



2016

YOUTH PROGRAMS GUIDE



August - December



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

August 9-25 | September 6-22 | October 4-20

November 1-17 | November 29-December 15

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

August 9-25 | September 6-22 | October 4-20

November 1-17 | November 29-December 15

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 large scale 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!

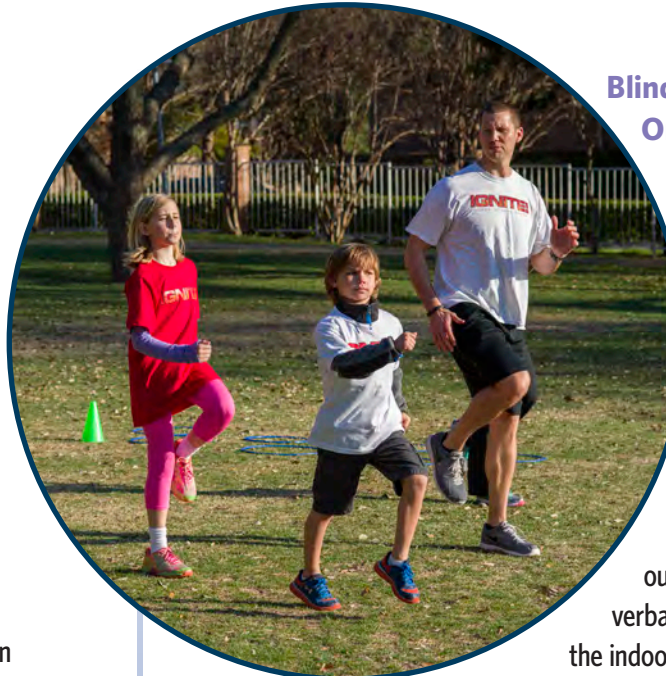
Ages 8+

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+ (recommended)

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, September 27, 5-6 p.m.

Cost: \$25/child

(minimum of 10 kids per session required)

WINTER BREAK CAMPS

Fit & Fun Camp

Give your kids a Winter Break they'll remember! With everything from sports to non-traditional camp-style games, this camp will keep the kids off the couch and working on their social development. Each day is different and could include soccer, basketball, kickball, relay races and more!

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

December 19-21 | December 28-30, 1-5 p.m.

Cost: \$130/three-day camp, \$60/day

HOLIDAY BASKETBALL CAMPS

Fundamentals 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.

December 19-21

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

Cost: \$100/three-day camp

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

Cost: \$145/three-day camp

Super Star Camp

This program is designed to help young players apply their fundamental skills in game scenarios.

Ages 5-7

December 28-30, 9-10:30 a.m.

Cost: \$100/three-day camp

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!

Ages 9-13

December 28-30, 10:30 a.m.-1 p.m.

Cost: \$145/three-day camp

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/ProZone.

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.

Fall Academy

Sundays, September 18-November 13 (off October 2)

Future Stars, Ages 5-6, noon-1 p.m. \$320

Shooting Stars, Ages 7-8, 1-2 p.m. \$320

Junior Boys, Ages 9-13, 2-3 p.m. \$320

Junior Girls, Ages 9-13, 3-4 p.m. \$320

Junior Shooting School, Ages 10-13, 4:30-5:45 p.m. \$360

Senior Shooting School, Ages 14-17, 5:45-7 p.m. \$360

"Get Your Game On" Clinics

Take your best shot and make it better. Rather than drills and fundamentals, the clinics focus on game playing to teach game strategy. Three-on-three team play.

December 1, 8, 15—Thursdays

Ages 5-7, 4:15-5:30 p.m., \$80 for all 3 or \$35/session

Ages 8-14, 5:30-7 p.m., \$90 for all 3 or \$40/session

SEE OUR
CAMP VIDEO

COOPERYOUTH.COM/DALLAS

Boxing Private Lessons

Boxing Pro Derrick James has more than 35 years of boxing experience including more than 10 years of coaching. 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

Bring 2-3 friends for boxing cardio sessions led by Derrick James. With everything from bag work, speed/agility training and endurance improvement, this is guaranteed to make sweating more fun with friends!

Ages 8+, 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.

Tennis Private Lessons

Tennis Pro Corey Noel has 10+ years of teaching experience. He's passionate about introducing kids to tennis and helping them improve 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)

Member, \$80/hour | Non-member, \$90/hour





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.

Session 4: September 12-October 22

Session 5: October 31-December 17

Off Thanksgiving week

Ages 5-7, Tuesdays & Thursdays, 4:30-5:15 p.m. \$230

Ages 8-10, Mondays & Wednesdays, 4:30-5:30 p.m. \$295

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

Session 3: September 21-October 19

Session 4: October 26-November 21

Thanksgiving week: meet on Monday, Nov. 21

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

Cost: \$125

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 (see page 6). In a controlled and nurturing environment, Swim Pro Marni Kerner provides lessons year-round for swimmers starting at age 18 months.

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



SWIM LESSON 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.



EVENTS

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

September 23 - Spy Night

October 21 - Ninja Turtles Art Night

December 16 - Winter Sports Olympics

5-8:30 p.m.

Cost: \$45/first child in a family

\$12 for each additional child from the same family

Dive-In Movie Night

Join us at the pool for food, fun and a movie under the stars. Members and their spouses, children and grandchildren are welcome.

Friday, September 16, 6-9 p.m.

Cost: FREE

Members-only Event

COMING SOON!

- Beautiful Fit Academy
- Nutrition and Cooking Clinics
- Youth Boxing Clinics

Check our website for more details!

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 a 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 to make your spa appointment and mention your need for complimentary childcare. cooperspa.com/Dallas

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 three-day pass.



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

- Basketball Academy, ages 5-17
- Kids' Night Out, ages 4-12
- Dive-In Movie Night, Members Only
- Group Martial Arts, ages 5+

- Soccer Kickers, ages 4-6

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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			

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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	

Please note refund policy on online registration page.

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

■ Basketball Academy, ages 5-17
■ Kids' Night Out, ages 4-12
■ Group Martial Arts, ages 5+

■ Soccer Kickers, ages 4-6

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	29	29

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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

■ Group Martial Arts, ages 5+
■ Winter Break Camp, ages 5-13
■ Holiday Basketball Camp, ages 5-13

■ "Get Your Game On" Clinics,
 ages 5-14
■ Kids' Night Out, ages 4-12

December

December						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1		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

Mark your
 calendars now for
Winter Basketball Academy
 January 15-February 26, 2017