195/swimmer

Package to be Completed within One Month*

Five, 30-minute lessons in one month: \$200/swimmer

Three, 60-minute lessons in one month: \$210/swimmer

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

PARENT-CHILD LESSONS

Year-round

30-minute session; ages: 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.

\$200/one-week session

June 1-5

June 8-12

June 15-19

June 22-26

July 6-10

July 13-17

July 20-24

July 27-August 31

August 3-7





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 12-February 23

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 Camp March 16-March 18

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

Basketball 365 Academy 2020: April 5-May 17 (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

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 15-19 and July 13-17

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

Summer Shooting School: June 22-26 and July 20-24

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

Summer Basketball Boot Camp: July 27-July 31

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

FALL PROGRAMS

Fall Fundamentals Academy: September 20-November 15 (off Oct. 4)

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

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

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

Get Your Game On Clinics: December 3, December 10, December 17

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

Holiday Basketball Fundamentals Camps: December 21-23

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): December 28-30

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



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.

AROUND THE WORLD

February 15: Mediterranean Love, 4:30-7:30 p.m.
Two-hour cooking class and one-hour of play
Ages 6-12, \$60

March 22: South of the Border
Ages 6-8, 11 a.m.-1 p.m. | Ages 9-12, 2-4 p.m.
\$40/class

April 19: Outside America (Earth Day)
Ages 6-8, 11 a.m.-1 p.m. | Ages 9-12, 2-4 p.m.
\$40/class

Spring Session, Package of 3, \$120

Check website for fall dates.

BEAUTIFUL FIT ACADEMY

Girls learn first-hand about health including making nutritious snacks, fitness and self-care while gaining confidence and establishing a style all their own. Our February sessions introduce girls to exercise equipment and proper use, how to build a healthy relationship with food including healthy snack prep as well as establishing an at-home workout.

February 16 and February 23
Ages 12-16
1-4 p.m.
\$225





SCAVENGER HUNT ORIENTEERING

An interactive 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 and communication skills and trust. Ages 8+.

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

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 and teaching the fundamentals of fitness and health. Ages 9-13

Check website for dates.

"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



REGISTER TODAY AT COOPERYOUTH.COM/DALLAS

YOUTH TRIATHLON TRAINING

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

March 22-May 3, Sundays (no class on Easter)

Ages 8-13

1-2:30 p.m.

\$285

Fall session: September 13-October 11



SOCCER KICKERS

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

Check website for dates.

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 at Cooperized Kidz. In the indoor areas—Play Circle and Active Court—and outdoor playground, children ages 2 months to 12 years can “Play with a Purpose” for up to three hours a day.

Reservations are required and there is a nominal fee. Call 972.239.6171 for more information or to make a reservation.

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 Riley Uhl at ruhl@cooperfitnesscenter.com | 972.233.4832, ext. 4380. Apply online at: cooperaerobics.com/About/Join-Our-Team





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