







The Houstonian Club is dedicated to enhancing the quality of life for our Members and their families. Our guiding principle is that this can be best achieved through the development and maintenance of a sound body and an alert mind. The central purpose of The Houstonian Club is to provide a unique facility with programs and services that focus on renewal... personally, professionally and physically.

At The Houstonian, nestled among towering pines and majestic oaks, the tranquility of nature prevails over the clamor of the city. Here, dreams are realized, lasting memories are born and lives are deeply enriched. This is The Houstonian Club. An experience like no other.

TABLE OF CONTENTS

Membership	2
Athletic Facilities	2
The Privileges of Resident Membership	7
Club Services, Dining & Social	8
Members Only Business Directory	9
Schedule of Charges	10
Directory of Services	11
Rules & Regulations	15
Youth Department	17
Dependent Policies	18
Dress Code	20
Trellis, The Spa at The Houstonian	20
The Houstonian Hotel	20

RESIDENT MEMBERSHIP

Provides complete dining, social and athletic use of The Houstonian. Resident Members enjoy exclusive use of private Resident Member Locker Rooms, Resident Member Fitness Center and Gated Resident Parking Areas.

Initiation Fee		Monthly Dues
\$25,000	Individual	\$358
	Couple	\$394
	Single Parent with One Dependent (under age 25)	\$394
	Family	\$436
\$28,000		

All Resident Family Memberships are on Wait List status. To be eligible for a Family Membership, applicants must first purchase an Individual or a Couple Membership. The new Member will be notified when a Family Membership is available. At this time an additional \$3,000 Initiation Fee is due and dependents will be added to the Membership. Children under age 21 are not permitted in Resident areas unless accompanied by a parent.

VOYAGERS (70+) RESIDENT MEMBERSHIP

All the benefits of a Resident Membership for those who are 70 years of age or older.

Initiation Fee		Monthly Dues
\$12,500	Individual	\$358
	Couple	\$394

ASSOCIATE MEMBERSHIP

Provides complete dining, social, and athletic use of The Houstonian, excluding designated Resident Member areas.

Initiation Fee		Monthly Dues
\$15,000	Individual	\$255
	Couple	\$323
	Single Parent with One Dependent (under age 25)	\$323
	Family	\$372
\$18,000		

All Associate Family Memberships are on Wait List status. To be eligible for a Family Membership, applicants must first purchase an Individual or a Couple Membership. The new Member will be notified when a Family Membership is available. At this time an additional \$3,000 Initiation Fee is due and dependents will be added to the Membership.

VOYAGERS (70+) ASSOCIATE MEMBERSHIP

All the benefits of an Associate Membership for those who are 70 years of age or older.

Initiation Fee		Monthly Dues
\$7,500	Individual	\$255
	Couple	\$323

JUNIOR ASSOCIATE MEMBERSHIP

Junior Associate Membership provides all the benefits of an Associate Membership for those who are age 21 –29.

Initiation Fee		Monthly Dues
\$7,500	Individual	\$200
	Couple	\$323
\$10,500	Family	\$372

Junior Associate Memberships are available for those who are ages 21-29. The balance of the Initiation Fee is due on or before the Member's 35th birthday or Membership is no longer valid. If the balance is paid on or before the Member's 30th birthday, the balance due will be \$7,500. If the balance is paid after the Member's 30th birthday, but before the Member's 35th birthday, the balance due will be based upon the prevailing Initiation Fee at the time the balance is paid. In order to convert a Junior Associate Membership (Individual or Couple) to a Family Membership, the balance of the Initiation Fee plus \$3,000 is required.

CORPORATE MEMBERSHIP

Add \$3,000 to the Initiation Fee of any Membership.

Monthly Dues and Initiation Fees are effective January 1, 2016 and are subject to change. Some Memberships may be limited or available only on a waiting list basis.

All Initiation Fees and dues are subject to applicable taxes, which are in addition to said Initiation Fees and dues.

- Four Indoor Tennis Courts
- Five Outdoor Lighted Tennis Courts
- Two Outdoor Padel Courts
- Two Racquetball Courts
- Outdoor Running Trail
- Two General Group Exercise Studios
- Yoga Studio
- Cycle Studio
- Pilates/Gyrotonic® Studio
- Boxing Studio
- Studio 360 Functional Training
- Outdoor Resort Pool (heated)
- Outdoor 25-yard x 25-meter Sports Pool (heated and cooled)
- Outdoor Garden Pool (heated)
- Outdoor Baby Pool (heated)
- Outdoor Whirlpool
- 35+ Certified Personal Trainers
- Luxurious Men's and Women's Locker Rooms
- Saunas
- Steam Rooms
- Indoor Rock Wall
- Indoor Whirlpool (Resident Membership only)
- Basketball Court
- Executive Fitness Center (Resident Membership only)
- State-of-the-Art Cardiovascular and Strength Training Equipment
- Indoor 1/9 Mile Running Track
- IHRSA Reciprocity Program
- Nutrition and Weight Management Consultation with Registered Dieticians
- Guest Privileges (fee)









HOUSTONIAN CLUB RESIDENT MEMBERSHIP

THE PRIVILEGES OF RESIDENT MEMBERSHIP

- Oak lockers with greater storage capacity and private lock boxes
- Whirlpools, dry saunas and steam rooms
- Inviting and comfortable lounges
- Massage and relaxation rooms
- Complimentary fruit and snacks
- Plush robes to wear in the locker rooms
- No one under the age of 21 admitted to locker rooms or the private fitness center unless accompanied by a parent
- Private fitness center
- Complimentary guest privileges
- Complimentary Bungalow Child Care
- Gate-accessed parking
- Priority reservations for all racquet sports
- Complimentary use of the Library and/or Boardroom
- 10% discount at The Sports Shop
- 10% discount on food purchases for food-catered functions at The Hotel
- 20% discount on services at Trellis
- **Partial return of Initiation Fee**
When a Resident Membership purchased directly from the Houstonian Club on or after January 1, 2015 is resigned, the resigning Member will receive 15% of the original Initiation Fee that such Member paid. This partial refund is only payable after a new Member joins in the specific membership category that was resigned (Individual, Couple or Family). This partial refund does not apply to: (i) any Member who purchases a Resident Membership through a resale of an existing Resident Membership, or (ii) Corporate Resident Memberships. Resigning Resident Members will be placed on a Wait List to receive their partial refund of the Initiation Fee until a new Member of the same membership category joins.



CLUB SERVICES

DINING & SOCIAL

- Sports Shop
- Complete spa services at Trellis - The Spa at The Houstonian
- The Bungalow (children ages five and under)
- Kids Gym (ages five to 12)
- Jr. Youth Certification (complimentary for children ages 9 -11)
- Youth Certification (complimentary for children ages 12+)
- Educational and Personal Growth Programs
- Great Start Programs featuring fitness assessments
- Luxury Auto Detailing Service †
- Laundry
- Private Lockers (Rentals Available)
- Beverage Service in Locker Room Lounge Areas
- Shoe Shine and Shoe Repair

† Provided by third parties leasing space in The Club.

- The Manor House - with wall-to-wall windows providing a view of the luxurious landscape of The Houstonian, the restaurant is open for lunch Monday - Friday (available evenings and weekends for private functions only)
- "The Bar" (located in Hotel)
- The Houstonian Hotel (special Member rates)
- Olivette Restaurant (located in Hotel)
- Center Court Café - informal dining, low fat and healthy menu located in The Club
- Arbor Grill - poolside outdoor dining
- At Your Service - light fare and snacks for individuals and groups brought to the Tennis Deck and Resident Locker Rooms
- Social Events throughout the year



Use The Houstonian Club App on your smart phone to access schedules, social events, instructor substitutions or to contact any department.



MEMBERS ONLY BUSINESS DIRECTORY

MEMBERS ONLY BUSINESS DIRECTORY

Available only on myhoustonian.com, this categorized directory allows Houstonian Club Members to promote their companies' businesses exclusively to other Houstonian Club Members.

Business Listings

Search within the list:

First Previous 1 2 3 4 5 Next Last

Hanley Bros Auto Specialists
Contact: Ken Hanley
111 N. Post Oak Lane, Houston Texas, 77024 | (713) 680-2266
Hanley Brothers Auto Detail specializes in luxury automotive detailing.
[Profile](#) [Website](#) [Email](#)

BRSH Dental
Contact: Melicia Tjoa, D.D.S. BRSH Dental
2800 Kirby Dr. Ste. A-226, Houston Texas, 77098 | (713) 660-0966
At BRSH Dental we practice aesthetic and comprehensive dentistry in a relaxing atmosphere to put you at ease. Keeping your smile beautiful & healthy is our goal.
[Profile](#) [Website](#) [Email](#)

Bergquist Law Firm
Contact: David Bergquist
5225 Katy Freeway, Suite 550, Houston Texas, 77007 | (713) 655-8000
Aggressive Trial Lawyers.
[Profile](#) [Website](#) [Email](#)

Smith & Jones Advertising
Contact: GayleAnn Gourwitz
2550 Gray Falls Drive, Houston Texas, 77077 | (281) 759-0202
Smith & Jones Advertising is a 30-year old full service marketing group with marketing strategists, graphic artists, writers, HTML programmers and Flash designers. We specialize in highly creative thinking and fast turnaround.
[Profile](#) [Website](#) [Email](#)

Categories

- Automotive (5)
- Advertising & Public Relations (4)
- Business (21)
- Computers (2)
- Construction (4)
- Education & Research (4)
- Employment (2)
- Entertainment (2)
- Government & Law (18)
- Medical/Health (21)
- Home & Garden (1)
- Internet & Online (3)
- Insurance (0)
- Pet Care (0)
- Relationship Coaching (1)
- Real Estate (20)
- Retail (3)
- Society & Culture (0)
- Sports (2)
- Telecommunications (3)
- Travel & Tourism (0)

All Categories

myhoustonian.com is our Members only website. The site handles virtually all the registrations for Youth, Aquatics and Racquet Sports Programs and Camps.

All Group Exercise updates are on the site, and reservations for our many activities may be made on the site. In addition, Members may access their accounts through the site, see transactions and make payments.

SCHEDULE OF CHARGES

GUEST FEES

Associate Member Adult Guest	\$25
Associate Member Youth Guest	
Ages Six through 15	\$15
Ages Five and under	No Charge (NC)
Resident Member Guest	NC

Guests must be accompanied by Member, register at Club Lobby Desk, present photo identification and sign a guest waiver upon arrival. The same guest may not use The Club more than twice a month, not to exceed twelve visits per year or 24 visits per year for grandchildren of Members. Resident Members may have up to four guests per day at NC. Associate Members may not utilize the Resident Locker Rooms or the Resident Fitness Center as guests of Resident Members or otherwise. The guest policies are intended for non-members.

IHRSA Guest	\$20
-------------	------

PRIVATE LESSONS

Tennis, Padel and Racquetball Starting at \$65/hour

Personal Training

Private	Semi-Private
One hour \$95	One hour \$75 ea.
3/4 hour \$80	3/4 hour \$65 ea.
1/2 hour \$65	1/2 hour \$50 ea.

Group Training

Indoor (3-4 people)	Indoor (5+ people)
One hour \$60 ea.	One hour \$55 ea.
3/4 hour \$45 ea.	3/4 hour \$40 ea.
1/2 hour \$35 ea.	1/2 hour \$30 ea.

Outdoor

One hour \$50 ea.
3/4 hour \$35 ea.

Studio 360

Private	Classes
One hour \$95	One hour \$65 ea.
3/4 hour \$80	1/2 hour \$40 ea.
1/2 hour \$65	

Semi-Private (2 people)

One hour \$75 ea.
1/2 hour \$50 ea.

Pilates

Private one hour \$85
Private 1/2 hour \$65
Semi-Private one hour (2+ people) \$60 ea.

Group Reformer Class* one hour (4-8 people) \$35 ea.

Group Wunda Chair Class* 50 minutes \$40 ea.

*Special Studio Times

Gyrotonic®

Private one hour \$90
Semi-Private one hour (2 people) \$65 ea.

Flex, Fly & Flow Aerial Pilates and Aerial Yoga

Private one hour \$95
Duet and Triplet one hour \$65 ea.
Pilates Equipment Mix w/ Flex, Fly & Flow one hour \$65 ea.

Thai Stretching - Private one hour \$90

Nutrition

Starting at \$95/hour
1/2 hour (one person) starting at \$60

Swimming for Children and Adults Prices Vary

Other programs are available.

All charges are subject to change.

MASSAGE AT THE CLUB*

One hour and 1/2 . . . \$135	1/2 hour \$60
One hour \$95	

SHOE SHINE AND SHOE REPAIR

Shine \$5	Repair Prices Vary
---------------------	------------------------------

LOCKERS (including laundry service)

Resident and Associate Locker Rooms	
1/2 size \$27 mo.	Full size \$40 mo.

MEMBERSHIP ACCESS TAG REPLACEMENT . . \$20

CORPORATE MEMBERSHIP TRANSFER FEES

For Resident and Associate Memberships \$3,000

REINSTATEMENT POLICIES AND FEES

A Membership may be placed on Inactive status for up to one year when the inactive Member's residence is less than 100 miles from the Club; after one year, the Membership is cancelled. A Membership may be placed on Inactive status for up to ten years when the inactive Member's residence is more than 100 miles from the Club. In that case, the inactive Member must notify the Club once each year, providing proof of residence and requesting the Membership remains on Inactive status. Any Membership that has been inactive for more than ten years is cancelled.

Membership Reinstatement Fees are:

Reinstatement within two years of inactivation . . . \$2,000**
Reinstatement more than two years but less than five years after inactivation \$5,000
Reinstatement more than five years but less than ten years after inactivation \$7,000

RESIDENT MEMBERSHIP CONVERSION FEE

Should an Associate Member decide to convert from Associate Membership to Resident Membership, the conversion fee is the prevailing Resident Membership Initiation Fee less the original Initiation Fee paid by the Associate Member.

THE BUNGALOW (Six Weeks to Five Years Old)

Resident Family Members NC	
One Child	Two Children
Associate Family Member \$4/hr	Associate Family Member \$5/hr
Associate Guest . . . \$7/hr	Associate Guest . . . \$8/hr
Resident Guest NC	Resident Guest NC

Three Children

Associate Family Member \$6/hr
Associate Guest . . . \$9/hr
Resident Guest NC

KIDS' GYM (Five to Twelve Years Old)

AND LIFE (Learning Is Fun Everywhere)

Associate Family & Resident	Two Associate Guests . . \$8/hr
Famly Members NC	Three Associate Guests \$9/hr
One Associate Guest . . \$7/hr	Resident Guest NC

(The Bungalow and Kids' Gym are available for up to three hours per day per child, not to exceed 12 hours per week per child.)

FOR CANCELLATION POLICY AND CHARGES, PLEASE SEE PAGE 17.

* Massage Establishment License #1876

** All Fees are subject to a aplicable taxes.

(All Resident Locker Room full size rental lockers are currently on Wait List status; 1/2 size rental lockers are available and day lockers are always available.)

DIRECTORY OF SERVICES

THE HOUSTONIAN CLUB

A vast array of services are available for the convenience and benefit of Houstonian Members. This directory of services is designed to provide a limited overview of the services currently available and other important rules, regulations, and standards. Please refer to The Houstonian Bylaws and your Membership Application for complete information.

FACILITIES

Hours of Operation

The Houstonian Club is open Monday - Friday from 5 a.m. to 10 p.m. and Saturday - Sunday from 6 a.m. to 9 p.m. Special hours of operation are posted for holidays.

Parking

Convenient parking is available for Members. Resident Members have private access on the upper level and part of the lower level of the original (old) parking garage. Members and guests may also park on the lower level of the original garage, anywhere in the new garage or at the adjacent outdoor lots during evenings and weekends. Complimentary valet parking may be provided during peak periods:

Monday – Friday 8:30 a.m. – 6 p.m.
Saturday 9 a.m. – 6 p.m.
Sunday 10 a.m. – 4 p.m.

Fitness Center

The Houstonian Fitness Center has more than 300 pieces of equipment, including elliptical machines, exercise bikes, step climbers, treadmills, rowers, variable resistance equipment and free weights. New Members are encouraged to ask about our Great Start program, which includes a complimentary fitness assessment and equipment orientation.

Indoor Running Track

A multi-purpose facility serving the needs for walking, jogging, classes and various Member needs. The indoor track is 1/9 of a mile. Users should stay to the inside and pass on the outside. Keep moving while on the track and cautiously move on and off the track. A directional arrow is posted. No sprinting is permitted.

Outdoor Running Track

An 8/10 mile walking and running path surrounds The Houstonian Campus. Users should stay to the right and pass others on the left. Moving in either direction is permitted. Take advantage of the outdoor workout area located adjacent to the track, across from the bridge.

Performance Zone

The Houstonian Performance Zone is a 40-yard long turfed training area located adjacent to the Indoor Tennis Facility. Many fitness programs are held in the Zone,

a great place for Members and guests to experience outdoor training.

Resort Pool/Sports Pool/Garden Pool

The Resort Pool has areas for every age group and lifestyle, and the 25-yard x 25-meter Sports Pool features advanced technology. In addition, the Garden Pool is located next to The Houstonian Hotel. Lifeguards are on duty at all pools from Memorial Day through Labor Day during peak hours. At all times, swim at your own risk, and never swim alone. The Garden Pool is open only during The Club's operational hours. All pools are heated during winter months, and the Sports Pool is cooled during summer months.

Locker Rooms

Separate locker rooms are provided for Resident and Associate Members and their guests. Day lockers are available for users who do not wish to rent personal lockers. Rental lockers are available in each locker room which includes 24-hour turnaround laundry service for workout clothing. A monthly Rental Fee is assessed on the Member's statement. Each locker room is supplied with amenities, including towels and toiletries. In consideration of all Members, these supplies are to be used while at The Club, and not removed from the premises. Members and guests must always keep all personal belongings in a locker. The Club will not be responsible for lost or stolen articles. Valuables should be stored in the convenient personal lock boxes provided in each locker room. (Currently, there is a waiting list for full size Resident Locker Room rental lockers.)

Resident Member Fitness Center

Located on the second floor of The Club, this room provides equipment for the exclusive use of Resident Members and their children over the age of 21.

Rock Climbing Wall

Try your skills on The Houstonian's indoor Rock Climbing Wall located adjacent to Center Court Café. Appointments for classes and lessons may be made by calling 713.316.2754. \$7.50 per hour; belay certificate \$35.

Hours of Operation

Monday – Thursday 3 – 6 p.m.
Friday Closed
Saturday and Sunday 10 a.m. – 2 p.m.

Children's Playground

The Children's outdoor playground has a rich assortment of equipment and play options to encourage and support a lifetime of physical fitness.

Member Library and Club Boardroom

Quiet room for Members to conduct business, read, reflect and relax. These rooms may be reserved for private functions, meetings or catered social affairs. For details, please call 713.316.2743.

DIRECTORY OF SERVICES – *continued*

PROGRAMS

Swim Programs

A variety of special swim programs are offered for swimmers of all levels. These range from Aquatots to a nationally recognized Adult Lap Swim program. For additional information, contact the Aquatics Department at 713.685.6751. Schedules and registration forms are available online at www.myhoustonian.com.

Youth Activities

Various youth programs are scheduled throughout the year such as Summer Camp, Rockwall, Basketball and more. Please call the Youth Program Manager, 713.263.6595.

Youth Certification Program

To encourage a life-long love of sports and fitness, we allow children ages 12–15 more independence when they visit The Club, if they have completed our Youth Certification Program. The Program includes a one-hour session with a member of the Fitness Staff who will demonstrate and discuss safety guidelines, exercise etiquette and issues relating to manners and decorum while using Club facilities. Children who are Youth Certified are also eligible to receive their own Club access tags. Certification is complimentary and takes place in the Fitness Center. Sessions are made by appointment only. For more information, call 713.316.2716.

Junior Youth Certification Program

Required for children ages 9–11 to use the Club (except the fitness center or pools). Parents are required to be on property the entire time their children are in this program. Includes a one-hour session with a member of the Youth Management who will demonstrate safety guidelines and Club etiquette. Certification takes place in the Youth Office. Sessions are made by appointment only. For more information, call 713.263.6595.

Personal Training

Personal trainers are available for every age and fitness level. Trainers are degreed in a variety of related areas, including kinesiology and exercise science. They are certified by the top organizations in the country, including the American College of Sports Medicine and the National Strength and Conditioning Association. Members may not bring outside personal trainers or coaches into The Club. For more information, call 713.263.6536.

Voyagers

The Voyagers program offers a variety of recommended fitness classes, socials and enrichment activities appropriate for the mature Member. Call 713.263.6536.

Racquet Sports

The Houstonian Club has four indoor tennis courts with Classic Turf surface, a softer surface which reduces the impact on the body while playing, five additional outdoor tennis courts and two outdoor Padel courts. All outdoor

tennis courts are traditional hard court surface. Two racquetball courts are available for play, and a table tennis table may be set up upon request.

Court reservations for tennis and Padel may be made in person or by calling 713.685.6847. For racquetball reservations, call 713.685.6888. Please note that high demand for indoor tennis courts may make advance reservations difficult for Associate Members. Racquetball racquets are available at the Club Lobby Desk. Tennis racquets and table tennis paddles are available at the Racquet Sports Office. Accessories are available for purchase in The Sports Shop.

Basketball/Volleyball

A schedule of daily events is posted outside the Basketball Court. If no event is scheduled, play is open during Club hours, and all guests must register at the Club Lobby Desk. Please call 713.685.6888 for further information.

Leagues & Tournaments

A variety of leagues, tournaments, and special events are conducted throughout the year. Court reservations may be preempted by scheduled events at announced times. Information on events is posted throughout The Club and The Club Enewsletter.

Lessons


Private or group instruction is available from Club professionals for all activities. Lessons may be arranged by contacting the appropriate department. See our schedule for the cost of lessons.

Group Exercise

Our classes are led by highly trained and certified instructors, many of whom have traveled nationwide to bring back the most innovative and exciting class formats available in the industry. Due to the expertise and modifications offered by our skilled instructors, these classes can be enjoyed by adult participants of all ages and fitness levels. The Houstonian Group Exercise schedule contains more than 190 classes per week, and encompasses a broad range of formats including traditional group exercise as well as kick boxing, weight training, yoga, Pilates, and a variety of energizing “Dance” formats. Classes start as early as 5:45 a.m., and run as late as 7:15 p.m. to accommodate our Members and guests in their busy schedules, and to allow them flexibility in making fitness a priority in their lives. There is truly something for everyone on our schedule! For further information, or if you have any questions about our programs, please call 713.685.7971.

Pilates/Gyrotonic®

Our spacious and inviting Pilates/Gyrotonic® Studio looks out onto a beautifully landscaped green area, providing a warm, welcoming atmosphere for our Members and guests. Pilates is an effective, efficient, full-body workout that is based on the core principles of alignment, stability



and breath. This workout will lengthen your muscles and build strength without adding bulk, while also streamlining your body and adding muscle tone.

Our experienced and certified teachers support their clients' personal goals by bringing physical awareness, fitness and alignment into each of their client's lives. Our studio is appointed with state of the art equipment including the Gyrotonic Expansion System® which works your body in a non-linear way through circular movements. It combines elements of dance, yoga, swimming, Thai Chi and gymnastics.

We also offer Flex, Fly & Flow Aerial Pilates and Flex, Fly & Flow Aerial Yoga. You'll flex, expanding your mental and physical limits, fly through the air and flow with aerial skills supporting your body and increasing core abdominal strength. Enjoy our new yoga genre in safe, challenging, levitating poses for all experience levels.

Another available service in our studio, which provides our Members and guests with an alternative approach to Mind/Body, is "Thai stretching". Thai stretching is a blend of acupressure, passive yoga stretching, and reflexology that releases energy blocks and frees the flow of energy in the body. This provides improved circulation, flexibility and muscle tone. After a session of Thai-stretching, clients with stiff muscles, arthritis, or limited mobility of joints feel revitalized, rejuvenated, and their body is re-balanced. To schedule an appointment or receive further information about Pilates/Gyrotonic® or Thai stretching, please call 713.685.7981.

Yoga

Our exceptional Yoga Program delicately combines the ancient essence of Hatha yoga with the realities of modern day living. Working in the unique constraints of a fitness environment, our traditionally-trained yoga instructors are dedicated to making the practice of yoga accessible for newcomers and rewarding for those who have established practices.

We offer more than 40 weekly yoga classes in our shoe-free yoga studio, Members can choose from a variety of formats and levels to best meet their personal goals. Yoga class formats range from Yoga Stretch, with a focus on deep relaxation, to Yoga Body, a solid, well-rounded, more traditional practice, to Yoga Flow, geared towards the proficient yoga practitioner looking for a physically challenging workout. For additional information about our Yoga Program, please call 713.263.6602.

Cycle

The Cycle Studio is equipped with the latest state-of-the-art equipment including 65 Technogym Group Cycle bikes, three temperature zones, flat screen televisions, and hi-tech lighting and sound capabilities. This fully-enclosed room (no windows here!) provides our Members and guests with an escape from the stresses of their daily lives and allows them to enjoy a true cycling "Experience."

There are numerous class formats and times available on our schedule for everyone from the novice rider to the most avid cycling enthusiast, and our instructors are some of the most experienced in the industry.

Studio 360

Studio 360 is a specialized studio created for the Group Exercise Department, offering small group sessions as well as private and semi-private sessions, utilizing state-of-the-art equipment by Technogym, Kinesis, Indo-Row, TRX, Power Plate and VersaClimber.

- Kinesis – offers an almost limitless range of movement possibilities, all of which can be segmented into specific programs. These programs can then be tailored to the needs of a wide variety of populations from sport-specific, to active aging, to rehabilitation, and more.
- TRX Suspension Training System – was developed by a Navy Seal and involves using one's own body weight, suspended against gravity, to achieve maximum strength training benefits.
- Power Plate – advanced vibration technology using the principles of Acceleration Training to improve strength, power and performance, leading to the enhancement of overall health and wellness.
- VersaClimber – VersaClimbers bring a cardio element to the studio. VersaClimbing combines both lower and upper body exercise into one natural vertical climbing motion, and has been proven to be more effective than treadmills, ellipticals, steppers and bikes.

Members can choose from more than 30 group sessions offered per week, or can schedule private or semi-private sessions at their convenience. For information about pricing and scheduling in Studio 360, please call 713.685.6855.

For the most updated information about our programs, including detailed class descriptions and a current schedule, you may also visit us at www.myhoustonian.com.

SERVICES

The Bungalow

(Six Weeks to Five Years Old)

The Bungalow provides child care while Members are using The Club. Reservations are required for infants under 14 months, at least 24 hours in advance. Resident Family Members may make reservations five days in advance; Associate Family Members may make reservations three days in advance. The Bungalow is available to children for up to three hours per day per child, not to exceed 12 hours per week. For more information call 713.685.6753.

The Kids' Gym

This area has been created to provide exercise, games, educational and fun programs for children five to twelve years old. Children must be signed in and out by a parent

DIRECTORY OF SERVICES – *continued*

or adult. The Kids' Gym is available to children for up to three hours per day, not to exceed 12 hours per week. Please check with the Youth Manager for details. For more information call 713.685.7932.

LIFE

"Learning Is Fun Everywhere" is a program where children ages 5 –12 can enjoy the Houstonian Club with a chaperone. They will have the opportunity to climb the rock wall, play tennis, swim (weather permitting) and utilize various areas of the Club while being closely supervised. Reservations are required 24 hours in advance. LIFE is available to children for up to three hours per day, not to exceed 12 hours per week. For more information, call 713.263.6595.

Houstonian Sports Shop

The Sports Shop at The Houstonian provides the latest in fashion and function when it comes to apparel, gifts and more. Select from exciting fashion and unique gift items as well as numerous styles in golf, tennis, yoga, fitness and swim. Shopping at The Houstonian Sports Shop is a genuine shopping experience where our goal is to provide the best of everything. Call 713.685.6719.

Food & Beverage

Manor House - Featuring American regional cuisine and an extensive selection of world-class wines, The Manor House restaurant is open for lunch Monday - Friday. Evenings and weekends may be reserved for private functions. Coat and tie are not required; however, no shorts or warm up suits are permitted. Call 713.685.6840.

Olivette - Located in The Hotel, Olivette offers a marriage of ancient culinary tradition and modern inspiration, featuring the vibrancy of Mediterranean foods, reflecting the richness of the earth. Airy, inviting, charming and casual. Call 713.685.6713.

Center Court Café - The Center Court Café features casual, distinctively healthy dining for Members and guests. Dress is casual and exercise clothing is allowed. Swim suits with cover ups are permitted, and shoes are required. Call 713.685.6764.

At Your Service - Meals, drinks and snacks for 1 –6 people can be provided directly to the Tennis Deck and the Resident Locker Rooms. Call 713.812.6993.

Arbor Grill - Poolside casual and swimsuit dining is available throughout the year. Poolside beverage service and catering are also available. Year round food and beverage service is also available through Houstonian Hotel Room Service and may be charged to your Membership account.

The Houstonian Hotel

The Hotel is a "Preferred" Hotel, considered one of the top hotel/meeting facilities in the United States.

Houstonian Members receive the applicable Member rate at The Hotel.

Banquet, catering, and party needs of Members are accommodated by The Hotel for events such as business functions, wedding receptions, and formal dinners. Members may use their Houstonian charging privileges at Olivette, The Bar located in The Hotel and all campus food and beverage venues.

IHRSA Reciprocity Program

IHRSA, The International Health, Racquet and Sportsclub Association, is an organization established to give Members reciprocal guest privileges to more than 3,500 clubs worldwide. Applicable guest fees will apply. For more information, visit www.healthclubs.com/passport or ask the Club Lobby Desk or Hotel Front Desk for assistance.

Trellis, The Spa at The Houstonian

This spectacular Forbes 4-star sanctuary celebrates the healing, soothing and rejuvenating powers of water with a series of exquisite treatments in a tranquil setting. The 17,000 square foot spa houses 20 treatment rooms, luxurious locker rooms, an indoor salt water float pool, comfortable upstairs lounge with a fireplace and a quiet room for before and after treatments. Some of the world's finest product lines including Natura Bisse, Decléor, Carita and Phytomer, combine with a top-tier staff of spa professionals to provide the ultimate experience.

Trellis offers massages*, body wraps, hair and nail services, facials and customized treatments for men and mothers-to-be. Custom packages for bridal parties, business groups, birthdays, anniversaries, or baby showers can also be arranged. For more information, call 713.685.6790 or visit www.trellisspa.com.

Website Communications

Complete Member information is available at www.myhoustonian.com, or visit our Facebook page and follow us on Twitter and Instagram.

Members Only Business Directory

Available only on myhoustonian.com, this categorized directory allows Houstonian Club Members to promote their companies' businesses exclusively to other Houstonian Club Members. Please see page 9.

Wi-Fi Hot Spot

Complimentary high-speed wireless internet service is available throughout The Club.

Social Events

The Houstonian Club is committed to providing a social as well as healthful experience for Members. Examples of some of the exciting events held throughout the year:

- Happy Hours
- Family Holiday Events
- Wine Tastings
- Pool Parties
- Dance Parties

For more information, call 713.685.6888.

Luxury Auto Detailing

Have your car professionally washed and detailed while you visit The Club. This service is available in the new

parking garage. Call 713.291.7951 for appointments or simply drop off your vehicle. Hours of operation are Monday - Sunday, 8 a.m. - 6 p.m.

RULES & REGULATIONS

Responsibility and Enforcement

The rules and regulations of The Houstonian are adopted and promulgated by Houstonian Campus, LLC. and may be changed from time to time by Houstonian Campus, LLC., as stipulated in the bylaws. Management has the authority to notify Members in writing of rule infractions and take appropriate measures to ensure that the Member or guest abides by The Club's rules, regulations, bylaws and code of conduct. Members are responsible for their own behavior and that of their children and guests.

Charges & Statements

Monthly dues and charges are payable upon receipt of the Member's monthly statement. Accounts unpaid 25 days after billing are assessed a late charge of 1.5% on the unpaid balance. Members 60 days delinquent will be notified in writing and suspended from Membership. The Member will be reported to Club Management for further action, which may include expulsion of Membership. All designated users of the Membership, which may include spouses and business owners, are liable for all costs, fees, and charges related to use of the Membership. Should a Member decide to inactivate their Membership, they are still financially responsible for any balances on finance notes.

Membership Access Tags

Each Member is issued an access tag and assigned a Membership number. The access tag should be carried at all times. The Membership number may be used for purchases at The Houstonian which will be billed monthly to the Member's account. Access tags have a unique user identity and are not to be loaned or shared with others. If the access tag is lost, a replacement fee will be charged to the Member account.

Parking Procedures

Upon entering The Campus, all vehicles without Houstonian Member stickers may be stopped and checked at the guard gate. Parking stickers are issued for vehicle identification purposes and should be placed on the bottom left rear window of the automobile.

Additional stickers are available

from Membership Services. Parking is restricted during major events. Membership will be notified of alternate parking prior to the event. Please plan accordingly.

Resident Members may use their access tags for gate access to the Resident Member parking areas. There is a fee for replacement of lost or damaged access tags.

Pool Usage

Children under age 12 must be accompanied by an adult while at the pool.

Traffic Safety

Please exercise caution when driving on The Houstonian campus. Numerous pedestrians, including children and the elderly, use The Club drive. Drivers must yield to pedestrians on sidewalks and in crosswalks at all times. Drive slowly! The speed limit is 10 mph on campus and 5 mph in the garages.

Guest Policies

A guest must be accompanied by the Member, complete a guest liability waiver at the Club Lobby Desk and pay the guest fee prior to using The Club. There is a limit of four guests per day per Membership. Should you wish to have more than four guests, please submit a written request to the Director of Membership one week in advance. The Director of Membership will then contact the Member regarding applicable fees.

Arrangements for unaccompanied guests must be made in advance with the Director of Membership. Unregistered guests will be asked to leave The Club immediately. Expelled or suspended Members may not come as the guest of another Member. The same guest may not use The Club more than twice a month, **not to exceed twelve visits per year**, except for grandchildren of Members, **who are not to exceed twenty-four visits per year**. Out-of-town guests may use The Club for more than two consecutive days if a written request is made to, and approved by the Director of Membership. That approval may vary, based on Club usage and requested access times. Associate Members may not utilize the Resident Lockers Rooms or the Resident Fitness Center as guests of Resident Members or otherwise. The guest policies are intended for non-Members, and unauthorized use will result in criminal trespass charges.

Gratuities

Gratuities are an expression of satisfaction with service and are given at the Member's discretion. However, at

RULES & REGULATIONS – *continued*

The Manor House, there will be a 20% gratuity added (22% for private functions) and at the Arbor Grill, there will be a 18% gratuity added to your food and beverage purchase. Gratuities are completely voluntary at Center Court Café. Once a year, during the holiday season, management and Members combine in an effort to thank the employees of The Houstonian. A suggested gratuity contribution will be added to the Member's billing statement. Participation is voluntary.

Emergency Procedures

Should an accident occur at The Club, immediately report it to the Operator by using any Club telephone and dialing "0." The Operator will expedite emergency procedures. Should a Member or guest become injured while at The Houstonian Club, staff is not permitted to provide transportation. The Houstonian reserves the right to call emergency rescue services. All Members are encouraged to be CPR certified.

Lost & Found

The Houstonian Club is not responsible for lost, stolen, or damaged items. Valuables are not to be left in lockers. Personal lock boxes are available in the Associate Locker Rooms and inside lockers located in Resident Locker Rooms. Do not leave personal items (i.e., shoes, bags, etc.) outside of lockers unattended, and keep lockers locked at all times. Lost and found item inquiries should be made through the Club Lobby Desk. Items turned in and not claimed after 30 days are donated to local charities. Members and guests must always keep all personal belongings in a locker.

Telephones & Messages

Telephones are located throughout The Club. Dial "9" to obtain an outside line. Messages may be attached to your locker by the locker room attendant.

Cell Phone Usage

Cell phone use is permitted in The Club's common areas including Center Court, the lobby and hallways. Cell phone use is not permitted in the Fitness Center, group exercise studios, locker rooms and Resident Member Fitness Center.

Tennis, Racquetball, Padel and Table Tennis

The Club allows Resident Members to reserve a tennis court 7 days in advance and Associate Members to reserve a tennis court 3 days in advance. Prime time standards are for the indoor courts only. Prime time hours are from 9 a.m. to 12 p.m. and 4 to 7 p.m., Monday through Friday. On the weekends prime time hours are from 8 a.m. to 4 p.m. During prime time hours members can only make one hour court reservations. If members want to play doubles they may book up to 90 minutes of court time. All courts can only be reserved for an hour and a half at a time. Resident Members may make two prime time reservations a week and Associate Members may make one prime time reservation a week. Once a Member utilizes the current prime time reservation, a second prime time reservation can be made. All Members are

allowed to reserve one Padel court per week during prime time hours. The prime time hours for Padel are Monday through Friday, 4 to 7 p.m. During the weekends prime time hours are 9 a.m. to 12 p.m. During the summer months between June and the end of August, the prime time hours include 9 a.m. to 12 p.m., Monday through Friday. Once a Member utilizes the current prime time reservation, a second prime time reservation can be made.

If a Member does not show up for a tennis or Padel court reservation, a fee of \$45 will be charged to the Membership. All cancellations must be made up to one hour prior to the reservation by calling the tennis office at 713.685.6847. If you are running late for your court reservation, please contact the racquet sports office staff. Failing to do so will result in the loss of your court reservation after 15 minutes of your reservation.

Fitness Center

Proper attire must be worn. No sandals/flip-flops or open-toe shoes allowed. Proper etiquette shall be enforced at all times. No outside food or beverage is allowed in the Fitness Center (except nutrition bars, sports drinks and water). Children under age 12 are not allowed in the Fitness Center, unless working with a Personal Trainer. Children ages 12–15 must be Youth certified to utilize the Fitness Center without a parent present. Please see Fitness Staff for certification information. Please observe the 30-minute time limit on all cardiovascular equipment when others are waiting and when the Fitness Center is busy. Please be courteous after exercise and towel dry exercise equipment. All free weights must be returned to appropriate racks after use. Track direction changes daily. Nine laps equal one mile. Slow runners stay to the inside lane. Participants doing walking lunges should stay on the inside third lane only. Yield to runners. No three-walkers abreast. No sprinting. Please be safe. Ask your Houstonian Fitness Staff for any assistance you might need. Use caution when crossing Indoor Track.

Resident Member Fitness Center

Same standards apply to this area as with the Indoor Track with the exception of age. All children entering this area must be 21 years of age or older.

Swimming Pools

The pools are open during Club hours, and all pool guests must register at the Club Lobby Desk. Swim at your own risk. Swim programs are scheduled throughout the week in all three pools. During these times Members not wishing to participate in the program may be asked to leave the swimming pool, but they may remain in the pool areas. No horseplay or running is allowed. No diving except under the supervision of an instructor. No glass containers are allowed in the pool areas. Lifeguards are on duty from Memorial Day through Labor Day during peak hours. Patrons are expected to cooperate with any pool staff immediately. Children under the age of 12 must be accompanied by an adult. Parents and guardians must stay within arms-length of children under age six.

RULES & REGULATIONS – *continued*

For children ages six and older, parents and guardians must be in the same area of the pool where their children are swimming. The Sports Pool is for lap swimming, lessons, and organized workouts only. Children may not recreate in the Sports Pool unless they are lap swimming. No outside food and beverages are permitted at the pools.

Outdoor Whirlpool

Children under the age of six are not permitted in the Whirlpool. Children ages 6–11 must be supervised by an adult. Children 12 and up may use the Whirlpool. All pool rules apply (no horseplay, no running, no glass containers). Whirlpool maximum temperature must not exceed 104 degrees due to Health Codes.

Group Exercise Studios

The Group Exercise Studios are for scheduled programs only. No one under the age of 15 is allowed in adult group exercise classes, except as noted on the Group Exercise schedule. Members and guests are required to wait outside the studio for the next class to begin. Studio equipment is not to be removed and/or used outside of class. Proper attire must be worn in all classes, and classroom etiquette standards for Members and guests to follow are clearly posted in all studios. Please remove shoes before entering Studio B. From a yoga perspective, taking the time to literally leave at the door one's own shoes and other material possessions helps the practitioner to arrive on his/her mat more completely and mindfully THERE. Consciously minimizing the distracting clutter of shoes, phones, water bottles, chewing gum, jewelry, jackets, gym bags, etc. allows the student to pare down to just the essentials needed for an authentic practice: the body and the breath.

For those who are new to, or would like to learn more about our Group Exercise Program, please attend a Group Exercise Orientation class. Registration is required. Please call 713.685.6855. Complimentary.

Cancellation Policy

Cancellations for all Houstonian programs, services and court reservations must be made at least 24 hours in advance. Failure to do so will result in the full charge being

assessed to the Membership account. Cancellations for The Bungalow must be made at least four hours in advance, to avoid a three-hour charge to the Membership account. The Bungalow cancellation fee includes Resident Members.

Locker Rooms

A limited number of lockers in each locker room are available to rent for a monthly fee. To obtain a locker or to be placed on the waiting list, the Member must fill out a locker request form. When a locker becomes available, the Member will be notified by phone. The Member must respond within five working days or the locker will be turned over to the next person on the list. The Member will then sign and date the locker cards and monthly billing will begin immediately. Billing will occur monthly until the Member cancels the locker in writing. Daily laundry service is available for one workout outfit per rental locker. Jeans and shoes are not allowed. Place clothes in laundry bag, securely close, and drop in dirty towel drop. The laundry bag will be returned to your locker. The Club is not responsible for lost or damaged clothing. The Houstonian Club assumes no responsibility for items lost, stolen, or damaged. Please lock all valuables in the safety deposit boxes provided in the locker rooms. Management reserves the right to audit lockers from time to time. To cancel a locker, the Member must fill out a cancellation form, which is available from any locker room attendant. Upon cancellation, the Member has 48 hours to retrieve his/her belongings. After this period, staff will clean out the locker and place the belongings in lost and found. Items cleaned out and not claimed within 30 days will be donated to local charities. Upon expulsion, the Member's rental locker will be cleaned out immediately and all articles will be placed in lost and found. Inactive Membership automatically forfeits access to rental lockers. (Note: towels and toiletries, as well as fruit and snacks in the Resident Locker Room, are for use and consumption at The Club only.)

Day Lockers

Day lockers are available in all locker rooms. Safety deposit boxes are located in the Associate and Resident Locker Rooms. Please do not leave any valuables in your locker. The Club is not responsible for items lost, stolen, or damaged.

YOUTH DEPARTMENT

Our goal is to provide children with fun, safe, and interesting experiences every time. We feel that this enables parents to have a truly enjoyable experience at The Houstonian as they “renew” themselves both physically and mentally.

Child care at The Bungalow, Kids' Gym and Life is provided for children six weeks to 12 years of age. We require that parents stay on The Houstonian campus and be accessible in the event of an emergency. A child's stay may be three hours per visit, not to exceed 12 hours per week.

We are committed to providing our staff with ongoing child development training so they can provide the very best care for your child. Please let us know about your child's special needs, including nap schedule, feeding, diapering, toilet training, likes and dislikes, etc. The Bungalow and Kids' Gym are nut-free environments. This information will help us make your child feel comfortable, secure and happy.

The Bungalow

Children from six weeks to five years of age love the Bungalow and our caring, nurturing staff. Our infant area,

YOUTH DEPARTMENT – *continued*

designed for children six weeks to ten months, has age-appropriate toys and furniture so that our youngest guests feel safe and “at home.” Toddlers, 11–24 months, enjoy their own special area where they can climb up and slide down, enjoy music time, dress up and read stories together. Children will also enjoy our play structure, which encourages kids to do their own workout.

Hours of Operation

Monday - Thursday	8 a.m. – 8 p.m.
Friday	8 a.m. – 4 p.m.
Saturday	7:30 a.m. – 6 p.m.
Sunday	9 a.m. – 6 p.m.

For Bungalow, Kids’ Gym and LIFE charges, please see page 10.

For The Bungalow and Kids’ Gym, Resident Family Members may make reservations five days in advance; Associate Family Members may make reservations three days in advance. Cancellations must be made at least four hours in advance to avoid a three-hour charge to the Membership account, including Resident Memberships. If children are not signed out properly by a Member, the Member’s account will be charged for the full three hours of care.

Kids’ Gym

The Kids’ Gym area offers children ages 5–12 an exciting variety of age-appropriate activities, including a multi-level climbing structure, arts and crafts, games and music. Designed to develop and strengthen gross motor skills.

Hours of Operation (subject to change)

Monday - Thursday	3 p.m. – 8 p.m.
Friday	Closed
Saturday	7:30 a.m. – 6 p.m.
Sunday	9 a.m. – 6 p.m.
Summer Weekdays	Open at 8 a.m.

LIFE

“Learning Is Fun Everywhere” is a program where children ages 5–12 can enjoy the Houstonian Club with a chaperone. They will have the opportunity to climb the rock wall, play tennis, swim (weather permitting) and utilize various areas of the Club while being closely supervised. Reservations are required 24 hours in advance. Cancellations must be made at least four hours in advance to avoid a three-hour charge to the Membership account. The LIFE cancellation fee applies to Resident Family Members as well.

Hours of Operation

Monday - Thursday	3 p.m. – 8 p.m.
Friday	3 p.m. – 6 p.m.
Saturday - Sunday	9 a.m. – 6 p.m.

(Holidays subject to change)

Children’s Playground

This outdoor physical activity area is designed for children ages 5–12. Please use caution if you have a child or children younger than five. Shoes must be worn at all time, and maximum capacity is 40 people. Bungalow and Kids’ Gym staff may take children ages 2–12 outside, weather permitting, during non-peak times the children are in our care, and if approved by parents.

Hours of Operation

Monday – Sunday (Fall)	7 a.m. – 5:30 p.m.
Monday – Sunday (Spring)	8 a.m. – 7 p.m.

Bungalow and Kids’ Gym staff will be taking children ages 2–12 outside, weather permitting, during the time the children are in our care, and if approved by parents. Parents must follow the Bungalow and Kids’ Gym standard procedures for check-in and check-out.

DEPENDENT POLICIES

The Houstonian is a club that appeals to families as well as adults without children. Parents are asked to be sensitive to the enjoyment of facilities by fellow Members. This requires that children and teenagers be advised on appropriate behavior and supervised while visiting The Club. This is particularly important in the Center Court Café and the locker rooms.

Parents are required to remain on Campus while children under age 12 are using Club facilities, except when juniors are participating in a supervised Club program. All children using Club facilities must be registered on a Family Membership or pay guest fees.

The Bungalow

The Bungalow provides child care service, primarily for children ages 6 weeks–5 years old, for up to three hours per day per child, not to exceed 12 hours per week. Children ages 5–12 are permitted, but are encouraged to use The Kids’ Gym when it is open. There will be a charge to each child signed in to the Bungalow. Associate Members pay an hourly fee for this service. Resident Family Members receive complimentary Bungalow services and complimentary guest fees for Bungalow guests. Reservations are required for infants under 14 months of age at least 24 hours in advance and will be accepted up to three days in advance. Parents must remain on Campus during each visit. Sick children will not be accepted in consideration of the health of the other children.

DEPENDENT POLICIES – *continued*

The Kids' Gym

This area has been created to provide exercise, educational, and fun programs for children ages 5–12. Children must be signed in and out by a parent or adult. The Kids' Gym is available to children for up to three hours per day, not to exceed 12 hours per week. Parents must remain on campus during each visit. Please call 713.685.6753.

LIFE

“Learning Is Fun Everywhere” is a program where children ages 5–12 can enjoy the Houstonian Club with a chaperone. They will have the opportunity to climb the rock wall, play tennis, swim (weather permitting) and utilize various areas of the Club while being closely supervised. Parents must remain on campus during each visit. For information or to make a reservation, please call 713.263.6595.

Fitness Center

Children ages 12–15 may use this area without parental supervision once they have completed the Youth Certification Program. Children under age 12 may not use the Fitness Center unless working with a Houstonian Personal Trainer. Members may not bring outside personal trainers or coaches into The Club.

Resident Member Fitness Center

No one under 21 allowed.

Locker Rooms

Children may enter opposite gender locker rooms up to age 36 months with parent or guardian. A Family Changing Area with shower is available for the convenience of parents with children of the opposite gender. This area is located next to Studio B. Please take advantage of this amenity, as children of the opposite gender older than 36 months of age are not permitted in the locker rooms.

Children may not obtain a permanent locker in any locker room. Children utilizing the Resident Locker Rooms must be accompanied at all times by a parent until children are 21 years of age.

Associate Locker Rooms - Children of all ages have access to the Associate Locker Rooms. Children under age 12 must be accompanied by a parent. Children ages 12–15 may use the Associate Locker Room without their parents once they have completed the Youth Certification Program. Children ages 16–22 may use the Associate Locker Rooms as adults. “Hanging out” in the Locker Rooms by children and/or teens is prohibited.

Tennis Courts

Children may not make court reservations. However, they may “walk on” the courts that are available when they arrive. Parents may reserve courts for their children, provided they plan to be present during play.

Sports Pool

Parents must accompany all children under age 12 at the Sports Pool. Parents must be in the pool with their

children when children ages 6 and under are swimming. Children ages 12–22 swim as adults. The Sports Pool is dedicated to exercise and lessons. Children may not recreate in the Sports Pool.

Resort Pool

Children of all ages have access to the Resort Pool. Those under age 12 must have parental supervision. Children ages 12–22 swim as adults. A child who is not completely potty trained must wear a swim diaper. Parents must be in the pool with their children when children ages 6 and under are swimming.

Little Lagoon

Children up to the age of five may use the Little Lagoon.

Garden Pool

Children of all ages have access to the Garden Pool. Those under age 12 must have parental supervision. Children age 12–22 swim as adults. A child who is not completely potty trained may not use the Garden Pool. Parents must be in the pool with their children when children ages 6 and under are swimming.

All Pools -- Children's R and R

From April through Labor Day, The Houstonian pools have “Children's R and R” every 1.5 hours to ensure all children under the age of 12 take appropriate breaks to rest, get out of the sun and take care of personal needs while visiting the pools. When Children's R and R is sounded, all children under the age of 12 must exit all pools and take a 10-minute break from swimming. The Little Lagoon is included. When the break is over, the lifeguards will make an announcement and all children may resume swimming. Children under age 12 who are in swim lessons or a swim program when R and R is called are not required to sit out.

Outdoor Whirlpool

Children under age 12 are not permitted in the whirlpool area at any time.

Group Exercise Classes

Children ages 15–22 may participate as adults. Children under age 15 are not permitted to take adult classes, except as noted on the Group Exercise schedule.

Racquetball and Padel

Children under age 12 must be supervised by parents. Children ages 16–22 may make court reservations as adults.

Membership Access Tags

Upon request of the Member, children ages 16–22 may obtain a children's Membership access tag. Children ages 12–15 may obtain a children's Membership access tag if they have completed the Youth Certification Program. All children must carry their Membership access tags. Children under the age of 12 are not issued Membership access tags and must be accompanied by an adult.

DEPENDENT POLICIES – *continued*

Nanny/Caregiver Policy

Children may be accompanied at The Club by a Nanny/ Caregiver age 18 or older who is sponsored by a parent on the membership. The Caregiver may supervise the child while on campus, remaining on campus, and act on behalf of the parents on the membership related to guest usage and emergency purposes. The Caregiver may not participate in any programs or personal usage of the facilities, unless the sponsoring member has notified the

Club Front Desk that their Caregiver will be a guest on their account for the day, following all guest protocols as explained on page 15. All Caregivers must be registered through the Club Front Desk and the Member Service Director, and renew every six months, presenting a photo identification each time. The Caregiver must fill out proper forms in the Bungalow or Kids' Gym for all children whether they stay or leave the facility.

DRESS CODE

Club Building

Shirts, shorts/pants and shoes must be worn in all areas of The Club at all times. Bathing suits must have proper "cover-up" while in the building.

Center Court Café

Shirts, shorts/pants and shoes are required in Center Court Café at all times. Bathing suits must have proper "cover-ups."

Basketball Court

Shirts, shorts/pants and shoes must be worn at all times. Appropriate court shoes are required. Black-soled shoes are restricted. Offensive attire will not be permitted. Children under 12 must be accompanied by an adult.

Tennis and Padel Courts

Proper court shoes are required. Black-soled shoes, running shoes and cross trainers are restricted. Shirts with sleeves (no tank tops) must be worn at all times. Proper tennis attire is required.

Rock Wall

Shirts, workout tights, pants or long shorts and proper climbing shoes are required.

Racquetball Courts

Proper court shoes are required. Black-soled shoes, running shoes and cross trainers are restricted. Shirts must be worn at all times. Eye guards are required along with wrist safety for racquetball racquets.

Fitness Centers

Proper workout attire is required. Shirts and proper athletic shoes must be worn in all areas of the Indoor Track. Sandals/flip-flops or open back shoes and running spikes are not allowed.

Outdoor Track

Shirts and proper workout shoes must be worn at all times. High-heeled shoes are not allowed.

Performance Zone

Proper workout attire is required. Shirts and proper athletic shoes must be worn. Cutoffs, blue jeans, sandals/flip flops, open back shoes and running spikes are not allowed.

Swimming Pools

Swimwear appropriate for family environment. No street clothes, workout wear, thongs or cutoffs.

TRELLIS

THE SPA AT THE HOUSTONIAN

As a Houstonian Club Member, you will receive a discount on all Trellis spa services. (Forum Membership excluded.)
Resident and Ambassador Members: 20% discount.
Associate Members: 10% discount.
Please call 713.685.6790.



THE HOUSTONIAN HOTEL

Houstonian Club Members enjoy reservation preference and reduced rates (subject to availability) at The Houstonian Hotel. Club Resident Members also receive a discount on food for catered events.
Please call 713.680.2626.





