

# FALL & WINTER

## 2014 Programs



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!



**Cooper Fitness Center at Craig Ranch**  
7910 Collin McKinney Parkway, McKinney, TX 75070  
214-383-1000 • [cooper youth.com/McKinney](http://cooper youth.com/McKinney)

# Youth Fit Camp

Rudbekia Bach, Youth Program Director

214.383.1035 or rbach@coopercraigranch.com

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, 2014)*

**Youth Fit Camp, Full Day (Ages 5-12) | Pee Wee Camp, Half Day (Ages 2-4)**  
**Thanksgiving, November 24, 25 & 26 | Christmas, December 22, 23 & 26**  
**New Years, December 29 & 30, January 2**

Full Day	Daily	(3 Day Sessions)
9:00 a.m. - 4:00 p.m.		
Cooper FIT KIDS	\$40 Daily	\$110 Per Session
Cooper Kids Club	\$45 Daily	\$126 Per Session
Non-Cooper members	\$55 Daily	\$156 Per Session

**Save the date: Spring Break Camp**  
**March 9-13 & March 16-20**

**Extended Care Available**

7:30-9:00 a.m.

and/or

4:00-5:30 p.m.

\$5/day for before *OR* after

\$10/day for both

Half Day	Daily	(3 Day Sessions)
9:00 a.m. - 12:00 p.m. <i>OR</i> 1:00-4:00 p.m.		
Cooper FIT KIDS	\$20 Daily	\$55 Per Session
Cooper Kids Club	\$22.50 Daily	\$63 Per Session
Non-Cooper members	\$27.50 Daily	\$78 Per Session

**Teacher In-Service Day Camps**

**October 13 & 27 | December 19 | January 5, 6 & 19**  
**February 16 | April 27**

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

Cooper Fit Kids	\$40 Daily	\$20 Half Day
Cooper Kids Club	\$45 Daily	\$22.50 Half Day
Non-Cooper Members	\$55 Daily	\$27.50 Half Day

**Extended Care Available**

7:30-9:00 a.m. and/or 4:00-5:30 p.m.

\$5/day for before *OR* after-\$10/day for both

**Black Friday/Saturday Day Camp**

**Friday & Saturday, November 28 & 29**  
**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	\$40 Daily	\$20 Half Day
Cooper Kids Club	\$45 Daily	\$22.50 Half Day
Non-Cooper Member	\$55 Daily	\$27.50 Half Day

## Youth Fit Classes

**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 | 9:15- 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 | 4:00-7:00 p.m.  
 Saturday | 9:00-11:00 a.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, Tuesday, Thursday & Friday  
 1:00-2:00 p.m.

## Trailblazer / Pee Wee (Ages 3 - 8)

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

Daily, \$17.50 | 8 Session Package, \$120

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 / Stars (Ages 8 - 10)

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

Daily, \$17.50 | 8 Session Package, \$120

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 (Ages 10 - 18)

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

Daily, \$26 | 8 Session Package, \$180

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.

## Junior Excellence Academy | Tournament Champs, Junior Elite

Thursday, 6:00-8:00 p.m. | Saturday, 12:00-2:00 p.m.

Daily, \$32.50 | 8 Session Package, \$240

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.

# Martial Arts / Taekwondo

Master Choncie Reid

creid@coopercraigranch.com

\$60 Per Month Every Monday | (Ages 4 & 5) | 5:00-5:30 p.m. | (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.

Private and semi-private lessons are available. Contact Choncie for details or for information on purchasing uniforms.

**Cost: \$30 Members | \$40 for 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.*

## An Apple a Day

**Thursday, September 18 | 4:00-6:00 p.m.**

How do you make an apple turnover? ~ Push it down a hill.

Apples have never been so much fun! Let us teach your child to make easy and delicious recipes like *Apple Cheese Pizza, Apple Dumplings, Caramel Apple Cookies* and *Carrot, Zucchini Apple Bread*.

## Spooktacular Halloween Goodies

**Tuesday, October 28 | 4:00-6:00 p.m.**

What do you call a skeleton that won't work? ~ *Lazy bones*

*Spider Web Pizza, Apple Monsters, Creepy Eyeball Cupcakes* and *Pumpkin Shakes*? Hmm, it must be time for Halloween! Your child will be the star of any Halloween party or Fall Festival when they show up with these "spooktacular treats"

## Thanksgiving Turkey Treats

**Thursday, November 20 | 4:00-6:00 p.m.**

What happened when the turkey got into a fight? ~ He got the stuffing knocked out of him!

This Thanksgiving, your children will be ready to help in the kitchen and show off their culinary skills. Let us teach them how to prepare unique appetizers like, *Stuffing Muffins, Turkey & Pear Quesadillas* and of course *Turkey Decorated Cupcakes*.

## Gingerbread House

**Saturday, December 6 | 9:00-11:00 a.m. or 11:30 a.m. - 1:30 p.m.**

**\$45, Member | \$55, Non-Member (Parent & Child)**

What did the Gingerbread Man put on his bed? ~ A cookie sheet.

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 and peppermint hot chocolate.

## Holiday Cookie Camp

**Monday, December 22 | 4:00-7:00 p.m.**

**\$45, Member | \$55, Non-Member (Price includes dinner for child)**

Why did the cookie go to the hospital? ~ Because it was feeling crummy.

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.

Cost: \$25 Members | \$30 for 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.

## Fall Savings

Tuesday, September 16 | 4:00-6:00 p.m.

Decorate a ceramic piggy bank to start your year-end savings...just in time for the holidays. We'll also make a paper owl and enjoy a grotesquely delicious dirt cup—we couldn't leave out the chocolate!

## Getting Ready for Halloween

Tuesday, October 14 | 4:00-6:00 p.m.

Tin pails are the perfect way for your children to collect their Halloween candy. Once it's decorated, they'll be the envy of the neighborhood. Then watch out Mom, your kids will be bringing home a scary paper cup spider, an original painted pumpkin and unless they eat it all, a yummy pumpkin rice krispy treat.

## Gobbling Goodies

Tuesday, November 11 | 4:00-6:00 p.m.

Your child will be ready to help make Thanksgiving dinner after they don their festive apron. Or maybe they'll make it for you to wear while they decorate the table with a cute paper turkey and Oreo cookie turkeys.

## Santa's Little Helpers

Tuesday, December 16 | 4:00-6:00 p.m.

The holidays are upon us and we want your child to be ready. We'll cover all the bases as we decorate stockings, ornaments, cookies and a very special greeting card.



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.

Call 214.383.1035 for details!

Mention *Birthday Card* and receive 10% off your next party at Cooper Fitness Center at Craig Ranch.

**Sessions are held every Monday for six weeks | September 22 - November 3**  
**(A week was added to make up for no class on October 6)**

## **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

## **Basketball Bootcamp**

Co-ed (Ages 12-16) | 6:30-7:45 p.m. | Maximum of 24 participants | \$200/6 Week Session

Private and duo lessons are available upon request.

Individual, \$75 Per Hour | Duo, \$65 Per Hour | Small Group (3-5 participants), \$35 Per Person/Hour

# *Swim Lessons*

**Patrick Kennedy, Swim Professional**

**972.890.1781 or pk.kennedy@hotmail.com**

Private instruction available | \$80, One Hour | \$45, 30 Minutes

# *Race Events*

**Cara Bonney, Program Director**

**214.383.1022 or cbonney@coopercraiggranch.com**



**Saturday, October 18 | 10:00 a.m. | Erwin Park, McKinney**

<https://www.itsyourrace.com/event.aspx?id=3579>

Join us for an off road 5k and 1-mile fun run. Costumes are encouraged, but not required along this trail full of tricks and treats.

**Saturday, November 8 | 9:00 a.m. | Erwin Park, McKinney**

<http://www.itsyourrace.com/event.aspx?id=3571>

Runners wanted for the Happy Tails 5K/12K run.



**TRAIL RUN AT ERWIN PARK**

# Special Events

## Breakfast with Santa

December 13 | 9:00-11:00 a.m.

Please RSVP by 12/11 | 214.383.1030

\$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



Join us for a gift wrapping party! We'll provide all the supplies needed to wrap your holiday gifts including: wrapping paper, ribbon, bows, gift tags, boxes, tulle, raffia, gift bags and tissue paper. Then let's make it even more fun. Drop your children off in the Corral and enjoy appetizers, beverages and holiday themed music.

Tuesday, December 2 | Wednesday, December 10  
Thursday, December 18 | Monday, December 22  
5:00-8:00 p.m.

Additional fees apply to oversized gifts  
Drop off gift wrapping service also available

Call Tracey for details at 214.383.1083 or [tdemsky@coopercraigranch.com](mailto:tdemsky@coopercraigranch.com)



Adult cooking classes held at Cooper Fitness Center at  
Craig Ranch and neighborhood Market Street locations.

For details, contact Tracey Demsky at  
214.383.1083 or [tdemsky@coopercraigranch.com](mailto:tdemsky@coopercraigranch.com)

