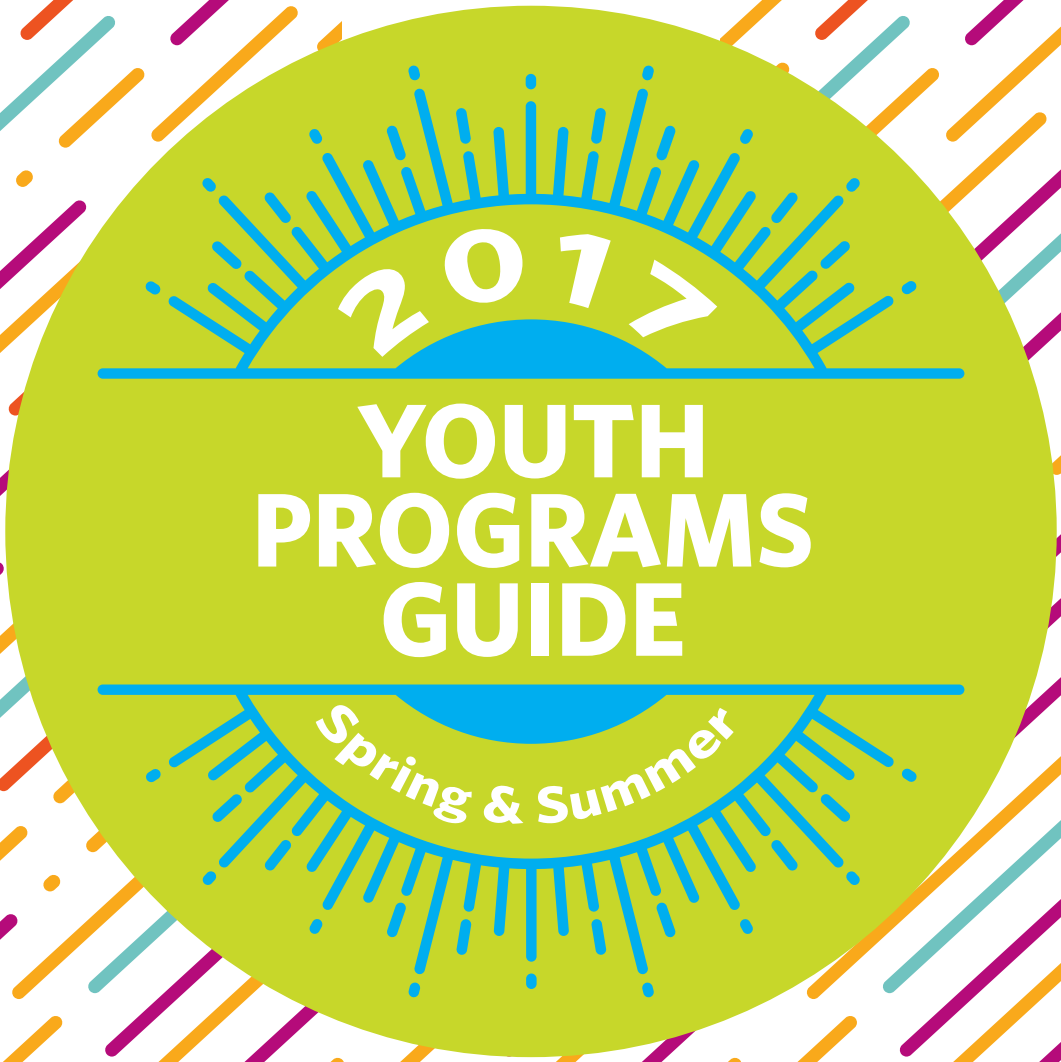


Rc
CORRAL



Cooper Fitness Center™
at Craig Ranch
A COOPER AEROBICS COMPANY

get cooperized!™

ATHLETIC DEVELOPMENT & FITNESS CLASSES

Fit Kids

Our Fit Kids Program offers a variety of exciting, inclusive, and age-appropriate classes geared towards introducing your little ones to the basic components of fitness, as well as teaching them team-building, communication, and motor skills. Our classes include Zumba®, Yoga, Karate, Basketball, Be Creative, Be Healthy, and Rock Climbing to name a few!

Pricing:

Kids Club Membership.....\$17/month
Non Member rate.....\$80/month and \$12/ FK class

Home school Fitness Class

Our Home school Fitness Class, specifically for ages 6-12, focuses on building stronger more flexible bodies, improving nutrition, developing team work skills, and most importantly creating meaningful friendships with peers through engaging, inclusive, and exciting sports activities. With our class your home schoolers are sure to achieve fitness goals while having a blast!



SUMMER CAMPS

Youth Fit Camp "Active Adventures"

Our Summer Day Camp introduces your little ones to a variety of enriching sports, games, and team challenges through daily fitness lessons. Our goal is to enhance their social interaction, agility, balance, and coordination through structured, engaging, and inclusive play.

Splash Zone

Campers have the opportunity to swim everyday, twice a day! To ensure optimal safety for campers, camp counselors will aid campers in changing into swimsuits, transitioning to the pool area, and enjoying the pool.
(Your child must be at least 5 years old by September 1, 2017)

June 5-9 | June 12-16 | June 19-23 | June 26-30 | July 5-7*
July 10-14 | July 17-21 | July 24-28
July 31-Aug 4 | Aug 7-11 | Aug 14-18

*July 5-7 price will be pro-rated

Full Day | 9 am - 4 pm

Cooper Kids Club.....\$48/daily or \$233/week
Non-Cooper member.....\$58/daily or \$283/week

Half Day | 9 am - 12 pm or 1 - 4 pm

Cooper Kids Club.....\$24/daily or \$115/week
Non-Cooper member.....\$29/daily or \$140/week

Extended Care Available

7:30-9 am and/or 4-5:30 pm

\$6/day for before or after | \$12/day for both

Lunch is included in the daily fee for full day campers. Half day campers may either bring their lunch or order from Tenley's for an additional fee.

Please bring proper flotation devices for little ones who need swimming assistance.

SUMMER CAMP FAQs

What should my child bring to camp?

We recommend your child bring a bag with the following items: towel, water bottle, sport clothes, sneakers, swim suit and sunscreen. A change of clothes is encouraged for full-day campers.

Campers should NOT bring cell phones, portable game systems, iPads or other technical devices.

Where should I drop off and pick up my child?

Please drop off and pick up your child on the patio located just north of the main entrance.

If your child is registered for extended care (before or after normal camp hours), please check them in/out at the RC Corral.

Half-day campers should be picked up at 12 pm or dropped off at 1 pm in the Demo Kitchen.

Can my child walk home?

Children will not be permitted to leave the camp location to walk home or to any other meeting place unless accompanied by an adult.

If your child is registered for multiple camps, please alert the Camp Counselor so they can be chaperoned to the proper location.

Do I need to fill out any paperwork?

You will need to complete a camp registration form that includes a liability waiver and medical treatment authorization form. Additionally, you will need to complete a lunch order form prior to arrival on your child's first day of camp.

Can I send money for my child to buy extra snacks from Tenley's Cafe?

Campers will be allowed to purchase additional food from the Café provided they are accompanied by a Camp Counselor. Campers will not be allowed to charge to their parents account unless written permission is received.

What happens if my child gets sick during camp?

Parents will be contacted if a child becomes ill while at camp. Children that develop a fever will be sent home and can not return until they are fever-free for 24 hours.

What is the camp refund policy?

No refunds will be issued after registration is complete. Exceptions may be made for illness and/or family emergencies.

To register contact the RC Corral at

rccorral@coopercraigranch.com

RC Corral | 214.383.1030

Cooper Fitness Center at Craig Ranch | 214.383.1000

YOUTH BASKETBALL PROGRAMS

Coach Darnell Hinson

dhinson@coopercraigranch.com

Coach Aaron McGhee

aaronmcghee@gmail.com

Basic fundamentals camp (beginners)

Our coaches will teach campers the correct fundamentals of basketball. Dribbling, passing, shooting, and overall basketball IQ will be emphasized.

June 12-16 | June 19-23 | June 26-30

July 10-14 | July 17-21 | July 24-28

Pricing

\$130/week Co-ed (ages 5-8) 10-11 am

\$150/week Co-ed (Ages 9-12) 11 am-12 pm

Intermediate Skills Camp

Our coaches will help more advanced campers with ball handling, proper technique shooting, and better passing.

June 12-16 | June 19-23 | June 26-30

July 10-14 | July 17-21 | July 24-28

Pricing

\$160/week Co-ed (Ages 10-16) | 2-4 pm

Advanced Skills Camp

If campers are looking to challenge themselves. Advanced skills camp is the best option. Our coaches will teach campers the advanced levels of ball handling, shooting, passing, and drills.

July 31-Aug 4 | Aug 7-11 | Aug 14-18 | Aug 21-25

\$170/week Co-ed (ages 11 & up) | 12-1pm

Shooting Stars Camp

Teaching the fundamentals of shooting. Our coaches will help players perfect their shot. Includes drills to learn how to shoot off the dribble, pass and screen; chart shots analysis of each campers shot.

July 31-Aug 4 | Aug 7-11 | Aug 14-18 | Aug 21-25

Pricing

\$160/week Co-ed (Ages 10-16) 10am-12pm

Boot Camp

Basketball boot camp is for intermediate to advanced players looking to improve their strength, agility, and footwork while also working on understanding the mental strategies of the game. Drills and scrimmage play is included.

July 31- Aug 4 | Aug 7-11 | Aug 14-18 | Aug 21-25

Pricing

\$240/week 1-4 pm

Private Lessons

Pricing

\$75/hour | \$40/½hour

Duo or group: \$65 per person/hour

email aaronmcghee@gmail.com for availability

COOPER KIDS RACE EVENTS

Cooper Kids

Triathlon



June 24

The race start at 8am! Transition opens at 6:45am closes at 7:45am for pre-race meeting/directions.

All kids get a finisher medal and there will be trophies for 1st-3rd in each age group for boys and girls divisions.

3 age divisions based on USA Triathlon standards (race age by 12/31/2017)

6-8 years old: swim 50 meters, bike 3 miles, run 1/2 mile (split 6 yr & 7-8 yrs for awards)

9-10 years: swim 100 meters, bike 3 miles, run 1 mile

11-15 years: swim 200 meters, bike 6 miles, run 1 mile (split into 11-12 yrs & 13-15 yrs for awards)

There will be a free breakfast for all participants poolside after the race.

For more information or to register for the race visit

<http://cooperkidstriathlon.itsyourrace.com/event.aspx?id=1693>

YOUTH TENNIS PROGRAMS

Coach Andrew KaiKai

akaikai@coopercraig ranch.com

Pee Wee/ Trailblazers (Ages 6-8 years)

Leave your little ones with us while you enjoy your workout. We will introduce them to the game of tennis. Your child will develop a feel for the tennis racquet, develop their hand-eye coordination, and improve their throwing motions through fun and exciting games.

Monday - Thursday 8:30-9:30 am

Pricing

\$70/week

Future Stars / Stars (Ages 8-10 years)

This is for the junior with little tennis experience or one looking to get into it. The emphasis will be to expose the student to all aspects of tennis. Kids will learn proper grip, stroke production, the rules of tennis, and the etiquette of tennis. This will be done through games, drills, and lots of fun.

Monday - Thursday 9:30-10:30 am

Pricing

\$70/week

Teen Tennis (Ages 10-18 years)

This is the perfect class for the junior who is striving to play more matches and get into tournament play. We will improve stroke production, footwork, and match play strategies. Drills, games, and match play will be used to help the player reach a better level of play.

Monday - Thursday 9-10:30 am

Pricing

\$105/week

Tournament Champs (By invitation only)

This intense program is for goal oriented juniors who are dedicated to improving their tennis. Students will work on all aspects of the technical and tactical development through on court and off court training.

Monday - Thursday 10:30 am-12:30 pm

Pricing

\$140/week

Saturday clinics available for the above programs at additional cost.

Private/ Semi-Private Lessons

Are you looking to improve at a faster pace? If so, private lessons are the way to go. Offering more one on one time than group lessons, private or semi-private lessons will help you reach your full potential in a shorter period of time.

June 5-8 | June 12-15 | June 19-22 | June 26-29

July 10-13 | July 17-20 | July 24-27 | July 31-Aug 3 | Aug 7-11

Pricing

Private Lesson
\$80/ hr | \$45/ ½ hr

Semi-Private Lesson
\$45/ hr per person

[email akaikai@coopercraig ranch.com](mailto:akaikai@coopercraig ranch.com) for availability

YOUTH SWIM PROGRAMS

Coach Patrick Kennedy

pkennedy@coopercraig ranch.com

Summer Swim Lessons

Select a class based on your child's current skill & comfort level. Instructors will then move them to another level if needed. Our experienced and certified Instructors will teach your child the skills he or she needs to be safe in the pool.

June 5-June 16 | June 19-June 30

July 10-July 21 | July 24-August 4

Pricing

Cooper Kid's Club \$110/session
Non-Cooper Member..... \$130/session

Things to know before you arrive:

Arrive 10 minutes prior to class start time. Have your child wear sunscreen and use the restroom before class.

Beginner | 30-minute classes

Level 1 | Bubbles

9:00 am | 9:30 am

For nervous swimmers or very beginners. Lessons include: gradual underwater adaptation, breath holding and release, submersion of face/opening of eyes underwater, & blowing bubbles/bobbing with bubbles. Swimmers advance when they complete 10 bobs with air exchange.

Level 2 | Floats & Glides

9:00 am | 9:30 am

For swimmers comfortable holding their breath and air exchange. Lessons include: front float/front glide and recover & back float/back glide and recover. Swimmers advance when they complete a front and back glide for 5 sec. and recover.

Level 3 | Kicking

9:00 am | 9:30 am

For swimmers comfortable holding their breath and floating on their stomach and back. Lessons include: porpoising/dolphin kick & kicking skills with front and back glide. Swimmers advance when they can kick 15 ft. on their front and back.

Intermediate* | 30-minute classes

Level 4 | Crawl

9:00 am | 9:30 am | 10:00 am | 10:30 am

For swimmers who have mastered breath control, floating, gliding, kicking on front & back. Lessons include: rolling over from back to front/front to back, sculling, breathing position for freestyle, & crawl arm stroke. Swimmers advance by performing side kick for 20 ft. and crawl stroke for 20 ft.

Level 5 | Freestyle

10:00 am | 10:30 am

For swimmers who swim on top of the water but stop when taking a breath. Introduction to back crawl stroke & front crawl with side breathing. Swimmers advance by swimming front crawl with a minimum of 5 side breaths.

Level 6 | Backstroke

10:00 am | 10:30 am

For swimmers who have mastered freestyle with continuous side breathing for short distances. Introduction to jumping/diving, treading water, & endurance on freestyle. Swimmers advance when they can swim freestyle for 75 ft., backstroke for 30 ft., and tread water for 45 sec.

Advanced | 45-minute classes

Level 7 | Breaststroke & Butterfly

11:00 am

For swimmers that can swim 75 ft. of freestyle and 30 ft. of backstroke. Introduction to breaststroke and butterfly, including proper kicking technique. Swimmers will advance when they can complete 50 yds. freestyle, 25 yds. backstroke, and kick breaststroke and dolphin kick for 20 ft.

Level 8 | Breaststroke, Butterfly, & Flip turns

11:00 am

For swimmers that can swim 50 yds. freestyle, 25 yds. backstroke, and kick breaststroke and dolphin kick for 20 ft. Introduction to freestyle with bilateral breathing & freestyle flip turns. Continue to learn and refine breaststroke and butterfly technique. Swimmers advance when they can swim 100 yds. freestyle using bilateral breathing, breaststroke for 25 yds. and butterfly for 20 ft.

Level 9 | Endurance

11:00 am

For swimmers who have mastered all skills in Levels 1-8. Extended swimming and technique refinements in all strokes. Should master 200 yards freestyle with bilateral breathing, 25 yards butterfly, 50 yards breaststroke, and freestyle flip turns.

Fins recommended for level 7 - 9

Swim Team

Cooper Swim Team is an introduction to competitive swimming. All areas of swimming fundamentals including stroke techniques, competition start, dives, turns and swim meet experience are taught. Our coaching staff strives to help each swimmer build his or her skills and meet the challenge during the season while still having FUN! Team swimsuits are encouraged and can be purchased at Xtreme swim shop in Plano where they will assist in your fitting for the correct size.

Open House | May 6

10:00 am

Swim suit fitting with Xtreme Swim

Pre Season

Monday - Friday | May 30-June 2

Youth (Ages 6-8) | 5 - 5:30 pm

Skilled (Ages 9 & over) | 5:30 - 6 pm

Practice Times

Tuesday - Friday | June 6 - July 14

Youth (Ages 6-8) | 12 - 12:30 pm or 12:30 - 1 pm

Skilled (Ages 9 & over) | 1 - 2 pm

Swim Meet Dates

Monday June 5 | Tuesday June 13

Tuesday June 20 | Monday June 26

Monday July 10

Championship Meet Dates

July 12

Cooper member \$210/six week session
Non-Cooper member \$280/six week session

PNO & BIRTHDAY PARTIES

Parents Night Out (PNO)

Kids enjoy a fun-filled evening with games, crafts, dinner and more while parents enjoy a night out.

Friday 5-9 pm | **alternate Saturdays** 5-9 pm

Member \$25/first child | \$15/each additional child in same family

Non-member \$30/first child | \$20/each additional child in same family

Parents Day Out

Each and every Thursday take advantage of our Parents Day Out. Feel free to utilize the Corral for up to 3 hours while you take care of errands, shopping, or simply enjoy some "me-time".

Thursdays 9 am-12 pm or 1-4 pm

Pricing

\$30 with lunch included

\$25 without lunch

Birthday Parties

We offer a variety of birthday party packages for kids of all ages. Ask about our specialty add-on rentals including a bounce house, water slide, sno-cone and popcorn machine.

To sign up or for more information

rccorral@coopercraigranch.com or call 214.383.1030



FACILITY HOURS

RC Corral Hours of Operation

Monday - Thursday | 8 am-8 pm

Friday | 8 am-6 pm

Saturday | 8 am-3 pm

Sunday | 12-5 pm

Modified hours may be in effect for holidays and special company events. Please call ahead to confirm hours.

Cooper Kid Memberships

Kids Club

Enjoy complimentary childcare and classes as well as special rates on fee-based youth programs offered throughout the year, including, but not limited to, Parent's Night Out, Kids in the Kitchen Cooking Classes, Summer Camps, and Swim Academy.

Pricing:

Kids Club Membership.....\$17/month

Non Member Rate.....\$80/month and \$12/ FK class

To sign up please contact the RC Corral at

rccorral@coopercraigranch.com or 214.383.1030

Young Adult Membership

Teens and young adults, ages 13-24 can join Cooper Fitness Center at Craig Ranch even if their parents are not members. With our young adult membership option, getting fit and staying fit does not have to wait until later on in life!

Contact one of our Membership Sales Associates at

info@coopercraigranch.com or call 214.383.1000

Family Locker Room

We offer two private, fully-equipped restrooms, lockers and four changing rooms. We kindly request families with children under the age of 6 utilize these locker rooms.

Cooper Spa at Craig Ranch

Patrons of Cooper Spa at Craig Ranch can arrange complimentary childcare during their spa services with advanced reservations. Please call 214.383.1010 to schedule your spa appointment and mention your need for complimentary childcare.

Jovie Salon

Patrons of Jovie Salon can arrange complimentary childcare during their services with advanced reservations. Please call 214.383.0020 to schedule your salon appointment and mention your need for complimentary childcare.

FACILITY AND POOL GUIDELINES

Campers that need to use the restroom will be accompanied by a camp counselor to ensure they safely return to their designated activity.

The restrooms located upstairs near the administrative offices will be used as changing rooms in preparation for going out to and returning from the swimming pool.

Cooper Craig Ranch is a family-friendly facility. We ask all campers to be respectful of our members and staff at all times. Every effort should be made to move quickly and quietly throughout the facility.

We do not allow any food, candy, gum, soft drinks or glass containers on the pool deck.

Running, pushing, excessive splashing/horseplay and dunking are not allowed. Additionally, diving and flips are not permitted into the pool.

Campers will have time to change into their swimsuits and apply sunscreen prior to swimming. Upon completion, campers will return to the restroom to change into dry clothes.

WANT TO FEEL LIKE A KID AGAIN?

Make fitness fun and achieve your goals at Cooper Fitness Center.

- **Top-tier fitness professionals** – who have an in-depth understanding of the science behind health and fitness and a passion for making a difference in people’s lives.
- **World-class facility** – leading edge cardio and strength training equipment, indoor and outdoor tracks, a newly renovated basketball court, 50-meter pool and spa-like amenities throughout.
- **70+ weekly group classes** – everything from indoor cycling, barre and yoga to Zumba® and boot camps.
- **Exclusive new-member packages** – including sessions with a trainer, nutrition cooking demos, our exclusive sweat equity classes, Cooper Spa services and much more.
- **An all-access pass** – to group exercise classes, fitness center facilities, nutrition lectures, cooking demos and more.

So if you're ready to get fit and feel like a kid again, **Get Cooperized™** today!

Call the Service Desk at 214.383.1000 and mention the Youth Programs Guide to receive a complimentary one week pass.



Please note refund policy on online registration page.



RC
CORRAL

Cooper Craig Ranch

7910 Collin McKinney Pkwy
McKinney, TX 75070
214.383.1000 | 214.383.1030

www.coopercraigranch.com

CALL 214.383.1030 REGISTER TODAY