



fit  
&  
fun

cooper fitness center at craig ranch  
**summer programs**



**Register today!**

[cooperyouth.com/mckinney](http://cooperyouth.com/mckinney)  
214.383.1000

get **cooperized!**™

**June 4-  
August 17**



# fit & fun camps

## youth camps

AGES 6-12

Fun, fitness, and friendship...that's the Cooper summer camp experience. Through games and activities, campers learn the importance of good health and nutrition while also making new friends. Activities include swimming, teambuilding and recreational games, weekly fitness and nutrition talks, indoor rock climbing, exercise classes and much more. Each day campers should bring a bag with their swimsuit, towel, sunscreen and water bottle. Campers will receive a camp T-shirt while supplies last.

**Age** Your child must be turning 6 by September 1, 2012 to enroll.

**Dates** June 4-8 • June 11-15 • June 18-22 • June 25-29 • July 2-6\* • July 9-13 • July 16-20 • July 23-27 • July 30-Aug. 3 • Aug. 6-10  
Aug. 13-17

**Times** One-week sessions, Monday-Friday. Full Day: 9 a.m.-4 p.m.  
Half Day: 9 a.m.-noon or 1-4 p.m.

**Extended Care Hours** 7:30-9 a.m. and 4-5:30 p.m.  
\$25/week for one session; \$50/week for both

**Lunch** Box lunches will be provided for all Full-Day campers and lunch forms will be completed on the first day of camp.

### Costs

FIT KID Members

Kids Club Members

Non-Kids Club Members

### Half Day

\$95/wk • \*\$76

\$105/wk • \*\$84

\$130/wk • \*\$104

### Full Day

\$195/wk • \*\$156

\$210/wk • \*\$168

\$260/wk • \*\$208

Daily rates are also available.

\*Camp will not be held on July 4; therefore the rates are reduced that week.

This pint-sized camp is packed with fun activities that teach teamwork and introduce simple fitness exercises to stay healthy. Campers will participate in games, sports, arts and crafts, teambuilding and more. Each session will feature a different theme and activities. Campers will receive a camp T-shirt while supplies last.

**Age** Your child must be turning 4 by September 1, 2012 to enroll.

**Dates** June 4-8 • June 11-15 • June 18-22 • June 25-29 • July 2-6\* • July 9-13 • July 16-20 • July 23-27  
July 30-Aug. 3 • Aug. 6-10 • Aug. 13-17

**Times** One-week sessions, Monday-Friday, 9 a.m.-noon

\*Camp will not be held on July 4; therefore the rates are reduced that week.

### Costs

FIT KID Members

Kids Club Members

Non-Kids Club Members

### Half Day

\$95/wk • \*\$76

\$105/wk • \*\$84

\$130/wk • \*\$104

## ankle biters camp

AGES 4-5



# sports camps



Register at  
[cooperyouth.com/mckinney](http://cooperyouth.com/mckinney)

## Basketball Fundamentals

**AGES 5-12**

Basketball Pro Coleman Crawford's Better Hoops Program will enhance your children's basketball skills in a progressive, yet fun way. Passing, dribbling, shooting and general knowledge of the game are emphasized.

**Dates** June 11-15  
One-week session, M-F  
Future Stars, Ages 5-7, 1-2 p.m.  
Junior Academy, Ages 8-12, 2-4 p.m.

**Cost**

Future Stars \$100  
Junior Academy \$150

## Basketball Shooting School

**AGES 11-17**

Teaching the fundamentals of shooting, Basketball Pro Coleman Crawford will help players perfect their shot. Includes drills to learn how to shoot off the dribble, pass and screen; chart shots (each player will take approx. 300 shots); and video analysis of each player's shot.

**Dates** June 18-22 • July 16-20  
One-week sessions, M-F  
1-3 p.m.

**Cost** \$150/week

Private lessons are also available. See the Service Desk or call 214.383.1000 for more information.

## Tennis Camp

**AGES 3-18**

Tennis Pro Andrew KaiKai will lead the players in drills to develop stroke production, shot selection, strategy and more—all designed to push your child or teen to the max. The camp will also include match play.

**Dates** June 4-7 • June 11-14 • June 18-21 • June 25-28  
July 9-13 • July 16-19 • July 23-26 • July 30-Aug. 2  
Aug. 6-9 • Aug. 13-16  
One-week sessions, M-Th

Pee Wee, Ages 3-8, 8-9 a.m.  
Future Stars, Ages 8-10, 9-10 a.m.  
Teen Tennis, Ages 10-18, 9-11 a.m.  
Tournament Champs, By Invitation, 9-11:30 a.m.

**Cost**

Pee Wees \$60/week    Teen Tennis \$90/week  
Future Stars \$60/week    Tournament Champs \$120/week

Private lessons are available on Fridays for players looking to improve at a faster pace. Private lessons are \$70 each. Saturday clinics are also available 8 a.m.-12 noon. Please see the Service Desk or call 214.383.1000 for more information.



## Running Camp

**AGES 12-18**

Running Pro Dennis Schultz will help your child improve his or her running with the following emphasis: better form through gait analysis, running form drills, conditioning drills, speed drills and more. Let Coach Dennis help get your child ready for the fall cross country season or just improve their fitness level.

**Dates** June 4-8 • June 11-15 • June 18-22 • June 25-29  
One-week sessions, M-F, 8-9 a.m.

**Cost** \$100/week

Private coaching is also available. See the Service Desk or call 214.383.1000 for more information.

## TaeKwondo Camp

**AGES 3-13**

Instructed by Martial Arts Pro Choncie Reid, TaeKwondo Camp will give your child the skills and confidence necessary to properly protect themselves, avoid unsafe situations and learn self-discipline. Your child will learn punches, kicks, blocks, evasive techniques and non-physical aspects of self-defense and martial arts. Special uniforms are not required.

**Dates** June 4-8  
One-week session, M-F  
Ages 3-5, 10-10:30 a.m.  
Ages 6-13, 10:30 -11:30 a.m.

**Cost** \$125



# swim programs

## **swimming lessons**

**JUNE 4-AUGUST 17**

Two-week group sessions  
Private and semi-private lessons

## **swim team**

**MAY 21-JULY 1**

Competitive swimming





# Swimming Lessons AGES 3-10

Our experienced and certified Water Safety Instructors will teach your swimmer the skills he or she needs to be safe in the pool. Each instructor will provide a controlled, nurturing and enjoyable environment while building your child's skill level.

**Dates** June 4-15 • June 18-29 • July 9-20 • July 23-Aug. 3 • Aug. 6-17  
Two-week sessions, M-F

## Cost

FIT KID Members	\$100/session
Kids Club Members	\$110/session
Non-Kids Club Members	\$130/session

### beginner, ages 3-5

### 30-minute classes

**Group 1: 9 a.m. | 9:30 a.m. | 10 a.m. | 10:30 a.m.**

Little or no previous instruction. Class includes basic water skills (bubbles, submerging and introduction to floating). Emphasis of class is on increasing comfort in the water.

**Group 2: 9 a.m.**

Little or no previous instruction but a higher level of comfort in the water than Group 1. Class builds floating and motion skills (floating, gliding and introduction to arm movements).

**Group 3: 9:30 a.m.**

Minimal previous instruction and a much higher level of comfort in the water than Group 2. Class builds floating (back and front) and motion skills (arm movements, breathing techniques and kicking). Emphasis of class is on increasing distance and introducing the backstroke.

### intermediate, ages 5-7

### 30-minute classes

**Group 1: 10 a.m.**

Little or no previous instruction but moves quicker than Beginner group. Class includes basic water skills (bubbles, submerging and intro to floating, gliding and arm movements). Emphasis of class is on increasing comfort in the water and building new skills.

**Group 2: 10:30 a.m.**

Little or no previous instruction but a much higher level of comfort in the water than Intermediate Group 1. Class builds floating (back and front) and motion skills (arm movements, breathing techniques and kicking). Emphasis of class is on increasing distance and introducing the backstroke.

**Group 3: 10:30 a.m.**

Previous instruction and an ability to swim 30-50 ft. Class builds stroke mechanics, breathing and kicking skills (breaststroke and butterfly kick). Emphasis of class is on stroke development, diving, and increasing distance.

### advanced, ages 7-10

### 45-minute classes

**Group 1: 11 a.m.**

Minimal previous instruction. Class builds floating, gliding, stroke mechanics, breathing and kicking skills. Emphasis of class is on stroke development and increasing distance.

**Group 2: 11 a.m.**

Previous instruction and ability to swim 30-50 ft. Class builds stamina while maintaining stroke mechanics, breathing and kicking skills (breaststroke and butterfly kick). Emphasis of class is on stroke development, diving and increasing distance. Should be able to swim multiple lengths of the pool in and 45-minute class.

**Group 3: 11 a.m.**

Previous instruction and an ability to swim 25 yards. Class builds stamina while maintaining stroke mechanics, breathing and kicking skills. Emphasis of class is on stroke development (freestyle, backstroke, breaststroke, and butterfly), diving and increasing distance. Should be able to swim multiple lengths of pool in a 45-minute class.

#### Things To Know Before You Arrive:

- Make sure your child arrives 10 minutes prior to the start of the class.
- Have your child use the restroom just before coming to class.
- Have your child wear sunscreen.

#### Private/Semi-Private Lessons with Swim Pro Patrick Kennedy

For more information, see the Service Desk or call 214.383.1000.

**Register at [cooperyouth.com/mckinney](https://cooperyouth.com/mckinney)**

# Cooper Swim Team AGES 6-17

**Dates** May 21-July 1 | Eight-Week Season

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 throughout the season. Our coaching staff strives to help each swimmer build his or her skills and meet the challenges during the season while having **fun!**

Any child or teen, ages 6-17, may join Cooper Swim Team. The only requirement is that they must be able to swim the length of the pool, 25 yard, using any stroke.

We are a competing member of the Dallas Area Sports Association (DASA).

**Practice begins May 21.**

## Times

Youth (Ages 6-8), 12:30-1 p.m.  
Skilled (Ages 8-10), 1-1:45 p.m.  
Competitive (Ages 11-17), 2-3:30 p.m.

## Cost

Cooper Member \$210  
Non-member \$280

## More Information/Registration

Patrick Kennedy, Swim Professional  
214.383.1000 | [pkennedy@coopercraig ranch.com](mailto:pkennedy@coopercraig ranch.com)



# cooking classes

## Kids in the Kitchen

**Times** 1:30-3:30 p.m. | 4-6 p.m.

**Cost** Cooper Member \$30/class  
Non-Member \$40/class

### **O Say Can You...Cook** June 28

In time for your Fourth of July party, kids will learn easy holiday recipes the whole family will enjoy. Revolutionary Berries, Rocket Dogs, Red, White and Blueberry Fruit Salad and a layered holiday-themed beverage will be on the menu.

### **Fun in the Sun Foods** July 19

Kids will enjoy making ice cream sandwiches using vanilla ice cream they'll make homemade. They will also create fresh fruit bouquets and pasta salad including the ingredients of their choice.

### **Back to School Ideas** August 9

Before the kids head back to school they will learn how to make some delicious after-school snacks, and even some fun lunch ideas that will make their friends jealous! Recipes include No-Bake Energy Bites, S'mores Clusters, BLT Wraps and more.

## Kitchen Boot Camp for Teens

In less time and for less money than it takes to order pizza, you can make it yourself! This is a how-to class for busy teens, whether you're cramming for an exam, squeezing in a meal before practice, have the midnight munchies or planning to live on your own in college. The tips you learn will take the mystery out of cooking and eating healthy!

Join Registered Dietitian Cindy Kleckner for two boot camp classes. Each session will set you up for success in preparing quick and tasty meals that are foolproof. No previous experience or skills are necessary.

**Dates** Session 1: Mondays, June 4 & June 11, 4-6 p.m.  
Session 2: Tuesdays, June 19 & June 26, 4-6 p.m.

**Cost** Cooper Member \$50 per session  
Non-Member \$60 per session

To register,  
call Tenley's  
Cafe at  
214.383.1083

To register,  
call Cindy  
Kleckner at  
214.383.1000,  
ext. 2001

# meet the Coaches



## **Coleman Crawford: Basketball**

Coleman Crawford, Cooper Fitness Center at Craig Ranch Basketball Pro, has 30-plus years of coaching experience with some of the top coaches and schools that have played in the NCAA tournament. As a former

college and high school coach, he is passionate about teaching the fundamentals necessary to become a great basketball player.



## **Tracey Demsky: Kids in the Kitchen**

Tracey Demsky, Cooper Fitness Center at Craig Ranch Food and Beverage Director, has 30 years of experience in the food industry. She's held many roles including cook, donut maker, tortilla maker, cake decorator, caterer, night

assistant and food service manager. She loves sharing the joy of cooking with kids and teaching them about food.



## **Andrew KaiKai: Tennis**

At the age of 11, Cooper Fitness Center at Craig Ranch Tennis Pro Andrew KaiKai was introduced to tennis in his native country, Sierra Leone, Africa. He played Division 1 tennis at St. John's University and has competed

internationally including the 1997 World University Games in Sicily, Italy. Andrew is a Certified Level One Coach and the founder and director of Tennis 4 Life.



## **Patrick Kennedy: Swimming**

Patrick Kennedy, Cooper Fitness Center at Craig Ranch Swim Pro, has 20-plus years of swim coaching experience. He's the assistant head coach/developmental coach of Metroplex

Aquatics, and has experience coaching athletes of all levels. One of his many personal swimming accomplishments includes placing at the U.S. Masters National Championship in the 50 Meter and 100 Meter Breaststroke and 400 Meter Individual Medley.



## **Cindy Kleckner, RD, LD: Kitchen Boot Camp for Teens**

For more than 10 years, Cindy Kleckner, a registered dietitian, has worked in the Cooper Clinic Nutrition Department specializing in weight management, cardiovascular health, corporate wellness

and nutritional culinary events. She co-authored *Hypertension Cookbook for Dummies* (published Dec. 2011) and leads monthly culinary demonstrations and nutrition programs at Cooper Fitness Center at Craig Ranch.



## **Choncie Reid: TaeKwondo**

Cooper Fitness Center at Craig Ranch Martial Arts Pro Choncie Reid started formal martial arts training while serving in the U.S. Army. He's a three-time United States TaeKwon-Do

Federation National Champion, and in 2009, Choncie was promoted to 7th Dan and Master Instructor through the World TaeKwondo Federation.



## **Dennis Schultz: Running**

Dennis Schultz, Cooper Fitness Center at Craig Ranch Running Pro, has been running his entire life. He has a long list of personal accomplishments, including a NCAA Championship and competing

on the track and in road races in distances ranging from 800 meters to marathon. He's trained adult and student athletes of all levels including triathletes and pentathletes in the US Army World Class Athlete Program who went on to compete in the Olympics.



# Cooper Fitness Center™ *at Craig Ranch*

A COOPER AEROBICS COMPANY

7910 Collin McKinney Pkwy | McKinney, Texas 75230

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**summer programs**



- Youth Fit Camp, ages 6-12
- Ankle Biters Camp, ages 4-5
- Sports Camps, ages 5-18  
Basketball • Tennis • Running • TaeKwondo
- Swim Programs
  - Swimming Lessons, ages 3-10
  - Swim Team, ages 6-17
- Cooking Classes
  - Kids in the Kitchen, ages 4-12
  - Kitchen Boot Camp for Teens, ages 13-18

Register now at [cooperyouth.com/mckinney](https://cooperyouth.com/mckinney)