

## Breakfast With Santa

[rccorral@coopercraig ranch.com](mailto:rccorral@coopercraig ranch.com) | 214.383.1030

December 5 | 9:00-11:00 a.m. | **Please RSVP by 12/3**

**\$10.00/per child (Ages 2+), for meal and activities | \$5.00/adult meal**

Tis the season to celebrate with all your family and friends. This festive holiday event will be open to the entire community. Enjoy a delicious breakfast with Santa, or simply pose for a memorable keepsake photo. There will also be an ornament craft, games, a delicious cake walk, an ugly Christmas sweater contest (children and adults), and other exciting activities for kids of all ages.

## Birthday Parties

*Kelsey Stephens*

[kstephens@coopercraig ranch.com](mailto:kstephens@coopercraig ranch.com) | 214.383.1030

Cooper Fitness Center at Craig Ranch makes Birthday's the BEST days with a variety of fun-filled parties. Relax and let us plan, decorate and cater your next birthday adventure!

Game Time, Let's Get Crafty, \*Pool Party (May 1-September 31 Only), Hawaiian Luau, Rock Climbing Adventure, Tiny Tots, Spa Princess Party, Tea Time or Little Chefs. Any party can be customized to best meet your needs. Bounce House and/or Water Slide can be added to any party package.

Treat yourself to  
20%\* off any Cooper Spa  
service during your child's  
favorite  
Cooper Fitness Center Program  
  
Call **214.383.1010** to book an  
appointment!

\*May only be used toward one spa service Monday through Friday if participating in a Cooper Fitness Center program. Not valid on spa retail or gift certificate purchases and cannot be combined with any other spa promotion.



**Cooper Fitness Center™**  
*at Craig Ranch*  
A COOPER AEROBICS COMPANY

# Fall & Winter

## 2015 Programs



**Cooper Fitness Center at Craig Ranch**

7910 Collin McKinney Parkway, McKinney, TX 75070

214.383.1000 • [cooperyouth.com/McKinney](http://cooperyouth.com/McKinney)

## Youth Fit Camp

Kelsey Stephens

kstephens@coopercraigranch.com | 214.383.1030

Fun, fitness, and friendship...that's the Cooper camp experience. Through games and activities, campers learn the importance of good health and nutrition while also making new friends. Activities include team building and recreational games, indoor rock climbing, and much more. Box lunches will be provided for all Full Day campers and lunch forms will be filled out on the first day of camp. *Your child must be at least 5 years old by September 1, 2015.*

Fall Break, November 23-25 | Winter Break, December 21-23 & 28-30

Spring Break Camp, March 7-11, 2016

### Youth Fit Camp | Full Day (Ages 5-12)

9:00 a.m. - 4:00 p.m.

Cooper FIT KIDS	\$43.50/daily
Cooper Kids Club	\$48.50/daily
Non-Cooper members	\$58.50/daily

### Pee Wee Camp | Half Day (Ages 2-4)

9:00 a.m. - 12:00 p.m. OR 1:00-4:00 p.m.

Cooper FIT KIDS	\$21.50/daily
Cooper Kids Club	\$24.00/daily
Non-Cooper members	\$29.00/daily

## Teacher In-Service Day Camps

October 12 & 26 | January 4 & 18

February 15 | April 25 | May 30

Bring your child to Cooper Fitness Center at Craig Ranch for a fun and active day when they are not in school. (Ages 5-12)

## Black Friday/Saturday Day Camp

Friday & Saturday, November 27 & 28

8:00 a.m. - 3:00 p.m.

Shop till you drop! Don't worry we'll take care of your children and keep them entertained with fun games and activities.

Cooper Fit Kids	\$43.50/daily
Cooper Kids Club	\$48.50/daily
Non-Cooper Members	\$58.50/daily

Cooper Fit Kids	\$21.50/half day
Cooper Kids Club	\$24.00/half day
Non-Cooper Members	\$29.00/half day

### Camp Extended Care Available

7:30-9:00 a.m. and/or 4:00-5:30 p.m.  
\$6/day, a.m./p.m. OR \$12/day for both

## Cooper Fit Kids Classes

See schedule for details

A pre-school fitness program for ages 2-5. The classes are designed to introduce children to the basic fitness components through creative movement, dancing and yoga.  
Monday-Saturday | 9:00-11:30 a.m.

An after school fitness program for ages 6-12. The classes are designed to introduce students to the basic fitness components through sports and games while having FUN!  
Monday-Friday | 5:00-7:00 p.m.  
Saturday | 9:00 a.m.-12:00 p.m.

## Home School Fitness Club

Join us for classes that focus on building stronger bodies, and improving balance and posture...while having FUN!  
(Ages 5-12)  
Monday—Thursday  
12:00-1:00 p.m.

Cooper Fit Kids - FREE!  
Cooper Kids Club - \$38/month OR \$7.50/class  
Non-Kid's Club - \$80/month OR \$12/class

## Culinary Classes

Cindy Kleckner, Registered Dietitian Nutritionist

ckleck@aol.com | 214.293.5306 or 214.383.1000

\$25 Members | \$30 Non-Members

All Classes are held in the Demonstration Kitchen

Reservations and pre-payment are required!

## Date Night, Couples Secret Basket Challenge | Friday, September 18 | 6-8:30 p.m.

Class is limited to the first 10 couples | Cost to be determined | BYOB  
Calling all culinary enthusiasts! Get ready to show us your competitive edge! With the clock ticking, couples are divided into teams and will compete against one another using secret ingredients, tools and equipment. Use your creativity in this seriously-fun, hands-on class to make delectable and nutritious food that you're sure to love. When time is up, the teams will enjoy the fruits of their labor and share stories about their experience. Registered dietitian, Cindy Kleckner will coach the teams and judge the culinary creations.

## Marvelous Meals for Meatless Monday | Tuesday, October 13 | 6:00-8:00 p.m.

Whether for ethical reasons, health concerns or just a true lover of good food – many people are full-time or part-time vegetarians. In honor of National Vegetarian Month, join registered dietitian Cindy Kleckner for a culinary introduction to the joy of going meatless. Plant-based meals can help you manage your weight, increase your energy and lower your health risks. This class will incorporate grains, vegetables and soy with an emphasis on easy-to-find ingredients and delicious flavors. Be the first to sign up and receive a copy of *Becoming Vegetarian*!\*  
\*Handout developed by the Academy of Nutrition and Dietetics.

## Best Thanksgiving in Under an Hour | Thursday, November 19 | 6:00-8:00 p.m.

The week of Thanksgiving is one of mayhem, chaos, and omigosh we're out of butter! Who has time to slave over the stove all week creating big-production recipes? As yummy as they are, it's the last-minute dishes that can really steal the show. Registered dietitian, Cindy Kleckner will show you how to create some quick and easy entrees and sides that take 30 minutes or less. Also, learn what seasonal foods are considered Autumn jewels that help fight disease like a champ.

## Holiday Tapas Party | Thursday, December 10 | 6:00-8:00 p.m.

Make a delicious impression on your holiday guests with an awesome selection of simple, yet sophisticated appetizers. Join Registered Dietitian, Cindy Kleckner to create small Spanish-inspired dishes that are mouth-watering and so easy to prepare you'll have time to mix and mingle with your guests. Pair them with a glass of fresh sangria and you'll be dancing the flamenco. Ole'!

## Craft-a-Ganza Classes

Apple Jackson

[ajackson@coopercraigranch.com](mailto:ajackson@coopercraigranch.com) | 214.383.1030

**\$25 Members | \$30 Non-Members**

All classes are held in the Demonstration Kitchen

Due to the nature of our craft classes, we recommend your children wear clothes that allow them to get messy.

*Cancellations made less than 48 hours prior to the class will be charged a supply fee of half the cost of the class.*

### All Things Owl | Tuesday, September 15 | 4:00-6:00 p.m.

There may be more than 200 different species of owls, but we're only focusing on three in this craft class. Join us as we paint a ceramic owl, make a paper owl lantern and make, and of course eat, delicious owl cupcakes. *Who's coming? It's going to be a hoot!*

### Halloween Fun | Wednesday, October 21 | 4:00-6:00 p.m.

Ghosts, goblins and witches, oh my! Halloween is right around the corner and we're getting ready for some ghoulish fun. We'll start by making a soft cuddly pillow for you to take home, turn a pumpkin into a mummy and end the class with a "witchy" chocolate cupcake.

### Festive Thanksgiving Crafts | Wednesday, November 18 | 4:00-6:00 p.m.

Mom will be proud to display your personally decorated plate and will surely make it the centerpiece of the Thanksgiving table. All the kids will be looking to you for inspiration as they'll want to make their own paper turkey cup to add a little festivity to the kids table. We're sure you'll want to eat your snack cone-ucopia right away, but you'll have plenty of time to make more for all the guests coming to your house for Thanksgiving.

### Cozy Holiday Crafts | Wednesday, December 16 | 4:00-6:00 p.m.

It's the most magical time of the year, and there's nothing more exciting than holiday crafts! As the temperatures drop, it's time to get cozy. Make a festive Christmas tree brownie and enjoy some delicious peppermint, white hot chocolate. Then hang your gingerbread man wreath on the door and settle down for a little nap as you snuggle up with a soft fleece pillow that you made yourself.

## Youth Tennis

Andrew KaiKai, Head Tennis Professional

[akaikai@coopercraigranch.com](mailto:akaikai@coopercraigranch.com) 214.383.1047

### Trailblazer / Pee Wee (Ages 4 - 8)

*Minimum of four participants required to hold class*

**Monday-Friday, 4:00-5:00 p.m. | Saturday, 8:30-9:30 a.m.**

**\$17.50/daily | \$120/8 session package**

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.

### Future Stars (Ages 8 - 10) | *Minimum of four participants required to hold class*

**Monday - Friday, 5:00-6:00 p.m. | Saturday, 9:30-10:30 a.m.**

**\$17.50/daily | \$120/8 session package**

This is for the junior with little tennis experience or one looking to get into the game of tennis. 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 through games, drills and lots of fun!

### Teen Tennis / Tournament Champs (Ages 10 - 18)

**Tuesday & Thursday, 6:00-7:30 p.m. | Saturday, 10:30 a.m. - 12:00 p.m.**

**\$26/daily | \$180/8 session package**

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.

## Swim Lessons

Patrick Kennedy, Swim Professional

[pk.kennedy@hotmail.com](mailto:pk.kennedy@hotmail.com) | 972.890.1781

Our experienced and certified Instructors will teach your child everything he or she needs to be safe in the pool, from basic water skills and stroke development, to increasing distance.

Private instruction available!

\$80/hour | \$45/30-minutes

## Basketball Academy

*Coach Coleman Crawford | colemanacrawford@gmail.com*

*To register, contact Jillian Fuerman*

*jfuerman@coopercraigranch.com | 214.383.1056*

### Winter Academy

**Every Monday for six weeks | January 11—February 15**

**Future Stars Academy** | Co-ed (Ages 5-7) | 4:30-5:30 p.m.

Maximum of 12 participants | \$180/6 week session

**Junior Academy** | Co-ed (Ages 8-11) | 5:30-6:30 p.m.

Maximum of 16 participants | \$180/6 week session

**Shooting School** | Co-ed (Ages 12-14) | 6:30-7:45 p.m.

Maximum of 24 participants | \$180/6 week session

**Available upon request | Individual, \$75/hour | Duo, \$65/hour**

**Small Group (3-5 participants), \$35/person/hour**

## Martial Arts | Taekwondo

*Master Choncie Reid | creid@coopercraigranch.com*

*To register, contact Jillian Fuerman*

*jfuerman@coopercraigranch.com | 214.383.1056*

**\$60/month | Every Wednesday | (Ages 6-12), 5:30-6:30 p.m.**

Taekwondo is one of the most systematic and scientific Korean traditional martial arts that teaches more than physical fighting skills. It is a discipline that focuses on enhancing the spirit and life through training the mind and body. All levels of students are accepted from beginner to advanced. Children will gain better focus, learn respect and discipline, get in shape and have fun.

**\*New day begins Wednesday, September 9**

Private and semi-private lessons are available.

Contact Choncie for information on purchasing uniforms.

## Cooking Classes for Kids

*Jillian Fuerman*

*Jfuerman@coopercraigranch.com | 214.383.1056*

**\$25 Members | \$35 Non-Members (unless otherwise specified)**

**All classes are held in the Demonstration Kitchen**

**Parents may choose to stay with their children, but are not required to stay.**

**Fit Foods for Fit Kids | Thursday, September 24 | 4:00-6:00 p.m.**

Good nutrition is a start to help our children grow smart! Kids will make an assortment of delicious and nutritious foods, while learning about how carbs, fats, proteins and grains fuel their growing bodies.

**Spooktacular Goodies | Thursday, October 29 | 4:00-6:00 p.m.**

Spider Web Pizza and Creepy Eyeball Cupcakes will be on the menu along with a few other special and spooky Halloween treats.

**Thanksgiving Treats | Tuesday, November 24 | 4:00-6:00 p.m.**

Your children want to show their gratitude for everything you do for them. Get ready, as they bring home special treats for the whole family to enjoy. Although we can't promise that the Pumpkin Pie Cupcakes will make it.

**Build a Gingerbread House | Saturday, December 12 | 1:00 –3:00 p.m.**

**\$45/child-parent team, members | \$55/child-parent team, non-members**

Celebrate the season as you and your child work together creating a masterpiece to decorate your home for the holidays. Give your kitchen a break and get messy in ours. We'll provide all the supplies, holiday music, peppermint hot chocolate and treats.

**Holiday Cookie Camp | Tuesday, December 22 | 4:00-7:00 p.m.**

**\$40/member | \$50/non-member | Price includes dinner for child**

Tis the season to make holiday cookies and treats. Your child will learn how to bake and decorate delicious holiday cookies AND bring home plenty to share with family and friends.