# **Camp Schedule & Descriptions**

DROP OFF at TPC Craig Ranch

### **GOLF** : TPC at Craig Ranch

#### 9:00 a.m. - 11:30 a.m.

This fun and informative class will offer the basics needed to get you started playing golf. With full swing-wedges, irons, and woods, we will work on the fundamentals of golf (PGA-Posture, Grip, Alignment). Short game-putting, chipping, pitching and bunker play will be included.

# Snack : Cooper Fitness Center

# **TENNIS :** Cooper Fitness Center

#### 12:00 p.m. - 1:00 p.m.

The game of tennis has been called the sport of a lifetime because it can be played by anyone at any age, anytime of the year and anywhere in the world. This class will lead players in drills and activities to help their strokes and is designed to introduce beginners to the game and improve their playing abilities. This class will also include activities and games to help develop a love for the sport.

Lunch : Cooper Fitness Center

### SWIMMING : Cooper Fitness Center

#### 2:00 p.m. - 3:00 p.m.

Let us introduce your child to an activity that can be practiced for a lifetime. Children benefit from the physical activity provided by swimming for growth and development. Regular swimming builds endurance, muscle strength and cardiovascular fitness. Your child will gain a basic understanding of the work necessary to learn elementary swimming through drills, activities and games.

# FITNESS ACTIVITIY : Cooper Fitness Center

**3:00 p.m.. - 4:00 p.m.** Campers will participate in agility drills and sports/fitness based games - led by an exercise specialist.



PICK UP at Cooper Fitness Center

# **Craig Ranch Sports Camp**

To Register, contact: Jillian Fuerman 214.383.1056 | jfuerman@coopercraigranch.com Or visit our Service Desk

Golf ONLY Camps: June 7-June 10 | July 5-July 8 | July 19-July 22 | Aug. 2-Aug. 5 To Register, contact: Brad Ott 214.649.2380 | bradott17@gmail.com



Cooper Fitness Center at Craig Ranch 7910 Collin McKinney Parkway McKinney, TX, 75070 214.383.1000



CRAIG RANCH

TPC at Craig Ranch 8000 Colling McKinney Parkway McKinney, TX, 75070 972.747.9005

