

# Cooper Fitness Center - Dallas Youth Programs March 2010



## Meredith Rosson

Youth Programs Director  
972-233-4832 ext. 6402  
mrosson@cooper-  
clinic.com

## Jungle Gym

972-239-6171  
M-Th: 8:30 a.m.-7:30 p.m.  
F: 8:30 a.m.- 3 p.m.  
Sat.: 8 a.m.- 2 p.m.  
Sun.: CLOSED

## Dirk Ebel

Swim Academy/Swim Pro  
972-233-4832 ext. 4447

## Frank Valerio

Tennis Pro  
972-233-4832 ext.2187

## CFC Children's Hours

Sat.: 8:30 a.m.-3 p.m. and  
6-8:30 p.m.  
Sun.: 1-7 p.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Spring Break Camp, Summer Camp, and Advance Triathlon Camp registration begins</b>	2 <b>4-5pm IGNITE! Session 3</b>	3	4 <b>4-5pm IGNITE! Session 3</b>	5	6
7	8	9 <b>4-5pm IGNITE! Session 3</b>	10	11 <b>4-5pm IGNITE! Session 3</b>	12	13
14	15 <b>Spring Break Camps begin</b>	16 <b>Spring Break Camps</b>	17 <b>Jungle Gym-- Wear Green Day</b> <b>Spring Break Camps</b>	18 <b>Spring Break Camps</b> <b>Jr. Development Tennis Program begins</b>	19 <b>Spring Break Camps</b>	20
21	22	23	24	25 <b>Register for Mother's Day Out</b>	26 <b>Jungle Gym-- Mother's Day Out</b>	27 <b>Eggstravaganza, 9 a.m.-12:30 p.m.</b>
28	29 <b>Last week to register for Advance Triathlon Camp</b>	30	31	1	2	3 Easter Weekend

**IGNITE!, ages 8-12:** This fitness and athletic development program coached by Shannon Edwards encourages children to move, move more efficiently for sports, and learn to enjoy living an active lifestyle. Children will improve their speed, endurance, agility, strength, coordination, power, and confidence. To register, call Meredith Rosson at 972-233-4832 ext. 6402.

**Mother's Day Out, ages 2 months-12 years:** One day each month will be designated as a day parents can make a reservation in the Jungle Gym for their children and leave campus to run errands, have lunch with friends, etc. Normal reservation policies apply. Call the Jungle Gym at 972-239-6171 for more information.

**Spring Break Sport Camps--Choose from Basketball Camp, Quick Start Tennis Camp, Splash Camp, or Martial Arts for your children to participate in this Spring Break.** Each camp is coached by one of our sport pros. For more details, visit [CooperYouth.com](http://CooperYouth.com) or call Meredith Rosson at 972-233-4832 ext. 6402.

Join us for our annual Eggstravaganza! Activities will include pony rides, face painting, Easter egg hunt, and much more. Please arrive no later than 9:15 a.m. to participate in the egg hunt at 9:30 a.m.

The Junior Development Tennis Program is for juniors training for tournaments. For more information or to register, call Frank Valerio at 972-233-4832 ext. 2187.