

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





"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



JUNIOR CLINIC SESSION DATES

Mondays & Wednesdays, ages 9-12 and 13-164:30-5:30 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

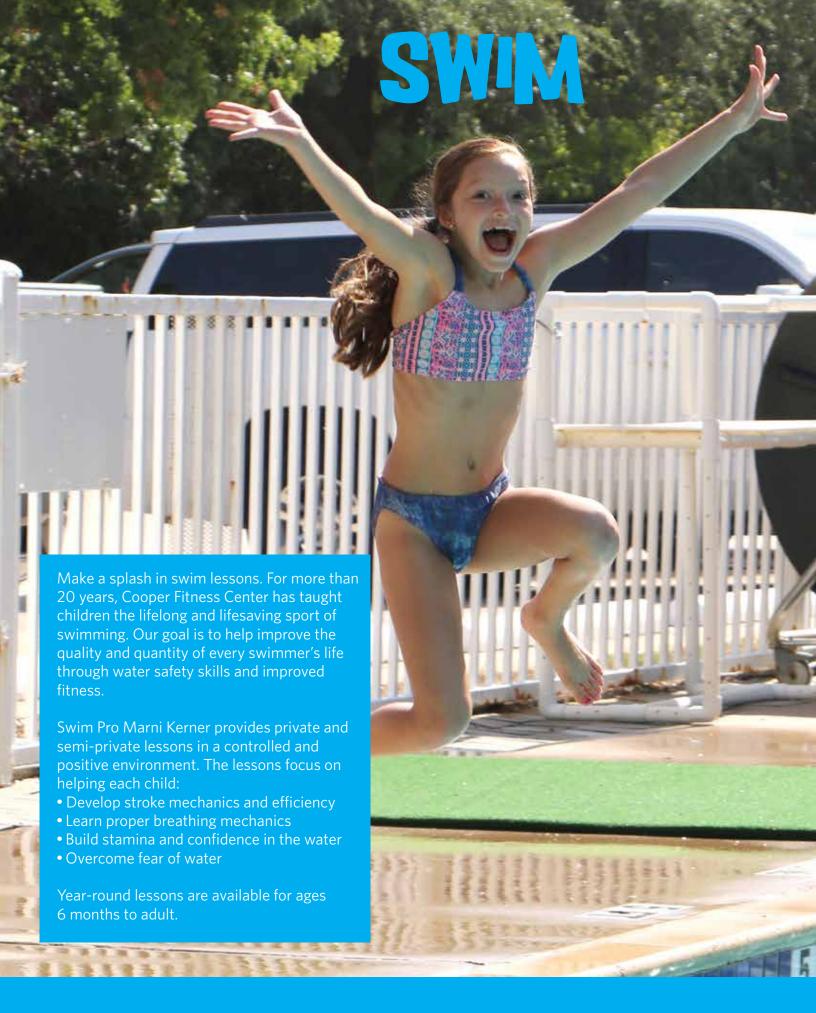
July 20-24

July 27-31

August 3-7









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 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 Schoo: 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

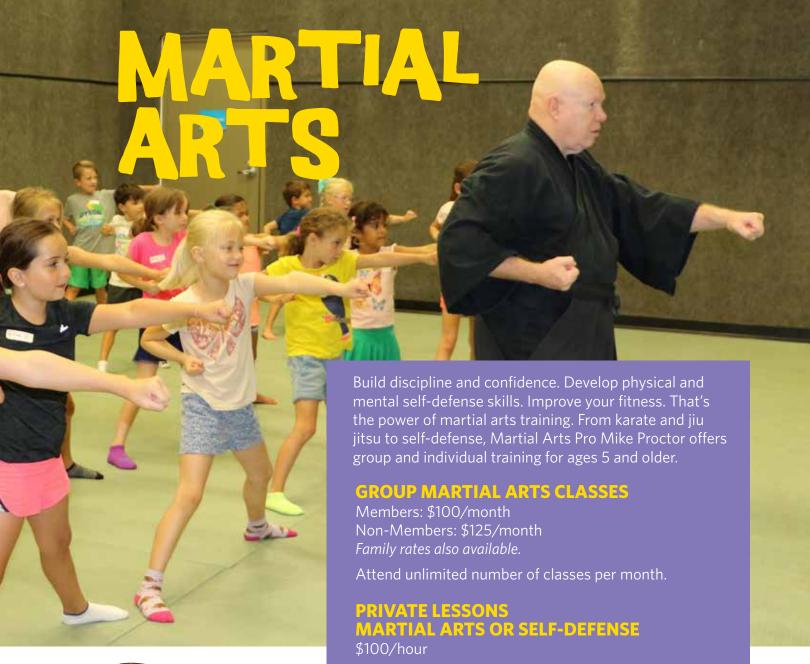
Holiday Basketball Fundamentals Camps: December 21-23

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





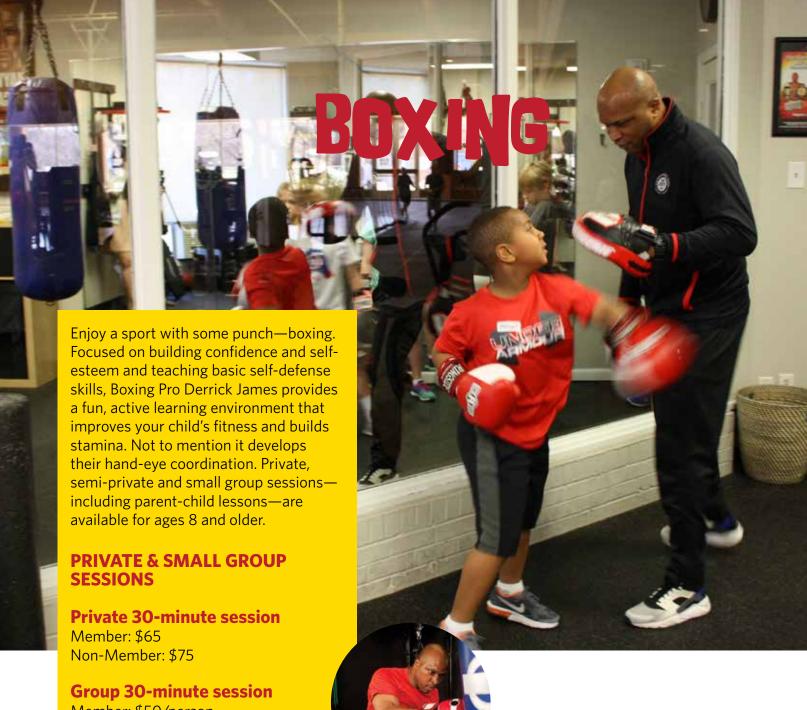


MIKE PROCTOR, MARTIAL ARTS PRO

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



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 FITACADEMY

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



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:

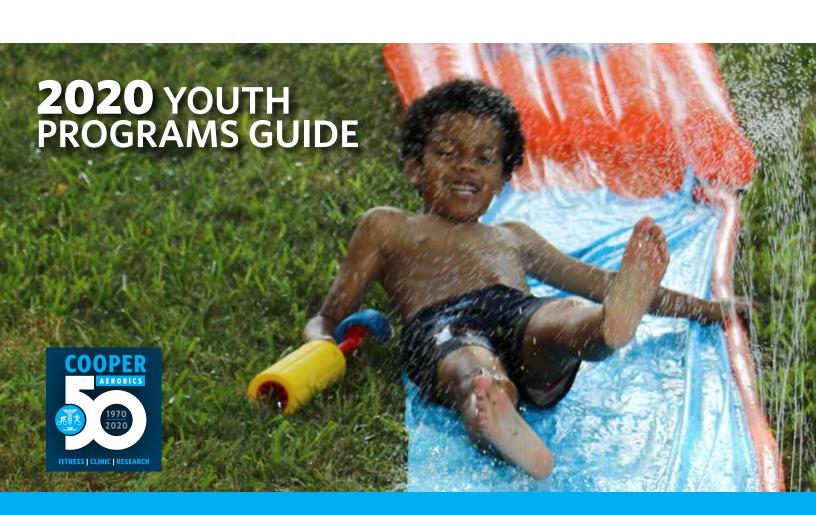
- Leadership
- Program planning
- Collaboration
- Problem solving
- Communication

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





12100 Preston Road | Dallas, Texas 75230



Register today! cooperyouth.com/Dallas | 972.233.4832