



2016

YOUTH PROGRAMS GUIDE

January-August



Cooper Fitness Center™
A COOPER AEROBICS COMPANY

get cooperized!™

ATHLETIC DEVELOPMENT & FITNESS CLASSES

IGNITE!

Combining fitness, sports, movement training and games, IGNITE! helps children improve their movement patterns, enhance their athletic performance and build their self-esteem and confidence.

Ages 8-12

January 12-28 | February 9-25 | March 1-17 | April 5-21

May 3-19 | June 7-23 | July 12-28 | August 9-25

Tuesdays & Thursdays, 4:30-5:30 p.m.

Cost: Tuesdays OR Thursdays (3 classes): \$120/session

Tuesdays AND Thursdays (6 classes): \$220/session

Teen TRX Hybrid

A fun and safe, yet challenging workout to improve teens' overall fitness. Led by a Professional Fitness Trainer, Teen TRX Hybrid incorporates a variety of equipment including TRX Suspension Training System, slide boards and kettle bells. Limited to six people per session.

Ages 13-18

January 12-28 | February 9-25 | March 1-17 | April 5-21

May 3-19 | June 7-23 | July 12-28 | August 9-25

Tuesdays & Thursdays, 4:45-5:30 p.m.

Cost: Tuesdays OR Thursdays: \$105/session

Tuesdays AND Thursdays: \$210/session

ORIENTEERING

Looking for a unique idea for a children's birthday party, teambuilding, girl/boy scouts or church activity? Try orienteering—a huge scavenger hunt with a healthy spin.

Scavenger Hunt Orienteering

Using a map and compass, teams must work together to locate each point on the map and get their passport stamped at each location. This is a great workout and loads of fun. First team back to headquarters wins!

Ages 8+

Friday Afternoons and Evenings | Saturday Mornings

Duration: 1 hour

Cost: \$250 non-refundable deposit (up to 10 kids)

and \$25 per additional participant



Blind-Led Orienteering

The blind-led version of the scavenger hunt is a bit more challenging. Each team is divided into two groups—one group works indoors with a map while the other group is outdoors waiting for verbal

commands from the indoor team via cell phone. The indoor team has to be good at communicating in order to lead their other half “blindly” to each point on the map. First team to reach all their points on the map wins!

Ages 12+

Friday Afternoons and Evenings | Saturday Mornings

Duration: 1.5 hours

Cost: \$300 non-refundable deposit (up to 10 kids) and \$30 per additional participant

Group Orienteering Session

Can't put together your own private group, but want to try Scavenger Hunt Orienteering? Join us for a group session to try it out with others like yourself! Get ready for team challenges and navigating your way around the 30-acre Cooper campus.

Ages 8+

Tuesday, April 26, 5-6 p.m.

Cost: \$25/child

(minimum of 10 kids per session required)

SPRING BREAK CAMPS

Fit & Fun Camp

Give your kids a Spring Break they'll remember. They'll play sports and games and participate in other fun activities.

Youth Camp, Ages 8-10

March 7-9, 9 a.m.-3 p.m., \$195/three-day camp, \$72/day

“Get Your Game On” Basketball Camp

To build the fundamentals that make a great player, the three-day basketball camp concentrates on passing, dribbling, shooting and position development in scrimmage situations.

Basketball Pro Coleman Crawford is the referee and coach, helping the players develop game strategy.

March 7-9

Monday-Wednesday

Ages 5-7, 9-10:30 a.m.

Cost: \$90/three-day camp, \$40/day

Ages 8-14, 10:30 a.m.-1 p.m.

Cost: \$150/three-day camp, \$65/day

Tennis Camps

For beginner and intermediate players, Tennis Camp focuses on developing stroke and serving techniques while teaching players how to use the strokes in play appropriately. A racquet can be provided. White sole shoes are required. (When deciding which group to register for, ability should be considered first, then age).

March 21-24

Monday-Thursday

Ages 5-7, 9-10 a.m., \$90

Ages 8-10, 10 a.m.-noon, \$195

Ages 11-14, 10 a.m.-noon, \$195

SUMMER FIT & FUN CAMPS

June 6-10 | June 13-17 | June 20-24 | June 27-July 1 | July 11-15

July 18-22 | July 25-29 | August 1-5 | August 8-12

NEW! Preview Week

Enjoy a sneak peek of our summer day camps with this new Preview Week! Campers get to start their summer off with sports, fitness, camp-style games and friends in this special week of Kids and Youth Camp! Parents are invited to attend the final day to see camp in action with their camper and see first-hand the benefits of camp.

Ages 5-13, Kids Camp: 5-7, Youth Camp: 8-13

June 1-3

Wednesday-Friday, 9 a.m.-1:30 p.m.

Cost: \$150

Kids Camp

This day camp introduces various sports, physically active games and overall wellness through daily fitness and nutrition lessons. Each week has a different schedule of games and sports including soccer, volleyball, tennis, relay races, parachute games and water day on Fridays. Our goal is to help kids enhance their social interaction, agility,

balance and coordination through free and structured fun play!

Ages 5-7 (turning 5 by September 1)

One-week Sessions (M-F), 9 a.m.-2:30 p.m.

Cost: By May 1: \$195/session

After May 1: \$210/session

ADD-ON OPTIONS

1. Splash Camp

Following Kids Camp, campers can enjoy a special swim session. Splash Campers will be chaperoned to change into swim suits and enjoy time in the pool.

(Must be able to swim 30 feet and have no fear of the water.)

Monday-Friday, 2:30-4 p.m.

Cost: \$115/session

2. A.M. Extended Care 7:30-9 a.m.; \$35/session

P.M. Extended Care 4-5:30 p.m.; \$35/session

Space is limited.

3. Lunch

Kids Campers must bring their lunch or order a lunch from Cooper.

Campers can place their lunch order each Monday. \$6.75 per lunch

- Choose from grilled cheese and fruit; marinara pasta with grilled chicken; alfredo pasta with grilled chicken; chicken skewers and fruit.

All meals include a bottle of water.

Youth Camp

This action-packed day camp allows kids to try different sports and activities including swimming, tennis, basketball, soccer, volleyball and more!

Campers also have a daily fitness/sport or nutrition lesson that helps empower them to make healthy choices and learn how fun fitness and wellness can be.

Ages 8-13 (turning 8 by September 1)

One-week Sessions (M-F)

Full Day: 9 a.m.-4 p.m.

Half Day: 9 a.m.-noon | 1-4 p.m.

Cost: Full Day: By May 1: \$235 | After May 1: \$250

Half Day: By May 1: \$175 | After May 1: \$190



**SEE OUR 2015
CAMP VIDEO**
COOPERYOUTH.COM/DALLAS

ADD-ON OPTIONS

1. Extended Care

\$70/session (7:30-9 a.m. AND 4-5:30 p.m.)

2. Lunch

Full-day Youth Campers must bring their lunch or order a lunch from Cooper. Campers can place their lunch order each Monday. \$6.75 per lunch - Choose from grilled cheese and fruit; marinara pasta with grilled chicken; alfredo pasta with grilled chicken; chicken skewers and fruit. All meals include a bottle of water.

SUMMER SPORT CAMPS

Class times/days are subject to change if class minimum is not met.

Junior Tennis Camps

For beginner and intermediate players, Tennis Camp focuses on developing stroke and serving techniques while teaching players how to use the strokes in play appropriately. A racquet can be provided. White sole shoes are required. (When deciding which group to register for, ability should be considered first, then age).

June 6-10 | June 13-17 | June 20-24 | June 27-July 1 | July 11-15

July 18-22 | July 25-29 | August 1-5 | August 8-12 | August 15-19

Ages 5-7, 9-10 a.m. \$120/session

Ages 8-10, 10-11:30 a.m. \$180/session

Ages 11-14, 10-11:30 a.m. \$180/session

Basketball Camps

Basketball Fundamentals

Through drills and practice games, players learn passing, dribbling and general knowledge of the game.

June 20-24 | July 11-15

Ages 5-7, 9-10:30 a.m.

\$170/session

Ages 8-12, 10:30 a.m.-1 p.m.

\$220/session

Basketball Shooting School

Designed to help players perfect their shot, Basketball Shooting School includes drills to learn how to shoot off the dribble, pass and screen. It's all about making baskets and scoring points!

June 13-17 | July 18-22

Ages 10-14, 10 a.m.-noon, \$210/session

Basketball 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 strategy of the game. Drills and scrimmage play included.

August 8-12

Ages 11-15, 9 a.m.-noon, \$250

SPORT-SPECIFIC TRAINING

Our Sports Pros offer basketball, boxing, martial arts, swimming and tennis instruction for improved skills and fitness. In addition to group clinics and camps, private lessons are available. To book a lesson, contact the Sports Pro by phone or email.

For bios on our pros, visit cooperfitnesscenter.com/Pros.

Basketball Private Lessons

For 40 years, Basketball Pro Coleman Crawford has coached basketball, from NCAA to NBA Development League to international teams. He's passionate about the game and teaching youth game strategy and proper techniques all while having fun.

Contact: Coleman Crawford, 972.233.4832, ext. 4337

colemanacrawford@gmail.com



Parent-Child Basketball Lessons

One-hour session - Parent and child (ages 5-18)

Member, \$120/hour

Non-member, \$130/hour

Basketball Academies

The Academy setting is perfect for beginner to advanced basketball players to learn and improve their skills on the court. For Future Stars, Shooting Stars and Junior groups, each session focuses on a different fundamental skill; including shooting, passing, dribbling, offense, defense, footwork and more. The Junior and Senior Shooting Schools focus on shot techniques, free throws, shot percentage and getting open for shots.

Winter Academy

Sundays, January 10-February 28 (off February 14)

Future Stars, Ages 5-6, noon-1 p.m.	\$290
Shooting Stars, Ages 7-8, 1-2 p.m.	\$290
Junior Boys, Ages 9-13, 2-3 p.m.	\$290
Junior Girls, Ages 9-13, 3-4 p.m.	\$290
Junior Shooting School, Ages 10-13, 4:30-5:45 p.m.	\$325
Senior Shooting School, Ages 14-17, 5:45-7 p.m.	\$325

Spring Academy

Sundays, April 10-May 22 (off May 8)

Future Stars, Ages 5-6, noon-1 p.m.	\$250
Shooting Stars, Ages 7-8, 1-2 p.m.	\$250
Junior Boys, Ages 9-13, 2-3 p.m.	\$250
Junior Girls, Ages 9-13, 3-4 p.m.	\$250
Junior Shooting School, Ages 10-13, 4:30-5:45 p.m.	\$280
Senior Shooting School, Ages 14-17, 5:45-7 p.m.	\$280

Spring Break "Get Your Game On" Camp

See page 2

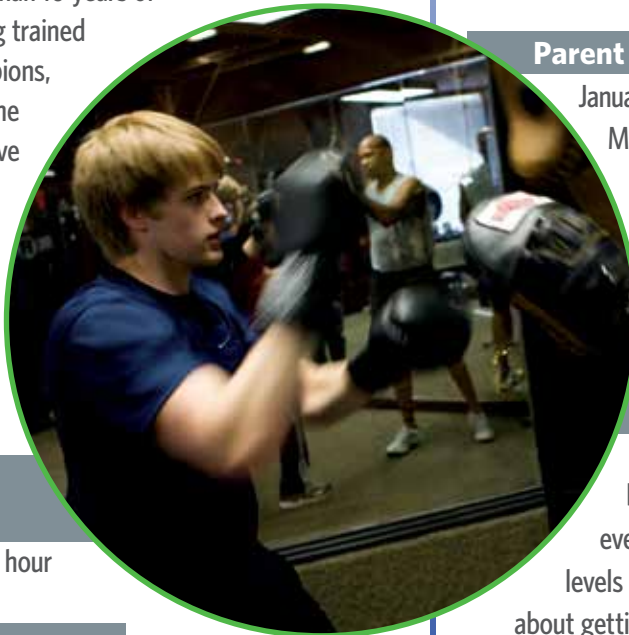
Summer Basketball Camps

See page 4

Boxing Private Lessons

Boxing Pro Derrick James has more than 35 years of boxing experience including more than 10 years of coaching experience. Having trained multiple professional champions, including a 2012 Olympian, he helps youth, ages 8+, improve their fitness and build stamina, self-esteem and confidence.

Contact: Derrick James, 972.233.4832, ext. 4430
foxx68sports@yahoo.com



Small Group Boxing Lessons

2-3 people: \$55/person/half hour

Parent-Child Boxing Lessons

30-minute session - Parent and child (ages 8-17)
Member, \$90/half hour | Non-member, \$100/half hour

Martial Arts Private Lessons

Martial Arts Pro Mike Proctor has more than 45 years of martial arts experience and is a 10th Degree Black Belt. To help children and adults get fit, build discipline and develop self-defense skills, Mike offers group and individual training in a variety of martial arts, from karate and jujitsu to tai chi and self-defense. Contact: Mike Proctor, 972.233.4832, ext. 4428
mproctor@cooperfitnesscenter.com

Group Martial Arts Classes

Cooper Fitness Center offers monthly Group Martial Arts classes for children and adults led by Martial Arts Pro Mike Proctor.

Mondays		
4-4:45 p.m.	Juniors	Ages 5-12
Wednesdays		
4-4:45 p.m.	Juniors	Ages 5-12
6-7:30 p.m.	All Belts	All Ages
Saturdays		
1-2:30 p.m.	All Belts	All Ages
2:30-4 p.m.	Advanced	Brown/Black Belts
Member :	\$100/month for individuals	
	\$150/month for family	
Non-member:	\$125/month for individuals	
	\$165/month for family	

To register, contact Mike Proctor at 972.233.4832, ext. 4428

Parent & Child Self-Defense Clinic

January is National Personal Self-Defense Awareness Month, and Martial Arts Pro Mike Proctor is offering a self-defense clinic for parents and children to learn life-saving skills and safety tips.

Monday, February 1, 6:30-8 p.m.

Cost: \$30 for a parent/child duo

\$10 each additional child or adult

Martial Arts Demo

Ever thought about trying Tai Chi or Martial Arts but weren't quite sure what it was all about? This event is the perfect evening to see demos from all levels and speak with Martial Arts Pro Mike Proctor about getting started!

Wednesday, April 20, 6-7:30 p.m., Cost: FREE

Demo will be held on the Cooper Fitness Center basketball floor.

Tennis Private Lessons

Voted "Tennis Professional of the Year" by two Dallas tennis associations, Tennis Pro Steve Franklin enjoys sharing his love for tennis with kids and teens. Having more than 35 years of coaching experience, Steve works with players—from beginners to national level juniors—to develop proper technique and strategy.

Contact: Steve Franklin, 972.233.4832, ext. 2187
sfranklin@cooperfitnesscenter.com

Assistant Tennis Pro Corey Noel has 10+ years of teaching experience. He's passionate about introducing kids to tennis and helping them grow their skills and develop an interest in a sport they can enjoy for a lifetime.

Contact: Corey Noel, 972.233.4832, ext. 4311
cnoel@cooperfitnesscenter.com

Parent-Child Tennis Lessons

One-hour session – Parent and child (ages 8-17)
Steve: Member, \$90/hour | Non-member, \$100/hour
Corey: Member, \$80/hour | Non-member, \$90/hour

Spring Break Tennis Camps

See page 3

Summer Tennis Camps

See page 4

Junior Tennis Clinics

Players ages 10 and under will use Quick Start Tennis—a way for kids to learn and play the game of tennis. The court size, racket sizes, balls, net and even the scoring system have been modified to ease kids' entry into the sport.

The clinics for ages 11-14 are designed for kids who have played some but want to further their experience and become competitive players in middle school or high school.

Ages 5-7, Tuesdays & Thursdays, 4:30-5:15 p.m.

Ages 8-10, Mondays & Wednesdays, 4:30-5:30 p.m.

Ages 11-14, Mondays & Wednesdays, 5:30-6:30 p.m.

Session 1: January 18–February 5 (3 weeks)

Ages 5-7: \$120

Ages 8-10: \$155

Ages 11-14: \$155

Session 2: February 15–April 2 (6 weeks)

Off Spring Break, March 21-26

Ages 5-7: \$230

Ages 8-10: \$295

Ages 11-14: \$295

Session 3: April 11–May 21 (6 weeks)

Ages 5-7: \$230

Ages 8-10: \$295

Ages 11-14: \$295



Soccer Kickers

An introduction to soccer, players work on specific skills through drills and fun games to learn the fundamentals. Each practice focuses on a different skill set including learning about the positions and the field, goalie practice, dribbling, shooting, passing and trapping and more.

Ages 4-6

Wednesdays, 4:30-5:15 p.m.

Spring Semester: February 3–April 27 (off March 3-29)

Sessions: February 3–March 2 | March 30–April 27

Cost: \$220/semester, \$120/session



COOPER SWIM ACADEMY

For more than 20 years, Cooper Swim Academy has taught youth swimming skills they can use and enjoy for the rest of their lives. Our lessons are categorized by color, each representing a different skill level. In a controlled and nurturing environment, Swim Pro Marni Kerner provides lessons year-round for swimmers starting at age 18 months. May through July additional instructors join her team to ensure each swimmer gets the individualized attention needed to develop his or her skills.

Swim Private Lessons

Marni has more than 15 years of experience teaching swimmers of all ages and abilities—from an infant's introduction to the pool to triathlon training to post-injury workouts to overall fitness. She enjoys helping children build their swimming skills and have fun in the water.

Contact: Marni Kerner, 972.233.4832, ext. 5447

mkerner@cooperfitnesscenter.com

Private: One hour, \$110 | 30 minute, \$60

Three, 60 minute: \$295

(for intermediate to advanced swimmers)

Five, 30 minute: \$275

Semi-Private: One hour, \$70/person | 30 minute, \$40/person

Three, 60 minute - \$195/person

(for intermediate to advanced swimmers)

Five, 30 minute - \$175/person

Parent-Child Swim Lessons

30-minute session – Parent and child (ages 8-17)

Member, \$70/half hour | Non-member, \$80/half hour

INSTRUCTION LEVELS

red level

typical age is 3 years

Little or no previous instruction. This level introduces floating, gliding and using the arms to move through the water. The emphasis is on becoming more comfortable in the water. Children already comfortable under water might consider the Orange level.

orange level

typical age is 4-6 years

The child must have little or no fear of the water and be able to swim five to 10 feet to an instructor. Freestyle arms, front and back float, breathing techniques, kicking and ease and comfort in the water are taught.

yellow level

typical age is 4-7 years

The child must have no fear of the water and be able to swim 30 to 50 feet. Proper freestyle mechanics in coordination with balance and breathing is emphasized. Backstroke and kneeling racing start from the side of the pool are introduced.

green level

typical age is 6-9 years

The child must be completely at ease in any depth of water and be able to swim 50 feet freestyle. The level focuses on increasing distance in freestyle while maintaining proper stroke mechanics and breathing to the side. Backstroke and racing start are also taught.

blue level

typical age is 7-12 years

The child must be completely at ease in any depth of water and be able to swim 50 feet freestyle. The emphasis is on increased distance in freestyle while maintaining proper stroke mechanics and breathing to the side. Backstroke and racing start techniques are also taught. For stronger swimmers who have had previous instruction and are able to swim 50 feet repeatedly for 30 to 45 minutes.

advanced/technical level

typical age is 7-15 years

The focus is stroke technique for all four competitive racing strokes, training skills, starts and turns. Swimmers can expect drill swimming of all four strokes and preparation for swim team and race competition.

Swim Clinic

Get a headstart to summer and assessment of current swim capabilities at this April Swim Clinic. Youth will practice swim strokes, breathing and basic water safety during this clinic.

6+years *(must be able to swim 25 yards unassisted)*

Saturday, April 9, 11 a.m.-12:30 p.m.

Cost: \$20/swimmer

Youth Pre-competitive Swim Team

Swim Team is for youth swimmers ages 6-15 who meet the Green Level description. Practices focus on all competitive strokes and techniques and skill work and conditioning is provided through a team environment. This is also a great opportunity for swimmers to prepare or stay conditioned for school season swim. Inner squad meets will be held at the end of each session. Must be able to swim 25 yards unassisted.

June 6-17 | June 20-July 1 | July 11-22

July 25-August 5 | August 8-19

One- and Two-Week sessions (M-F)

Ages 6-10, 4:30-5:30 p.m.

Ages 11-15, 5:30-6:30 p.m.

Cost: \$285/two-week session

\$185/one-week session

10% discount when you register your child for two or more two-week sessions.

EVENTS

Boxing and Self-Defense Mini Camp

School's out! Focused on building confidence and self-esteem and teaching basic self-defense skills, the Boxing and Self-Defense Mini Camp is a fun, active learning experience for ages 8-14. In a small group participants will train with Boxing Pro Derrick James and Martial Pro Mike Proctor in fitness and self-defense activities. No contact, cardio-based training.

Monday, January 18 (school holiday)

Ages 8-11, 9-11 a.m., \$60

Ages 12-14, 9-11 a.m., \$60

Kids' Night Out

Kids enjoy a fun-filled, action-packed evening at Cooper Fitness Center while parents enjoy an evening out. The night includes games, crafts, dinner and more.

Ages 4-12

January 15 - Minute To Win It Night

February 12 - Everyone "Loves" Bingo

April 22 - Kick It Up

5-8:30 p.m.

Cost: \$45/first child in a family

\$12 for each additional child from the same family

Eggstravaganza

Join us for our annual Eggstravaganza. It's fun for the whole family—egg hunt, pony rides, petting zoo, face painting and more!
Saturday, March 19, 9 a.m.-noon

Cost: FREE

Open to the public

COOPERIZED KIDZ

For Cooper Fitness Center members & Cooper Aerobics guests

It's easier to get to the gym with Cooperized Kidz childcare available for your children ages 2 months to 12 years. Members, while on campus, and guests utilizing our services may use the childcare for a nominal fee. Reservations may be made up to 24 hours in advance by calling 972.392.6171.

With access to a playroom and active court, children can improve gross motor development through physical activity and fine motor projects. With a 7:1 child-teacher ratio, CPR certified and seasoned instructors and a nut-free policy, we are equipped to keep your children safe and having fun—they "play with a purpose." Snacks are available for purchase.

Parents' Day Out

Depending on their age, children can stay 2-3 hours in Cooperized Kidz with advanced reservations confirmed (children under the age of 3 may stay for up to 2 hours; 3 years or older may stay up to 3 hours). Call 972.239.6171 for more information. Every month from the 1st - 6th parents may select one day to utilize our childcare while they leave campus (only available to members).



Cooperized Kidz Hours of Operation

Mondays-Thursdays, 8:30 a.m.-7:30 p.m.

Fridays, 8:30 a.m.-3 p.m.

Saturdays, 8 a.m.-2 p.m.

Please call in advance to ensure special hours are not being held due to holidays or other company events. Limited space available and reservations are strongly recommended. Call 972.239.6171.

Family Hours at Cooper Fitness Center

During specified Family Hours dependent children of members 17 years and younger may sign in at the Service Desk and use Cooper Fitness Center recreational areas (basketball court, outdoor track and South Lawn). They must be supervised by a guardian at all times.

Saturdays, 8:30 a.m.-3 p.m. and 6-8:30 p.m.

Sundays, 1-7 p.m.

Extended Family Hours may be offered on holidays.

Family Pool Hours at Cooper Fitness Center

During specified Family Pool Hours dependent children of members 17 years and younger may sign in at the Service Desk and use the Cooper Fitness Center pool and Family Locker Room. Ages 12 and under must be supervised by at guardian at all times.

Saturdays, 10:30 a.m.-2 p.m. and 6-8:30 p.m.

Sundays, 2-4 p.m. and 5-7 p.m.

Extended Family Pool Hours may be offered on holidays.

Family Locker Room

With two private restrooms and a private changing room, families can enjoy the privacy of our Family Locker Rooms, conveniently located near the Cooper Fitness Center pool. Additional family lockers and towels are available as well.

Cooper Spa

Patrons of Cooper Spa Dallas can arrange complimentary childcare during their spa services with advanced reservations. Please call Cooper Spa at 972.392.7729 to make your spa appointment and mention your need for complimentary childcare.

Cedars Woodfire Grill at Cooper Aerobics

Fun kid-sized meals are available in our healthy and fresh restaurant, open to the public. For a menu, visit cooperaerobics.com/Cedars.

Membership Opportunities for Students

Teens and young adults, ages 13-24, can join Cooper Fitness Center even if their parents are not members. With student memberships and temporary student membership options, getting fit and staying fit does not have to wait until later on in life! We believe in starting young and preventing health risks early.

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 full basketball court, two pools and spa-like amenities throughout.
- 100+ weekly group classes – everything from indoor cycling, body sculpting and yoga to power dance, water aerobics and boot camp.
- Exclusive new-member package – including sessions with a trainer, a sports or nutrition pro, access to our member-only wellness program, Activ8 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 Membership Office at 972.560.6302 and mention the Youth Programs Guide to receive a complimentary 3-day pass.



- IGNITE!, ages 8-12, and Teen TRX Hybrid, ages 13-18
- Tennis Clinics, ages 5-14
- Group Orienteering, ages 8+
- Youth Camps, ages 8-10
- "Get Your Game On" Camp, ages 5-14

- Tennis Camps, ages 5-14
- Boxing & Self-Defense Mini Camp, ages 8-14
- Basketball Academy, ages 5-17

- Soccer Kickers, ages 4-6
- Kids' Night Out, ages 4-12
- Eggstravaganza, all ages
- Swim Clinic, ages 6+

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

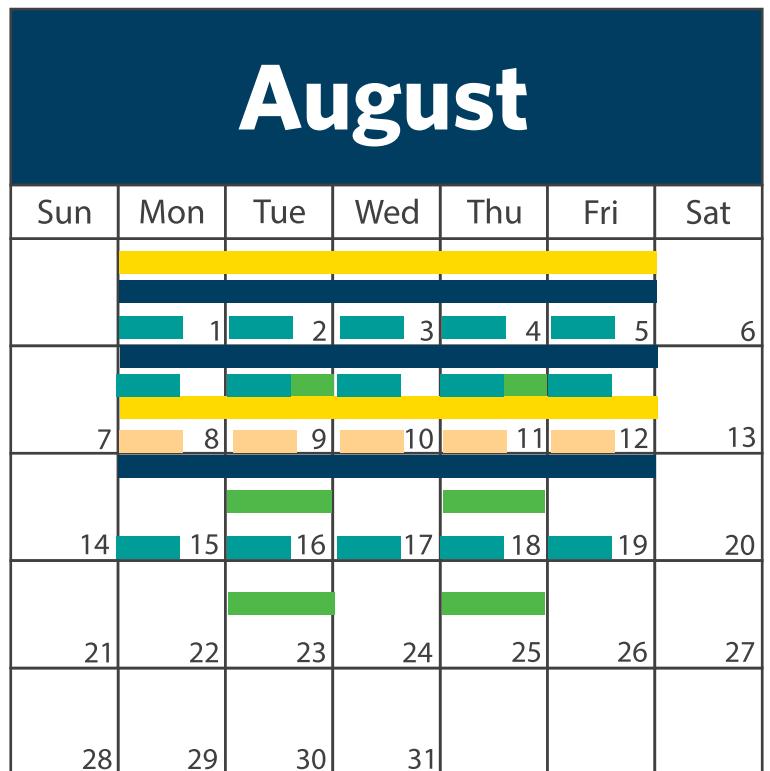
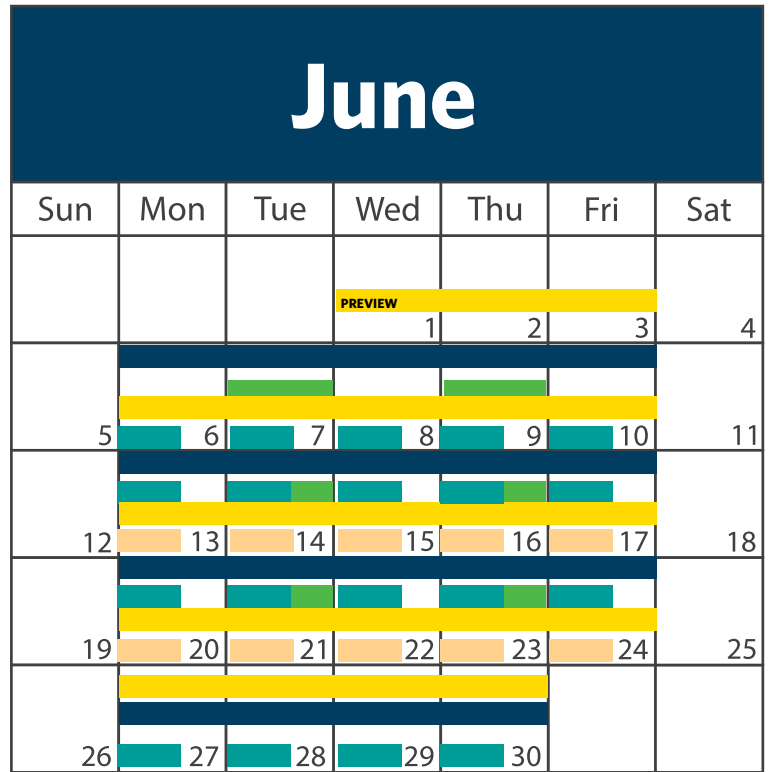
April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- IGNITE!, ages 8-12 and Teen TRX Hybrid, ages 13-18
- Tennis Clinics, ages 5-14
- Tennis Camps, ages 5-14

- Boxing & Self-Defense Mini Camp, ages 8-14
- Summer Fit & Fun Camps, ages 5-13
- Summer Basketball Camp, ages 5-12
- Basketball Academy, ages 5-17

- Kids' Night Out, ages 4-12
- Pre-Competitive Swim Team, ages 6-15

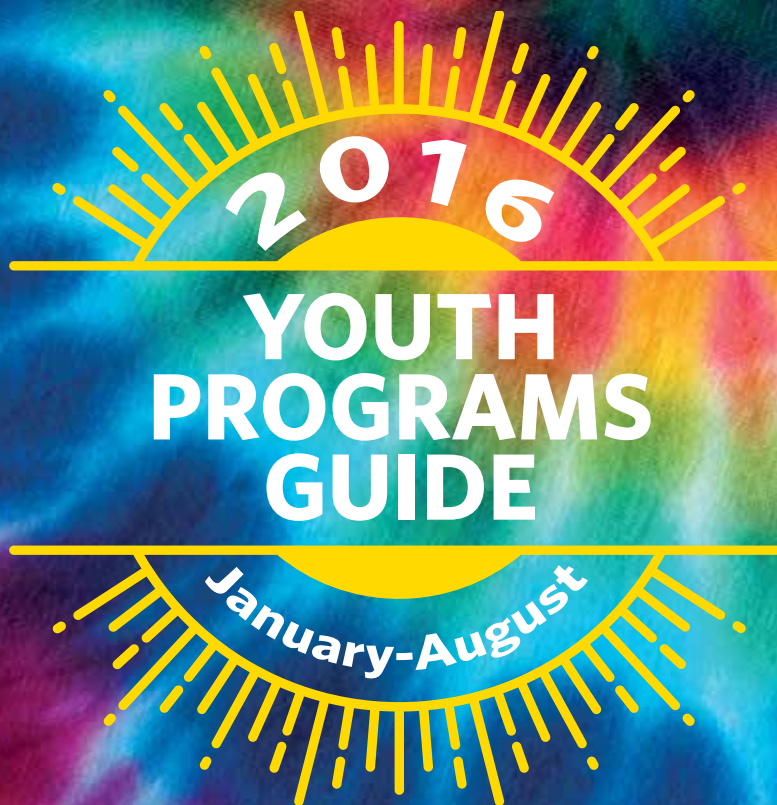


Please note refund policy on online registration page.



Cooper Fitness Center™
A COOPER AEROBICS COMPANY

12100 Preston Road | Dallas, Texas 75230



Register today! cooperyouth.com/Dallas | 972.233.4832

 facebook.com/CooperFitnessCenter